



*“Caring for those who care for others”*

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**Santiago Cullingford**  
**Community Educator**



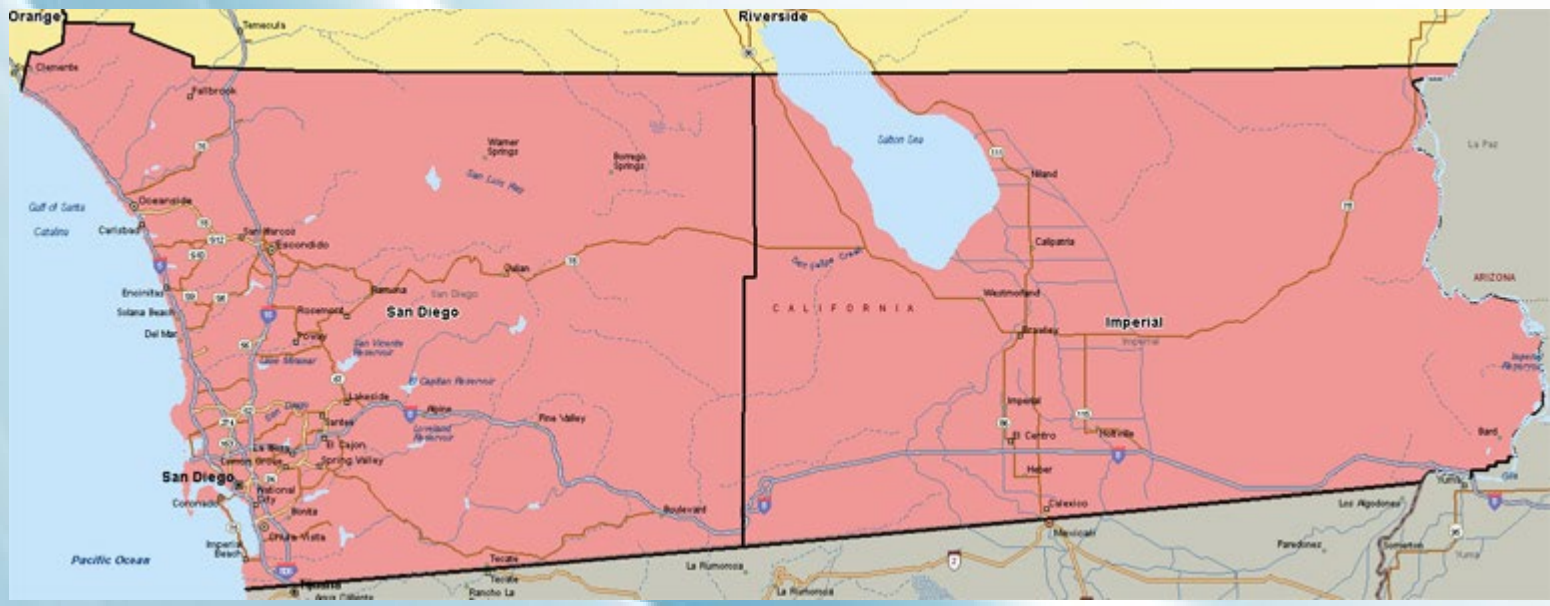


**Background**



# Background

Southern Caregiver Resource Center (SCRC) is the leading nonprofit organization in SD County providing **FREE** supportive services to family caregivers.





**CRC'S**



# Caregiver Resource Centers (CRC's)

The state of California has 11 Caregiver Resource Centers (CRCs), including SCRC. California is the only state in the nation to establish a statewide network of support organizations for caregivers; every resident has access to a CRC in their area!

CRC's Website: [www.caregivercalifornia.org](http://www.caregivercalifornia.org).







**Caregiver**



# Who qualifies?

Anyone who is caring for someone who has suffered a cognitive impairment after the age of 18 or a frail older adult who is 60 years or older.







**Welcome**



# Family Consultant

Family Consultants will assess your individual needs and formulate an individualized caregiver plan.





# Support Groups

Professionally facilitated. These groups help create a network of peers who face similar caregiving challenges.





# Counseling

Provide emotional support, skill development and helpful strategies to help caregivers cope more effectively in their caregiving role.



# Legal & Financial Consultation

Available to help with eligibility for public assistance programs, understand advanced healthcare directives and powers of attorney.





# Education & Training

Variety of classes offered throughout SD County to assist caregivers manage their caregiving role and obtain behavioral management strategies while focusing on self-care.







# Respite

Designed for temporary support and to relieve the caregiver from constant care.



# Southern Caregiver Resource Center

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WE OFFER

SUPPORT SERVICES

FOR FAMILY CAREGIVERS

(800) 827-1008 | [caregivercenter.org](http://caregivercenter.org)



Education &  
Training



Short-Term  
Counseling



Support  
Groups



Specialized  
Information



Alzheimer's Care  
Programs



Case  
Management



Employer  
Resources



Legal & Financial  
Consultation

Tax ID 33-0402867





# iCare Portal

Visit [www.caregivercenter.org](http://www.caregivercenter.org)  
to explore SCRC's online resources

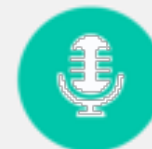


## CAREGIVER CORNER

Watch quick tip videos on various aspects of being a caregiver.



## PODCAST



Tune in to SCRC's "Let's Talk Caregiving" podcast for candid discussions on various caregiving topics.

## FAMILY CAREGIVER CLASSES

Visit recorded live streamed classes and learn ways to manage your caregiving journey.



## DIGITAL NEWSLETTER



SCRC's Wavelengths Newsletter is full of news updates, articles, and useful resources.



# FOLLOW US ON OUR SOCIAL NETWORK





Southern Caregiver Resource Center

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SCRC OFFERS

**FREE CLASSES**

**FOR FAMILY  
CAREGIVERS**

Caring for a loved one with  
memory loss, Alzheimer's or  
other Dementia?



**TLC**  
THRIVE LEARN CONNECT

**Our TLC (Thrive Learn and Connect) program provides strategies to cope with stress, it gives you behavioral tools to manage your mood and take control with positive activities, to cope with frustration, and helps how to address isolation experienced by caregivers.**

To take the TLC classes, it is required that you register in advance. For more information call:

**Southern Caregiver Resource Center**

PH: (800) 827-1008 or (858) 268 4432

Fax: (858) 268-7816

[scrc@caregivercenter.org](mailto:scrc@caregivercenter.org)

[www.caregivercenter.org](http://www.caregivercenter.org)



The TLC program is funded by the county of San Diego Health & Human Services Agency, Behavioral Health Services (MHS/CA PEI), Caregivers of Alzheimer's Diseases and other Dementia Client Support Services



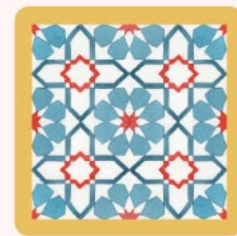


04.12.2023

# Tiles & Tea



1:00 pm  
-  
3:00 pm



\$25  
Entry

Norman Park Senior  
Center - 270 F St.  
Chula Vista, CA 91910

Create a custom 4x6  
inch tile while learning  
art therapy techniques





Southern Caregiver Resource Center

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# Caring for the Caregiver: Life Events and Mood Changes

● LIVE

Wednesday, April 26th

1:00 pm - 1:30 pm PST





For more information & access to services, please visit us at:

**[www.caregivercenter.org](http://www.caregivercenter.org)**

Or call (800) 827-1008 | (858) 268-4432

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