

Caregiver Central

October 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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Los Angeles, CA 90089-0191

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

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

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USC Leonard Davis
School of Gerontology

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Updates & Announcements

The days are starting to get shorter. The nights are getting cooler, and there are harvest decorations

everywhere. That's right, we've made it to the fall! This time of year is always a busy one for the center. We have our 18th Annual "Caregivers Are Learning More" Conference on Saturday, November 3rd, 9:00 AM-2:00 PM. This is an event which is expected to draw almost 300 people. This year's theme is "Stepping Stones of Care," which is meant to explore the different levels of care your loved one may go through while you are on your caregiving journey, and how to know what is an appropriate level of care for your loved one. Join us for a day of education, fun, and resources. Please call us at 1-855-872-6060 or visit www.fcscgero.org to register.

The Santa Fe Springs support group will be taking a break this month. It

will not be meeting at its regularly scheduled time. The group is expected to resume its regular scheduling (first Thursday of the month) in November.

After a brief break, the telephone support group will be resuming at a new date and time. The group is being moved to the 4th Thursday of the month, 6:30-8:00 PM. To register or for more information, please call us at 1-855-872-6060.

This month's educational theme at the center is "C.A.L.M. About: How to Hold a Family Meeting." We will discuss why family meetings are important and talk about some tips for holding a successful family meeting. How do we bridge relationship difficulties when we have a larger goal in mind, and how do we make sure our family members are working toward the same goal(s)? How do we work together to provide the best level of care for our loved one?

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

Launch of L.A. FOUND Initiative

On September 5, LA County WDACS Director Cynthia Banks joined Supervisor Janice Hahn, Sheriff Jim McDonnell and a variety of stakeholders to launch L.A. FOUND, a groundbreaking countywide initiative to quickly locate individuals with autism, dementia or Alzheimer's Disease when they wander and go missing. As part of L.A. FOUND, the County is piloting a program to issue voluntary, traceable bracelets to individuals with Autism, Alzheimer's and Dementia. Individuals who go missing can be located by the Sheriff's

Department using receivers on First Responder Helicopters.

The Project Lifesaver bracelet is not under constant monitoring. However, when an individual wearing a Project Lifesaver bracelet goes missing, the Los Angeles County Sheriff's Department deploys a specially equipped team to assist with search and rescue. Weather permitting, the Sheriff's Department can also deploy helicopter-mounted receivers to assist the ground search team to help expedite locating the missing person.

CALENDAR OF EVENTS:

- **Oct 1st, 8th, 15th, 22nd & 29th, 1:00 -3:00 PM: "Stress-Busting Program for Family Caregivers"**
Location: Hillcrest Retirement Community
Galen Walker Board Room
2705 Mountain View Dr., La Verne, CA 91750
REGISTRATION IS REQUIRED. Please call Grace Avila (213-821-6918) or Mei Chi Kuo (213-821-6920) to register.
- **Oct 3rd & 17th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **Oct 9th & 23rd, 11:30 AM-1:00 PM: First AME Church Support Group (*PEER-LED*)**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **Oct 10th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **Oct 10th & 24th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **Oct 11th, 9:30-11:30 AM: "C.A.L.M. About: How to Hold a Family Meeting"**
Location: Adventist Health Glendale
Community Services Center Gym
311 A Vallejo Dr.
Glendale, CA 91206
(across from Vallejo Drive Church)
****PARKING – Please note the Rehab parking spaces in front of the gym are reserved for patient parking ONLY. Street parking is available as well as hospital parking. Parking will be validated if needed.**
- **Oct 11th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **Oct 18th, 9:00-11:00 AM: "C.A.L.M. About: How to Hold a Family Meeting"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B7
- **Oct 25th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **Oct 25th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **Oct 25th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- **Oct 25th, 6:30-8:00 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.

SAVE THE DATE!
Caregiver Conference
Saturday, November 3rd
9:00 AM - 2:00 PM

OCTOBER 2018

MON	TUES	WED	THURS	FRI
01 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	02	03 1:00-2:30 PM Pasadena Support Group 	04	05
08 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	09 11:30 AM-1:00 PM First AME Support Group	10 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	11 9:30-11:30 AM C.A.L.M. About: How to Hold a Family Meeting (Glendale) 4:30-6:00 PM Claremont Support Group	12
15 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	16	17 1:00-2:30 PM Pasadena Support Group	18 9:00-11:00 AM C.A.L.M. About: How to Hold a Family Meeting (Baldwin Park)	19
22 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	23 11:30 AM-1:00 PM First AME Support Group	24 12:00-2:00 PM USC Support Group	25 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 6:30-8:00 PM TELEPHONE Support Group	26 
29 1:00-3:00 PM Stress-Busting Program for Caregivers (La Verne)	30	31 	<div style="background-color: red; color: white; padding: 20px; border-radius: 15px; text-align: center;"> <p><u>SAVE THE DATE!</u> Caregiver Conference Saturday, November 3rd 9:00 AM - 2:00 PM</p> </div>	



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Los Angeles, CA 90089-0191

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THE LAST WORD:

YouthCare Intergenerational Respite

YouthCare is now FREE! If you are in need of respite, YouthCare has created a respite care program that partners your loved one with an undergraduate or graduate student free of charge! The program has clinical supervision and operates in downtown LA on Fridays and Sundays from 1-4 pm. This is a great opportunity to go see the movie you've been waiting to see, escape to a local spa, or just finish those errands which you haven't been able to do. If you are interested in the program please visit www.youthcaregiving.org or call 530-968-8466

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 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.

