



Help for Caregivers

A Los Angeles Caregiver Resource Center Quick Guide

1-800-540-4442 <http://geroweb.usc.edu/lacrc/>



Caring for a loved one can be stressful, but you are not alone. This guide helps you understand the kinds of help you may be able to get for yourself and the person you care for.

Am I a caregiver?

Anyone who gives **unpaid care and support** to a family member, a friend, or a neighbor who is frail, sick, or disabled **is a caregiver**. The person receiving care could live at home or in a care facility.

Consider your situation

List your problems so you know what kind of help you need

How well does my loved one function? What problems do they have?

What type of help does my loved one need to live as independently as possible?

How much money do I have available to pay for outside resources?

Will my insurance cover any of these services?

What days and times do I need help?

What types of help are my friends and family members willing to provide?

Help from the community

Informal Help

- Friends
- Family
- Neighbors
- Church members

They can help you with...

- Specific tasks
- Emotional support
- Activities

What you can do...

- Make a list of your informal helpers
- Ask them to do something specific

Information & Referral Organizations

- They help you find the services you need.
- Example:
 - housing
 - food
 - adult day care

- Los Angeles Caregiver Resource Center
1-800-540-4442
- Area Agency on Aging (AAA)
1-800-510-2020
- Local Senior & Community Center
Check the Yellow Pages

Case Management

- A case manager helps you locate and manage services for long-term needs.
- Case managers may help determine eligibility for entitlement programs, plan for long-term care and intervene in a crisis.

Help from the community	Adult Day Care		
	<ul style="list-style-type: none"> ▪ Offers participant time to enjoy peer support and receive health & social services. ▪ Provides a break for the caregiver. 		
	Two kinds of care	Adult Day Social Care	Adult Day Health Care
		<ul style="list-style-type: none"> ▪ Social activities ▪ Meals ▪ Recreation ▪ Education ▪ Some health-related services 	<ul style="list-style-type: none"> ▪ Same services as Social Care ▪ More intensive health & social services ▪ Serves people with severe medical programs ▪ Serves those at risk of needing nursing home care
	Transportation Services		
	<ul style="list-style-type: none"> ▪ Trips to and from medical appointments, day care programs, and other services. ▪ Volunteer drivers, bus, taxi, or specially equipped vans. ▪ Usually requested in advance, and on a regular schedule to go to weekly appointments. ▪ There is usually a fee. 		
	Nutrition Programs		
	Congregate Meals	Meals on Wheels	
	<ul style="list-style-type: none"> ▪ Provides meals, usually lunch, in a group. ▪ Many churches, synagogues, housing projects, senior centers, community centers, and day programs offer meals. ▪ Small fee for services. 	<ul style="list-style-type: none"> ▪ Provides homebound individuals who are unable to shop for or prepare their own meals. ▪ Delivered on weekdays. ▪ Fee for services. 	
	Respite Care		
	<ul style="list-style-type: none"> ▪ Respite means time off for the caregiver; it may be for a few hours or a few days. ▪ It usually involves adult day care, home care, or an overnight stay in a facility. 		
	Home Care		
Two kinds of home care workers	Chore / Health Aids	Professionals	
	<ul style="list-style-type: none"> ▪ Nursing assistants ▪ Housekeeping ▪ Heavy chores ▪ Cooking ▪ Physical assistance (dressing, bathing) 	<ul style="list-style-type: none"> ▪ Nurses ▪ Social workers ▪ Speech pathologists ▪ Physical therapists ▪ Dieticians 	

Help from the community	Caregiver Support Groups
	<ul style="list-style-type: none"> ▪ Meet people who are having similar experiences. You are not alone! ▪ Talk about solutions to common problems. ▪ Learn about available resources. ▪ Give and receive encouragement, understanding, and support. ▪ Groups are held at hospitals, disease-specific support organizations, and other community centers.

Thinking about a facility	You should think about facility care when...
	<ul style="list-style-type: none"> ▪ You provide around-the clock care (or supervision). ▪ Your health is greatly affected. ▪ You are suffering from exhaustion, stress, fear, and isolation. ▪ Your loved one wanders away from home. ▪ Your loved one can't complete their activities of daily living (dressing, bathing, toileting). ▪ Your loved one needs multiple rehabilitation services.
	Assisted Living Facilities
	<ul style="list-style-type: none"> ▪ Private rooms or apartments with common areas for activities and meals. ▪ Emphasis on independence and privacy. ▪ Most provide 24-hour security, transportation, and emergency call systems for each unit. ▪ Provides recreational and social activities. ▪ Some facilities offer personal care assistance.
	Board and Care
	<ul style="list-style-type: none"> ▪ For individuals unable to live alone but do not need skilled nursing care. ▪ Usually traditional homes in a residential neighborhood. ▪ Shared bathrooms, bedrooms and living spaces. ▪ Provides personal care assistance (e.g. bathing, dressing). ▪ Provides some recreational and social activities. ▪ Check with each facility about security (locked exits).
Skilled Nursing Facility (Nursing Home)	
<ul style="list-style-type: none"> ▪ Continuous nursing services under a Registered Nurse or Licensed Vocational Nurse. ▪ Shared bathrooms, bedrooms and living spaces. ▪ Help with all aspects of personal care. ▪ Rehabilitation services. ▪ Recreational and social activities. 	

Thinking about a facility	Alzheimer's Care Facilities	
	<ul style="list-style-type: none"> ▪ For individuals with Alzheimer's disease and dementia. ▪ Designed to provide maximum independence for residents in a secured facility. ▪ Staff are specially trained. ▪ Provides appropriate activities. ▪ May be part of a skilled nursing facility. 	
	Retirement Communities (Continuing Care or Life Care)	
	<ul style="list-style-type: none"> ▪ Large complexes that offer options ranging from independent living to skilled nursing facility. ▪ People often start living independently, then progress through various levels of care as their needs increase. ▪ Often require a large up-front financial commitment. 	
When making the decision to use a facility consider...		
<ul style="list-style-type: none"> ▪ Cost – what can you or insurance afford? ▪ Size – will they be comfortable? ▪ Physical Structure – is it secure? 		<ul style="list-style-type: none"> ▪ Location – is it easy to visit? ▪ Ambience – what is your gut feeling? ▪ Social Activities and Recreation

Finding the services you want	<p>Once you know the kind of help you need, use an information and referral agency to help you find services you want.</p>	<ul style="list-style-type: none"> ▪ Los Angeles Caregiver Resource Center 1-800-540-4442 ▪ Area Agency on Aging (AAA) 1-800-510-2020
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<p>Los Angeles Caregiver Resource Center: Central LA (213) 740-1376 Southeast LA (562) 469-6255</p>	<p>http://www.usc.edu/lacrc San Gabriel Valley (626) 814-3334 Antelope & Santa Clarita Valley (661) 945-4852</p>
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