

OPERATION FAMILY CAREGIVER

Operation Family Caregiver(OFC) coaches the families of returning service members and veterans to manage the difficulties that come with returning home. OFC is a personalized program, tailored specifically to the struggles of each family. Through proven methods, the program teaches military families and veterans the skills needed to best navigate their challenges, resulting in stronger and healthier families. Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving.

REACH CAREGIVERS

REACH CAREGIVERS program is an evidence based educational series for caregivers of individuals with Alzheimer's Disease or related dementias. Classes are offered in group settings with other caregivers and focus on helping caregivers cope with their caregiving situation, take better care of themselves, learn stress management techniques and develop effective family communication skills.

EMPLOYER RESOURCES

SCRC's professional staff can help employers meet the needs of employees with caregiving responsibilities by providing on-site educational programs, resource fairs and consultations.

Southern Caregiver Resource Center

Established in 1987

SCRC is the leading provider of free caregiver support services for families caring for frail older adults living with Alzheimer's disease and related disorders in San Diego County. SCRC's mission is to help families and communities master the challenges of caring for adults with chronic and disabling conditions. As a 501c3 non-profit charitable organizations, SCRC is supported through a variety of sources including grants from the California Department of Health Care Services, Long-Term Care Division, County of San Diego Health & Human Services Agency, Aging & Independence Services (AIS), Family Caregiver Support Program/Family Caregiver Support Program for Older Adults with Alzheimer's Disease & Related Disorders, County of San Diego Health & Human Services Agency, Behavioral Health Services (BHS), Caregivers of Alzheimer's Disease and Other Dementia Clients Support Services (OA PEI), private foundations, local businesses and individual donors. To learn how you can support SCRC, please contact us by phone, e-mail, or visit our website.

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Tax ID # 33-0402867



Southern Caregiver Resource Center
Caring for those who care for others

Free Support Services for Family Caregivers



**ARE YOU ASSISTING OR CONCERNED
ABOUT A FAMILY MEMBER OR FRIEND?**

**DO YOU NEED ASSISTANCE DETERMINING
HOW BEST TO HELP YOUR LOVED ONE?**

Southern Caregiver Resource Center can help you with information, support, counseling, respite and finding the best options for you and your loved one.

> WE ARE HERE TO HELP YOU

If you need any assistance, want to know what all of your options are or would just like someone to talk to, Southern Caregiver Resource Center (SCRC) is here for you. We specialize in helping those who care for others through comprehensive services delivered by an experienced, professional and compassionate staff. We'll explore all of the options to help you decide what is best for you and your loved one.



“CARING FOR THOSE WHO CARE FOR OTHERS”

OUR SERVICES INCLUDE:

SPECIALIZED INFORMATION

Information on chronic and disabling conditions and diseases, aging, caregiving issues, and community resources. SCRC also has an extensive caregiver resource library containing numerous fact sheets, books and DVDs.

FAMILY CONSULTATION/CASE MANAGEMENT

Professional staff work with families and caregivers to provide support, alleviate stress, examine options and enable them to make decisions related to the care of adults. SCRC's clinical staff provide an assessment of caregiver needs (in home or our office), short and long-term care planning, and ongoing consultation.

TEMPORARY RELIEF FROM CAREGIVING (RESPITE CARE)

SCRC can arrange respite services to relieve caregivers of the stresses of constant care. Respite is designed to provide temporary support in the individual's home, or in an out-of-home setting such as an adult day care center or assisted living facility.

SHORT-TERM COUNSELING

Six one-hour individual counseling sessions are available to caregivers seeking emotional support, skill development and helpful strategies to better cope with their caregiving situation. SCRC has licensed clinicians and staff in the process of licensure who provide this service.



SUPPORT GROUPS

SCRC offers support groups that meet at various locations throughout San Diego County. These groups enable caregivers to share experiences and ideas to ease the stress of their caregiving role.

LEGAL/FINANCIAL CONSULTATION

Consultation on the various legal and financial issues related to caring for an adult. Professional legal assistance can help caregivers with a variety of issues including estate planning (trusts, wills, and qualification for Medi-Cal), conservatorships, durable powers of attorney, and Advanced Health Care Directives.

EDUCATION AND TRAINING

SCRC offers education and training on a variety of topics related to caregiving. SCRC's professional staff can organize educational programs for groups of caregivers or community professionals anywhere in San Diego County.