

## CAREGIVER SUPPORT



Caregivers care for people who need ongoing assistance with everyday tasks. It can be an ill spouse, a disabled child or an aging relative or friend. Caregiving is not easy – not for the caregiver or 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 can do for yourself – as well as the person you are 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.

The [USC VHH Community Resource Center for Aging](#) can help, contact us at **818-949-4033** or [aging-resources@med.usc.edu](mailto:aging-resources@med.usc.edu).

### COMMUNITY ORGANIZATIONS: FREE EDUCATION & SUPPORT GROUPS

#### Alzheimer's Los Angeles

(323) 938-3379

[alzheimersla.org](http://alzheimersla.org)

#### Alzheimer's Association

(800) 272-3900 – 24-hour hotline

[Alz.org](http://Alz.org)

#### Family Caregiver Alliance

[caregiver.org](http://caregiver.org)

#### Leeza's Care Connection

(818) 847-3686

[leezascareconnection.org](http://leezascareconnection.org)

#### Parkinson's Community Los Angeles

(310) 880-3143

[pcla.org](http://pcla.org)

#### USC Family Caregivers Support Center

(800) 540-4442

[losangelescrsc.usc.edu](http://losangelescrsc.usc.edu)

Inquire about caregiver support and respite care.

### HOME CARE AGENCIES

Serving Glendale & Foothill Communities:

providing caregivers who can assist with non-medical personal care, meal preparation, light housekeeping, and driving to appointments.

**24 Hour Home Care** – (866) 536-8841

[24hrcares.com](http://24hrcares.com)

**Care to Stay HOME**—(818) 446-6966

[caretostayhome.com](http://caretostayhome.com)

**First Light Home Care** – (626) 360-0048

[firstlighthomecare.com](http://firstlighthomecare.com)

**Home Instead Pasadena** – (626) 486-0800

[homeinstead.com](http://homeinstead.com)

**New Wave Home Care** – (626) 466-9470

[newwavehomecare.com](http://newwavehomecare.com)

**Tender Hearts** – (818) 248-4278

[tenderheartshome.com](http://tenderheartshome.com)

### ADULT DAY HEALTH CARE (ADHC)

Located in Glendale. Referrals from your physician may be needed.

**Ararat** – (818) 240-1721

721 S. Glendale Avenue

**Daylight** – (818) 553-3818

915 E. Colorado Street

**Glendale** – (818) 566-6688

6900 San Fernando Road

**Glendale Gardens** – (818) 507-4998

700 S. Central Avenue

**Glendale Hills** – (818) 241-3403

550 N Glendale Blvd.

**St. Mary's** – (818) 543-5900

1829 S. Brand Blvd.

**Sunny Day** – (818) 637-7880

213 S. Kenwood Street

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**NOTE:** *The does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services to meet specific needs.*

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