Each CRC is a service point of entry for caregiving families. Combined, the CRCs serve every county in California. Each center tailors its services to its geographic area, and each offers family caregivers a suite of core programs which may include the following:

Specialized Information

Advice and assistance on caregiving issues and community resources—including CareNav™, a dynamic online service that delivers specialized information to family caregivers.

Uniform Caregiver Assessment

Standardized assessment tools to help define and explore caregiving needs, interventions, and services.

Family Consultation & Care Navigation

Individual consultations (in-person/phone) with trained staff to provide ongoing emotional support, connect caregivers with community resources, and increase understanding about care options.

Respite Care

Financial assistance for brief substitute care (in-home support, adult day care services, short-term/weekend care, etc.) to assist families caring at home for an adult with a disabling condition.

Short-Term Counseling

Individual sessions with licensed counselors, to offer emotional support and help with the strain of the caregiving role.

Support Groups

Monthly meetings in a supportive atmosphere where caregivers share experiences and exchange ideas to ease the stress of caregiving.

Caregiver Training

Individually tailored classes for caregivers on stress management, self-care, dementia, and other topics.

Legal & Financial Consultation

Personal consultations with experienced elder law attorneys who are contracted to provide guidance on powers of attorney, estate and financial planning, conservatorships, and other complex matters.

Education

Workshops for caregivers, community members, and professionals to help caregivers manage day-to-day care, plan for future legal/financial needs, promote well-being, and access available resources.

There is support wherever you are - you do not have to go on this caregiver journey alone.

Connect with your local Caregiver Resource Center today!

www.caregivercalifornia.org

The Association of California Caregiver Resource Centers (ACCRC) represents the 11 regional nonprofit Caregiver Resource Centers (CRCs) that serve the estimated 5.5 million unpaid family and friend caregivers across the state. For more information, contact crcassoc@gmail.com.

Gavin Newsom
Governor

Mark Ghaly
Secretary, California Health & Human Services Agency

Funded by the California Department of Health Care Services

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CALIFORNIA caregiver Resource Centers

Educate. Connect. Support.

Resources for families and caregivers of adults with chronic, disabling health conditions.

www.caregivercalifornia.org

Founded in 1984, the California Caregiver Resource Centers are a network of 11 centers throughout California which serve family caregivers who are providing support for someone affected by chronic and debilitating health conditions including dementia, Alzheimer's disease, cerebrovascular diseases (such as stroke or aneurysms), degenerative diseases such as Parkinson's, Huntington's and multiple sclerosis, or traumatic brain injury (TBI), among many others.

Caring for a loved one with a cognitive disorder or another disabling condition forever changes the lives of families and caregivers. There can be devastating effects on those providing long-term care: financial pressures, legal quandaries, health problems, and emotional turmoil.

Fortunately, the California Caregiver Resource Centers offer **FREE** support throughout the state, serving thousands of families and caregivers across income categories. Every California resident has access to a CRC in their area. The CRCs are united by shared values emphasizing choice, collaboration, innovation, quality, participation, respect & diversity.

For more information on the California Caregiver Resource Centers, visit:

www.caregivercalifornia.org

> "I have benefited so much from the services the California CRCs have provided, especially the counseling and respite care. They gave me guidance and hope during very difficult times."
>
> *– Family Caregiver*

Connect with your local center today:

Bay Area Caregiver Resource Center

(415) 434-3388 or (800) 445-8106

E-mail: info@caregiver.org

Website: www.caregiver.org

Serving: Alameda, Contra Costa, Marin, San Francisco, San Mateo & Santa Clara Counties

Coast Caregiver Resource Center

(805) 569-8950 or (888) 488-6555

E-mail: info@coastcrc.org

Website: www.coastcrc.org

Serving: San Luis Obispo, Santa Barbara & Ventura Counties

Del Mar Caregiver Resource Center

(800) 624-8304

E-mail: info@hpcn.org

Website: www.delmarcaregiver.org

Serving: Monterey, San Benito & Santa Cruz Counties

Del Oro Caregiver Resource Center

(916) 728-9333 or (800) 635-0220

E-mail: crc@deloro.org

Website: www.deloro.org

Serving: Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo & Yuba Counties

Inland Caregiver Resource Center

(909) 514-1404 or (800) 675-6694

E-mail: info@inlandcaregivers.org

Website: www.inlandcaregivers.org

Serving: Inyo, Mono, Riverside & San Bernardino Counties

Los Angeles Caregiver Resource Center

(800) 540-4442

E-mail: fcscgero@usc.edu

Website: www.fcscgero.org

Serving: Los Angeles County

Caregiver Resource Center OC

(800) 543-8312

E-mail: ocrcuser@stjoe.org

Website: www.caregiveroc.org

Serving: Orange County

Passages Caregiver Resource Center

(530) 898-5925

E-mail: passages@csuchico.edu

Website: www.caregiverresources.org

Serving: Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity Counties

Redwood Caregiver Resource Center

(800) 834-1636

E-mail: rcrc@redwoodcrc.org

Website: www.redwoodcrc.org

Serving: Del Norte, Humboldt, Lake, Mendocino, Napa, Solano & Sonoma Counties

Southern Caregiver Resource Center

(858) 268-4432 or (800) 827-1008

E-mail: scrc@caregivercenter.org

Website: www.caregivercenter.org

Serving: Imperial & San Diego Counties

Valley Caregiver Resource Center

(800) 541-8614

E-mail: info@valleycrc.org

Website: www.valleycrc.org

Serving: Fresno, Kern, Kings, Madera, Mariposa, Merced, Stanislaus, Tulare & Tuolumne Counties