



Southern Caregiver Resource Center

Caring for those who care for others

Fact Sheet: Services

Southern Caregiver Resource Center (SCRC) offers services to family caregivers of adults with chronic and disabling conditions in San Diego and Imperial Counties. Services include: specialized information, short-term counseling, family consultation and case management, respite care, education and training, support groups, and legal services.

Specific SCRC services may have eligibility requirements. Services are available at no charge to clients. Both home and office visits are available.

Specialized Information

SCRC provides information on chronic and disabling conditions and diseases, aging, caregiving issues, and community resources. SCRC also has an extensive caregiver resource library containing numerous fact sheets, books and DVDs.

Support Groups

SCRC offers professionally facilitated support groups that meet at various locations in San Diego County. These groups enable caregivers to share experiences and ideas to ease the stress of their caregiving role.

Family Consultation/Case Management Services

SCRC's professional staff work with families and caregivers to provide support, alleviate stress, examine options and enable them to make decisions relating to the care of adults. SCRC's clinical staff provide an assessment of a caregiver's needs (in the home or our office), develop a care plan, and provide ongoing consultation.

Short-Term Counseling

Up to 6 one-hour individual counseling sessions are available to caregivers seeking emotional support, skill development and helpful strategies to better cope with their caregiving situation. SCRC has licensed clinicians and staff in the process of licensure who provide this service.

Legal/Financial Consultation

SCRC's professional staff can consult with clients on the various legal and financial issues related to caring for an adult. This may include planning for eligibility for public assistance programs, understanding Advance Healthcare Directives and Powers of Attorney, and identifying issues that the client may want to raise with an attorney. If it is felt that a client would benefit from consultation with an attorney or with another professional, he/she may be referred to a qualified attorney or legal service provider. Professional legal assistance can help caregivers with a variety of issues including estate planning (trusts, wills, qualification for Medi-Cal), conservatorships, durable powers of attorney, patient's rights and insurance issues.

Education and Training

SCRC offers education and training on a variety of issues related to caregiving. SCRC's professional staff can organize education for groups of caregivers and community professionals anywhere in San Diego. SCRC can provide CEUs for professionals as appropriate.

REACH

The REACH program is an evidence based educational series for caregivers of individuals with Alzheimer's disease or related dementias. Classes are offered in group settings with other caregivers and focus on helping caregivers cope with their caregiving situation, take better care of themselves, learn stress management techniques and develop effective family communication skills.

Operation Family Caregiver

Operation Family Caregiver (OFC) coaches the families of returning service members and veterans to manage the difficulties that come with returning home. OFC is a personalized program, tailored specifically to the struggles of each family. Through proven methods, the program teaches military families and veterans the skills needed to best navigate their challenges, resulting in stronger and healthier families. Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving and is generously supported by Johnson & Johnson.

Employer Resources

SCRC's professional staff can help employers meet the needs of employees with caregiving responsibilities by providing on-site educational programs, resource fairs, and consultation.

A Space of Beauty

Local, volunteer artists come together to create personalized, handmade journals for caregivers. The journals, called 'A Space of Beauty,' are filled with unique artwork and journaling prompts that provide caregivers a safe place to jot down thoughts, tips and new ideas to try while on their caregiving journey.

Respite Care*

SCRC can arrange respite services to relieve caregivers of the stresses of constant care. Respite is designed to provide temporary support in the individual's home or in an out-of-home setting such as a day care center or assisted living facility.

**This assistance is limited by the availability of funds and may have to be curtailed when designated budgets are exhausted.*