

The Family Consultation is the first step towards on-going support and services.

Topics covered include:

	Self care
	Respite care
	Physical care
	Emotional wellness
	Stress management
	Managing difficult behaviors
	Medical condition information
	Long term care planning
	Legal & financial options



A Program of St. Jude Medical Center

Caregiver Resource Center OC is a trusted partner for Orange County families coping with physical, emotional, and financial responsibilities of caregiving. Since 1988, the **Caregiver Resource Center OC** 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.



Caregiver Resource Center OC, a program of St. Jude Medical Center, is part of a statewide system of 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 **Caregiver Resource Center OC** 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. No one is denied services due to inability to make a donation.



St. Jude Community Services
130 W. Bastanchury Rd.
Fullerton, CA 92835
800-543-8312
www.caregiveroc.org



A Program for
Family Caregivers



Caregiving includes
CARING FOR ME

St. Joseph Health 
St. Jude Medical Center
A member of the St. Joseph Hoag Health alliance

Our 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?



We are just a phone call away!

800-543-8312

www.caregiveroc.org

Services for Family Caregivers

California was the first state in the nation to address the impact of cognitive disorders on families.

Since 1988 the **Caregiver Resource Center OC**, 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 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

Respite planning and referrals to community resources for alternative care are provided to allow a break from caregiving. Funds may be available for situations where the caregiver must step away from caregiving to take care of themselves or other important or urgent matters.

Education and Training

Seminars, workshops and conferences to address the physical and emotional needs of family caregivers.

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.