

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, emotional turmoil.

Fortunately, in California, there is help. Eleven nonprofit Caregiver Resource Centers (CRCs) throughout the state each year serve more than 14,000 families & caregivers of adults affected by chronic health conditions. These debilitating disorders include Alzheimer's, multi-infarct disease or other dementias; cerebrovascular diseases such as stroke or aneurysm; degenerative diseases which cause both physical & cognitive impairment such as Parkinson's, Huntington's, multiple sclerosis & amyotrophic lateral sclerosis; brain injury due to trauma or infection; brain tumor; & other conditions.

Each Caregiver Resource Center serves as a point of entry to services available to caregiving families in every county of California. While each center tailors its services to its geographic area, all CRCs have a core component of programs that provide information, education & support for caregivers. The CRCs are united by shared values emphasizing choice, collaboration, innovation, quality, participation, respect & diversity.

Caregiver Resource Centers & the Regions They Serve

Bay Area Caregiver Resource Center

180 Montgomery St., Suite 900
San Francisco, CA 94104
(415) 434-3388 or (800) 445-8106
E-mail: info@caregiver.org
Website: www.caregiver.org

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

Coast Caregiver Resource Center

1528 Chapala Street, Suite 302
Santa Barbara, CA 93101
(805) 962-3600 or (888) 488-6555
E-mail: info@coastcrc.org
Website: www.coastcrc.org

San Luis Obispo, Santa Barbara & Ventura Counties

Del Mar Caregiver Resource Center

1537 Pacific Avenue, Suite 300
Santa Cruz, CA 95060
(831) 459-6639 or (800) 624-8304
E-mail: hpc@hpcn.org
Website: www.delmarcaregiver.org

Monterey, San Benito & Santa Cruz Counties

Del Oro Caregiver Resource Center

8421 Auburn Blvd., Suite 120
Citrus Heights, CA 95610
(916) 728-9333 or (800) 635-0220
E-mail: crc@deloro.org
Website: www.deloro.org

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

Inland Caregiver Resource Center

1430 East Cooley Drive, Suite 124
Colton, CA 92324
(909) 514-1404 or (800) 675-6694
E-mail: info@inlandcaregivers.org
Website: www.inlandcaregivers.org

Inyo, Mono, Riverside & San Bernardino Counties

Los Angeles Caregiver Resource Center

3120 N. Clybourn Ave.
Burbank, CA 91505
(818)847-9141 or (800) 540-4442
E-mail: larcrc@usc.edu
Website: www.losangelescrc.org

Los Angeles County

Mountain Caregiver Resource Center

25 Main Street, Suite 202
Chico, CA 95929-0799
(530) 898-5925 or (800) 822-0109
E-mail: smrossi@csuchico.edu
Website: www.caregiverresources.org

Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama & Trinity Counties

Caregiver Resource Center of Orange County

130 W. Bastanchury
Fullerton, CA 92835
(714) 446-5030 or (800) 543-8312
Email: ocrcuser@stjoe.org
Website: www.caregiveroc.org

Redwood Caregiver Resource Center

141 Stony Circle, Suite 200
Santa Rosa, CA 95401
(707) 542-0282 or (800) 834-1636
E-mail: rcrc@redwoodcrc.org
Website: www.redwoodcrc.org

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

Southern Caregiver Resource Center

3675 Ruffin Road, Suite 230
San Diego, CA 92123
(859) 268-4432 or (800) 827-1008
E-mail: scrc@caregivercenter.org
Website: www.caregivercenter.org

Imperial & San Diego Counties

Valley Caregiver Resource Center

3845 N. Clark Street, Suite 201
Fresno, CA 93726
(559) 224-9154 or (800) 541-8614
E-mail: info@valleycrc.org
Website: www.valleycrc.org

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

Services for Family Caregivers

California was the first state in the nation to Address the impact of cognitive disorders on Families. Now, each Caregiver Resource Center offers a full complement of family Services designed to assist caregivers of adults with chronic and disabling conditions. Multilingual staff is available as some CRCs to serve diverse caregiver populations. Services are free or low cost and include:

- **Specialized Information** – assistance and advice on caregiving issues and stress, diagnoses and community resources.
- **Family Consultation & Care Planning** - Individual sessions and telephone consultations with trained staff to assess needs of individuals who are incapacitated and their families, and to explore courses of action and care options for caregivers.
- **Respite Care** – Financial assistance for in-home support, adult day care services, short-term or weekend care, and transportation to assist families caring at home for an adult with a disabling condition.
- **Short-term Counseling** – Individual, family and group sessions with licensed counselors to offer emotional support to caregivers coping with the strain of the caregiving role.

- **Support Groups** – Monthly meetings in a supportive atmosphere to share experiences and ideas to ease the stress of caregiving
- **Professional Training** – Individually tailored workshops on long-term care, patients management, public policy issues, legal and financial issues.
- **Legal & Financial Consultation** – Personal consultations with experienced attorneys regarding powers of attorney, estate and financial planning, conservatorships, community property laws and other matters.
- **Education** – Special workshops on topics such as diagnosis, treatment, long-term care planning and stress management to help caregivers cope with day-to-day concerns.

Jerry Brown
Governor

Diana Dooley
Secretary, California Health & Human Services Agency

Cliff Allenby
Acting Director, California Department of Mental Health

Funded by the California Department of Mental Health

California Caregiver Resource Centers Wherever You Live, There's Help



*...Resources for Families and
Caregivers of Adults with Chronic,
Disabling Health Conditions*