"Caring for those who care for others"

Valeria Ochoa

Community Educator

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Background

Southern Caregiver Resource Center (SCRC) is the leading nonprofit organization in SD County providing free supportive services to family caregivers.

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Caregiver Resource Centers (CRC's)

The state of California has 11 Caregiver Resource Centers (CRCs), including SCRC. California was the first state in the nation to establish a statewide network of support organizations for caregivers; every resident has access to a CRC in their area!

CRC's Website: www.caregivercalifornia.org,

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Who Qualifies?

Anyone who is caring for someone who has suffered a cognitive impairment after the age of 18 or a frail older adult who is 60 years or older.

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How Do I Start?

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Family Consultant

Family Consultants will assess your individual needs and formulate an individualized caregiver plan.

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Support Groups

Professionally facilitated. These groups help create a network of peers who face similar caregiving challenges.

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Counseling

Provide emotional support, skill development and helpful strategies to help caregivers cope more effectively in their caregiving role.

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Legal and Financial Consultation

Available to help with eligibility for public assistance programs, understand advanced healthcare directives and powers of attorney.

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Education & Training

Variety of classes offered throughout SD County to assist caregivers manage their caregiving role and obtain behavioral management strategies while focusing on self-care.

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Respite

Designed for temporary support to relieve the caregiver from constant care.

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REACH2CAREGIVERS/CALMA

Offered to Caregivers throughout San Diego County in both English and Spanish who are caring for a loved one with memory loss, Alzheimer's or Dementia.

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Southern Caregiver Resource Center

Caring for those who care for others

WE OFFER FREE

SUPPORT SERVICES

FOR FAMILY CAREGIVERS

(800) 827-1008 | caregivercenter.org

Respite	Short-Term Counseling	Support Groups	Specialized Information	Education & Training
REACH2 Caregivers/ CALMA	Case Management	Employer Resources	Legal & Financial Consultation	Together Care Respite

Tax ID 33-0402867

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iCare Portal

Visit www.caregivercenter.org
to explore SCRC's online resources

CAREGIVER CORNER

Watch quick tip videos on various aspects of being a caregiver.

PODCAST

Tune in to SCRC's "Let's Talk Caregiving" podcast for candid discussions on various caregiving topics.

FAMILY CAREGIVER CLASSES

Visit recorded live streamed classes and learn ways to manage your caregiving journey.

DIGITAL NEWSLETTER

SCRC's Wavelengths Newsletter is full of news updates, articles, and useful resources.

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FOLLOW US ON OUR SOCIAL NETWORK

www.caregivercenter.org

www.scrc.care

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Southern Caregiver Resource Center

3675 Ruffin Road, Suite 230
San Diego, CA 92123

1(800) 827-1008

www.caregivercenter.org

Valeria Ochoa

vochoa@caregivercenter.org

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