Family Caregiver Resource Center provides family caregivers with a comprehensive assessment and a personalized care plan that focuses on successful self-care for the caregiver. The Family Consultation is the first step towards on-going support and services. The Family Consultation is provided in your home, at your convenience, by a professional consultant.

Topics covered include:

- LONG TERM CARE PLANNING
- LEGAL & FINANCIAL OPTIONS
- RESOURCES AVAILABLE IN THE COMMUNITY
- SUPPORT GROUPS AND SUPPORTIVE COUNSELING
- SKILLS IN DEALING WITH STRESS
- COPING WITH PROBLEM BEHAVIORS
- WHERE TO GET INFORMATION ON MEDICAL CONDITIONS
- RESPITE PLANNING
- FOLLOW-UP AND ON-GOING SUPPORT

The family consultation is provided free of charge. The Family Caregiver Resource Center is a grant funded, non profit program. Donations are always welcome.

The Family Caregiver Resource Center is a trusted partner for Orange County families coping with physical, emotional, and financial responsibilities of caregiving. Since 1988, the Family Caregiver Resource Center has assisted thousands of families and professionals who care for an adult over the age of sixty with chronic illness and/or a disabling condition or an adult who has brain impairing conditions such as Alzheimer’s, stroke, Parkinson’s, head injury, and Huntington’s Disease. Services include Family Consultation, Assessment & Care Planning, Supportive Counseling, Psycho Educational Seminars, Respite Planning and Community Education.

The Family Caregiver Resource Center, a program of St. Jude Medical Center, is part of a statewide system of California Caregiver Resource Centers, contracted through the California Department of Health Care Services. Additional funding comes from the Department of Aging funds from the Federal Older Americans Act, as allocated by the Orange County Board of Supervisors. The Family Caregiver Resource Center works collaboratively in the community with other service providers and community partners in the aging and disability network. Services are free and donations are gratefully accepted.

FAMILY CAREGIVER RESOURCE CENTER
800-543-8312
Website: www.caregiveroc.org
MISSION:
TO INCREASE THE QUALITY OF LIFE FOR CAREGIVERS BY HELPING FAMILIES AND COMMUNITIES MASTER THE CHALLENGES OF CAREGIVING.

CARE PLANNING
CONSULTATION FOR
FAMILY CAREGIVERS

Are you caring for a loved one over the age of sixty with chronic illness and/or a disabling condition or adults with Alzheimer’s, Stroke, Parkinson’s, Traumatic Brain Injury or other related disorder?

Do you want a roadmap for the future?

Do you have someone you can talk to who understands your situation?

Do you need help, but don’t know where to get it?

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SERVICES FOR FAMILY CAREGIVERS

California was the first state in the nation to address the impact of cognitive disorders on families. Since 1988 the Family Caregiver Resource Center, a non-profit program, has been offering a full complement of family services designed to assist Orange County family caregivers of adults over age sixty with chronic & disabling conditions and brain impairing conditions. Multilingual staff is available to serve Orange County’s diverse family caregiver population.

Services are free and include:
Specialized Information
Information, assistance and referrals on caregiving issues and stress, diagnoses and community resources.

Family Consultation and Care Planning
At home, individual sessions and telephone consultations with professional staff to assess the needs of caregivers caring for incapacitated adults and helping you develop strategies for effective caregiving and options for self-care.

Respite Assistance
We can assist caregivers to plan for time away from caregiving to do things that you enjoy! Respite planning and referrals to community resources for alternative care so that you can take a break are provided. Funds may be available for emergency situations where the caregiver must step away from the caregiving environment to handle personal health or other emergency family matters.

Education and Training
Seminars, workshops and conferences to address the physical and emotional needs of family caregivers and provide successful caregiving strategies.

Legal Workshops
Regularly scheduled workshops provided by “Elder-Law” Attorneys that include topics such as estate planning, conservatorships, advance healthcare directives and planning for long-term care.

Counseling
Ongoing supportive counseling is available to our registered clients. Referrals to professionals with training related to caregiver concerns are also available.

Support Groups
Support Groups and referrals to specialized groups by diagnosis, audience and location are made available.

Services are offered in English, Spanish and Vietnamese. Donations are always welcome.

Caregiving includes caring for me