

# CAREGIVER SUPPORT

(Updated 11/2022)

Caregivers provide care to people who need ongoing assistance with everyday tasks on a regular or daily basis. It can be an ill spouse, a disabled child or an aging relative or friend. Caregiving is not easy for anyone—not for the caregiver and not for the care recipient. There are sacrifices and adjustments for everyone. Caregiving allows the person with a health condition to stay in the home for as long as they can be cared for safely and comfortably.

**Taking care of yourself is one of the most important things you can do as a caregiver.** Although caregiving can be rewarding, caregivers commonly report high levels of stress. Caregivers who are happier and healthier are better able to provide care. If you're feeling overwhelmed and exhausted, it becomes harder to be the caregiver you would like to be. Eating healthy foods, staying physically active, socially engaged and getting rest are important.

**Give Yourself a Break.** All caregivers need a break. Take the necessary respite time to manage your own life, such as getting some exercise and personal time with others you care about. Accept help from family members or friends. Ask them to visit, bring a meal, run an errand, help with house or yard work, or provide respite for you for a few hours.

**Respite Care.** It may be hard to imagine leaving your care recipient in someone else's care but taking a break can be one of the best things you do for yourself - as well as the person you're caring for. Respite care includes:

- **In-home respite.** Health care aides come to your home to provide companionship, nursing services or both.
- **Adult care center and programs.** Centers that provide care and programs for older adult participants needing care.
- **Short-term stays in facilities.** Some assisted living homes, memory care homes, and nursing homes accept residents for short stays while caregivers are away.
- **Companions.** Hired companions can spend time with the person needing care, enhancing their day with activities they enjoy.

While we cannot endorse these resources, they may help you explore new and accessible offerings available for little to no cost. \*For a full list of respite agencies please contact the **USC-VHH Caregiver Resource Center for Aging at 818.949.4011.**

Name of Service/Contact	Description	Notes
<b>Alzheimer's LA</b> <a href="http://alzheimersla.org">alzheimersla.org</a> 323-938-3379	<ul style="list-style-type: none"><li>• 24/7 hotline</li><li>• Care counseling, support groups</li><li>• Early-stage programs</li></ul>	No fees  Arts 4 ALZ and memory mornings
<b>Alzheimer's Association</b> <a href="https://www.alz.org/help-support/i-have-alz/programs-support">https://www.alz.org/help-support/i-have-alz/programs-support</a> 1-800-272-3900	<ul style="list-style-type: none"><li>• Care counseling, support groups</li></ul>	No fees

**USC** Verdugo Hills Hospital

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**Community Resource Center for Aging**

<p><b>Leeza's Care Connection</b>  <a href="https://leezascareconnection.org/">https://leezascareconnection.org/</a></p> <p><b>Burbank Center</b>  818-847-3686</p>	<p>Located at Providence St. Joseph's Medical Center in Burbank, they have a monthly calendar of support groups, webinars and caregiver activities</p>	<p>No fees</p>
<p><b>Caregiver California</b>  <a href="https://www.caregivercalifornia.org/">https://www.caregivercalifornia.org/</a></p>	<p>Network of 11 centers in CA that provide support to family caregivers for someone with chronic and debilitating health conditions (Alzheimer's, dementia, Parkinson's, etc.)</p>	<p>Los Angeles location is the USC Family Caregiver Support Center</p>
<p><b>USC Family Caregiver Support Center</b> <a href="https://losangelescrc.usc.edu/">https://losangelescrc.usc.edu/</a></p> <p>Phone: (800)-540-4442  Email: <a href="mailto:fcscgero@usc.edu">fcscgero@usc.edu</a></p>	<p>Provides support to caregivers in the following areas and more:</p> <ul style="list-style-type: none"> <li>• Caregiver Education</li> <li>• Physical Care</li> <li>• Medication Management</li> <li>• Legal Issues</li> <li>• Transportation</li> <li>• Assessment</li> <li>• Respite</li> </ul>	<p>No fees</p>
<p><b>Family Caregiver Alliance</b>  <a href="https://www.caregiver.org/">https://www.caregiver.org/</a></p>	<p>Provides support to family caregivers in the following areas:</p> <ul style="list-style-type: none"> <li>• Assessment</li> <li>• Care planning</li> <li>• Direct care skills</li> <li>• Wellness programs</li> <li>• Respite Services</li> <li>• Legal/Financial consultation vouchers</li> </ul>	<p>Free online membership provides you with services tailored to your specific caregiving needs.</p>