

Caregiver Central

February 2018

Los Angeles Caregiver Resource Center @ USC

ABOUT US



The Los Angeles Caregiver Resource Center @ USC provides services for family caregivers in Los Angeles County to aid in the caregiving process. We are committed to supporting caregivers through information and referral, education and training events, support groups, family consultations, online services, and respite.

LACRC@USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.



Los Angeles Caregiver Resource Center @ USC Leonard Davis School of Gerontology
3715 McClintock Ave.
Los Angeles, CA 90089-0191

LACRC@USC
CA Mission Inn
4807 Earle Ave.
Rosemead, CA 91770

TOLL-FREE PHONE:
1-855-872-6060

Website: www.fcscgero.org

Email: fcscgero@usc.edu

USC Leonard Davis
School of Gerontology

This project is funded, in part, by LA County Workforce Development, Aging, and Community Services, California Department of Health Care Services, and the USC Leonard Davis School of Gerontology.

Updates & Announcements

As we move into February, we start to see hearts and Valentine's Day decorations everywhere. We often think of Valentine's Day as a day reserved for romantic love and couples. Showing love and kindness for others applies to all of types of love, not just the romantic kind. This year, think about how you can be kind to yourself; how can you practice self-care? How can you do something extra kind for the person you care for? (Ideas include cooking their favorite meal, taking them to get their hair done, making them a cup of tea to enjoy, etc.)

This month's educational theme at the center is "C.A.L.M. About: Hiring In-Home Help." We will discuss some of the most common questions caregivers have when they consider hiring in-home help for their loved one. What kind of questions should you ask when interviewing candidates? What are your



obligations as an employer? What are reasonable expectations for an in-home care worker? What are unreasonable expectations? Please refer to our calendar of events for more details.

We are collaborating with the Caregiver Action Network to host a workshop called "Caregiver Lunch & Learn" on February 24th, 10 AM-2 PM. This training is focused on improving the ways caregivers communicate and make decisions (information gathering, discussion, shared decisions, etc.) Qualified workshop participants will receive a \$75 gift card. For more information about this exciting new program, please turn to the next page.

USC CareJourney

USC CareJourney allows family caregivers to connect with our center and learn about the resources and services we offer. Caregivers can access information matching their unique caregiving needs 24/7 from their own computer or mobile device. To join, please visit our website at www.fcscgero.org and click on the link to register for **USC CareJourney**.

LACRC CareJourney™
PERSONAL CAREGIVER SUPPORT

Caregiver Lunch & Learn

An exciting new workshop is coming to 7 limited locations nationwide! USC FCSC is proud to announce its partnership as one of the agencies bringing this workshop in the Los Angeles area.

Join us for our “Caregiver Lunch & Learn” on February 24th, 10 AM- 2 PM at USC Verdugo Hills Hospital. We will discuss ways to help you become a more effective caregiver. We will introduce tools to prepare family caregivers for medical appointments and ER visits, including a Medication List and Patient File. How do you search for information, help, and resources about your loved one’s diagnosis? How can caregivers and their families participate in productive shared decision-making? How do we meet both patient and family-

centered goals? The first 70 registered participants will receive a \$75 gift card.

Registration is required. To register, please email Nichole Goble at NGoble@CaregiverAction.org. If you have questions, please call Purnima Panchal at 818-952-3592. **Please note that while this training is primarily for the family caregiver, social work professionals and other potential trainers are welcome to attend.**

This special program is made possible through the Caregiver Action Network (CAN), USC Family Caregiver Support Center, USC Verdugo Hills Hospital, and grant funding from the Patient-Centered Outcomes Research Institute (PCORI).

CALENDAR OF EVENTS:

- **Feb 1st, 1:00-2:30 PM: Santa Fe Springs Support Group (Presented in Spanish)**

Location: Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670

- **Feb 2nd, 10:00 AM-12:00 PM: “C.A.L.M. About: How to Hire In-Home Help”**

Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007



- **Feb 7th & 21st, 1:00-2:30 PM: Pasadena Support Group**

Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103

- **Feb 8th, 9:30-11:30 AM: “C.A.L.M. About: How to Hire In-Home Help”**

Location: Adventist Health Glendale
Live Well Lounge
1509 Wilson Terrace, Glendale, CA 91206

- **Feb 8th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711

- **Feb 12th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.

- **Feb 13th & 27th, 11:30 AM-1:00 PM: First AME Church Support Group**

Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018

- **Feb 14th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn
Massie Recreation Hall
8417 Mission Dr., Rosemead, CA 91770

- **Feb 14th & 28th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology

- **Feb 15th, 9:00-11:00 AM: “C.A.L.M. About: How to Hire In-Home Help”**

Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B7

- **Feb 22nd, 10:00 AM-12:00 PM: Caregivers’ Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640

- **Feb 22nd, 10:00 AM-12:00 PM: Long Beach Support Group**

Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808

- **Feb 22nd, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**

Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342

- **Feb 24th, 10:00 AM-2:00 PM: Caregiver Lunch & Learn**

**Location: USC Verdugo Hills Hospital
1812 Verdugo Blvd., Glendale, CA 91208**

REGISTRATION REQUIRED. Please email Nichole Goble at NGoble@CaregiverAction.org or call Purnima Panchal at 818-952-3592.



FEBRUARY 2018

MON	TUES	WED	THURS	FRI
			<p>01</p> <p>1:00-2:30 PM Santa Fe Springs Support Group (Spanish)</p>	<p>02</p> <p>10:00 AM-12:00 PM C.A.L.M. About: How to Hire In-Home Help (Arcadia)</p> 
<p>05</p>	<p>06</p>	<p>07</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>08</p> <p>9:30-11:30 AM C.A.L.M. About: How to Hire In-Home Help (Glendale)</p> <p>4:30-6:00 PM Claremont Support Group</p>	<p>09</p>
<p>12</p> <p>7:15-8:45 PM Telephone Support Group</p>	<p>13</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>14</p> <p>10:00-11:30 AM Rosemead Support Group</p> <p>12:00-2:00 PM USC Support Group</p> 	<p>15</p> <p>9:00-11:00 AM C.A.L.M. About: How to Hire In-Home Help (Baldwin Park)</p>	<p>16</p>
<p>19</p>	<p>20</p>	<p>21</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>22</p> <p>10:00 AM-12:00 PM Montebello Caregivers' Circle</p> <p>10:00 AM-12:00 PM Long Beach Support Group</p> <p>6:00-7:30 PM Sylmar Support Group</p>	<p>23</p>
<p>26</p>	<p>27</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>28</p> <p>12:00-2:00 PM USC Support Group</p>		



**University of Southern California
USC Family Caregiver Support Center
3715 McClintock Ave.
Los Angeles, CA 90089-0191**

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SOUTHERN CALIFORNIA

THE LAST WORD:

**If you provide unpaid care or assistance for someone over age 55,
we want to know about your caregiving relationship.**



We are searching for “caregivers” (people who provide unpaid care or assistance to family members or friends) to tell us about their relationship with the person they help. We are creating educational tools to help caregivers handle relationship challenges in healthier, more productive ways.

Interested in helping?

Participants will join a 2-hour discussion (focus group) with 5 to 8 other caregivers.

**We are looking for caregivers of someone over the age of 55
and have been in this role for at least 6 months.**

Participants will receive a \$25 debit gift card.

Please call or email us to register or for more information:

Online: https://usccollege.qualtrics.com/jfe/form/SV_efYhSZYgh6Hf87r

Email: kindcare@usc.edu

Phone: (213) 740-9446

