

Caregiver Central

March 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
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USC Leonard Davis
School of Gerontology

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Updates & Announcements

Spring is here! With it, comes the promise of a new start and renewed hope for happier days. What are you looking forward to this upcoming spring? Is it time to do some “spring cleaning” of the mind and spirit? Many of us will tackle spring cleaning of our houses and spaces, but forget to do the same for our emotional and mental well-being. What are some of the things that you have stubbornly held on to in your heart and mind that you have perhaps outgrown and are ready to let go? Are there people or relationships whom you’ve outgrown or need to let go for the sake of your own well-being? This spring, take some time to reflect upon the things which lift your spirit and begin to remove the things which tear you down.

This month’s educational theme at the center is “C.A.L.M. About: Community Care Options.” We will discuss some of the most common questions caregivers have when researching care options for their family members. What is an “adult day health center,” and what are the different types? When should you consider in-home help? When should you think about placement? What are



the different types of residential care options available for older adults? What level of care is needed for your family member? Please refer to our calendar of events for more details.

This month, we will begin a new mini-series in Claremont called “Navigating the World of Caregiving.” This series will be held once a month on March 15, April 19, and May 17 from 6-8 PM. Topics will include: (3/15/18) “What Every Caregiver Should Know,” (4/19/18) “Community Care Options,” and (5/17/18) “The Importance of a Social Support System.”

Reminder: Sunday, March 11th begins Daylight Savings Time. Don't forget to turn your clocks forward one hour!

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

RAISE Family Caregivers Act

The USC Family Caregiver Support Center is pleased to celebrate the passage of the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act (S. 1028/H.R. 3759). The RAISE Act was signed into law on January 22, 2018 and is aimed at providing more services and support to family caregivers nationwide.

Many thanks to Sen. Susan Collins (R-ME) and Sen. Tammy Baldwin (D-WI), and Rep. Gregg Harper (R-MS) and Rep. Kathy Castor (D-FL) for introducing and supporting bi-partisan efforts to pass the RAISE Act. The new law instructs the Department of Health and Human Services (HHS) to build a nationwide strategy to provide family caregivers with more support, services, education, training, respite options, and financial security.





The passage of the RAISE Act is a clear sign that legislators are beginning to take note of the concerns of an aging U.S. population. A coordinated national strategy to address the needs of family caregivers will also help guide local and state support services. According to AARP, the estimated economic value of unpaid care provided by family caregivers is \$470 billion per year.

CALENDAR OF EVENTS:

- **March 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
- **March 2nd, 10:00 AM-12:00 PM: "C.A.L.M. About: Community Care Options"**
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
- **March 7th & 21st, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **March 8th, 9:30-11:30 AM: "C.A.L.M. About: Community Care Options"**
Location: Adventist Health Glendale
Live Well Lounge
1509 Wilson Terrace, Glendale, CA 91206
- **March 8th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **March 12th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **March 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
- **March 14th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **March 14th & 28th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **March 15th, 9:00-11:00 AM: "C.A.L.M. About: Community Care Options"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B7
- **March 15th, 6:00-8:00 PM: "C.A.L.M. About: Things Every Caregiver Should Know"**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **March 22nd, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **March 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
- **March 22nd, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342

MARCH 2018

MON	TUES	WED	THURS	FRI
			01 1:00-2:30 PM Santa Fe Springs Support Group (Spanish)	02 10:00 AM-12:00 PM C.A.L.M. About: Community Care Options (Arcadia)
05	06	07 1:00-2:30 PM Pasadena Support Group	08 9:30-11:30 AM C.A.L.M. About: Community Care Options (Glendale) 4:30-6:00 PM Claremont Support Group	09
12 7:15-8:45 PM Telephone Support Group	13 11:30 AM-1:00 PM First AME Support Group	14 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	15 9:00-11:00 AM C.A.L.M. About: Community Care Options (Baldwin Park) 6:00-8:00 PM C.A.L.M. About: Things Every Caregiver Should Know (Claremont) 	16
19	20 	21 1:00-2:30 PM Pasadena Support Group	22 10:00 AM-12:00 PM Montebello Caregivers' Circle 10:00 AM-12:00 PM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group	23
26	27 11:30 AM-1:00 PM First AME Support Group	28 12:00-2:00 PM USC Support Group	29	30



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USC Family Caregiver Support Center
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THE LAST WORD:

YouthCare Intergenerational Respite



We have exciting news; a new option for respite has emerged! The USC Family Caregiver Support Center is proud to announce its newest partnership with YouthCare Intergenerational Respite.

YouthCare is a respite and memory care program

pairing trained student volunteers and older adults with Mild Cognitive Impairment or early-stage dementia in a group setting. YouthCare is designed to serve short-term respite needs (3-6 hours a week), ensuring family caregivers receive a much-needed break. Your loved one will have the opportunity to play fun games, participate in artistic activities, and have engaging conversations with a youthful partner. The cost of the program is \$15 per hour.



Our program is held at an easily-accessible, dementia friendly venue in downtown Los Angeles. We ensure a safe environment by providing clinical oversight for all student-older adult pairs. Drop off your loved one and enjoy a worry-free afternoon.

Tuesdays and Fridays 1 - 4 PM

To enroll, visit www.youthcaregiving.org or call (530) 968-8466.