

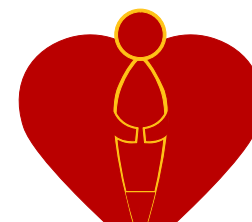
Los Angeles Caregiver Resource Center @ USC  
Davis School of Gerontology  
3715 McClintock Ave.  
Los Angeles, CA 90089-0191

# Caregiver Central

January 2016

Los Angeles Caregiver Resource Center @ USC

## ABOUT US



The Los Angeles Caregiver Resource Center @ USC provides services for family caregivers in Los Angeles County to aid in the caregiving process. We are committed to supporting caregivers through information and referral, education and training events, support groups, family consultations, online services, and respite.

LACRC@USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.

**Los Angeles Caregiver Resource Center @ USC**  
Davis School of Gerontology  
3715 McClintock Ave.  
Los Angeles, CA 90089-0191

**LACRC@USC**  
**CA Mission Inn**  
4807 Earle Ave.  
Rosemead, CA 91770

**LACRC@USC**  
**Verdugo Hills Hospital**  
1808 Verdugo Blvd., Ste. 420A  
Glendale, CA 91208

**TOLL-FREE PHONE:**  
**855-872-6060**

**Web:** [www.fcscgero.org](http://www.fcscgero.org)

**Email:** [fcscgero@usc.edu](mailto:fcscgero@usc.edu)

**USC**Davis  
School of Gerontology

## Updates & Announcements



**H**ow did you fare through the holidays? Were you able to sail through holiday stress without much fuss? It's time to take a breather! We urge you to look forward to the new year with fresh eyes and think about how to empower yourself as a caregiver through access to education and community resources.

This year, the Los Angeles Caregiver Resource Center @ USC would like to focus on empowering family caregivers through education and respite. Learning more about topics related to caregiving is a great way to improve your skills or increase your own personal knowledge. Our former "Caring Conversations" educational series will change its name to "C.A.L.M. (Caregivers Are Learning More)" to reflect this new education initiative at the center.

We will begin to have coordinated monthly themes for our educational programs in 2016. This month's theme is "C.A.L.M. (Caregivers Are Learning More) About: Communicating Effectively with

Healthcare Professionals." This topic will cover how to get the most out of your conversations with doctors, nurses, discharge planners, and other healthcare professionals. We will discuss important questions you should be asking your family member's healthcare team such as medication management, explanation of diagnosis, etc. If you are having trouble getting the information you want or need from your family member's healthcare team, please join us for one of these educational sessions to learn how to improve your communication. Please refer to our calendar of events for more information on a presentation near you.

Lastly, we are working hard to serve our constituents well. We are in the process of rebranding our center, so don't be surprised to see new designs and a fresh new look in the coming months. It's a work in progress, so please bear with us during this transition.

## CALENDAR OF EVENTS:

- **January 6th & 20th, 1:00-2:30 PM: Pasadena Support Group**  
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **January 11th, 7:15-8:45 PM: Telephone Support Group**  
Register by calling toll-free (855) 872-6060.
- **January 12th & 26th, 11:30 AM-1:00 PM: First AME Church Support Group**  
Location: First AME Church: Allen House  
2249 South Harvard, Los Angeles, CA 90018
- **January 13th, 10:00-11:30 AM: Rosemead Support Group**  
Location: LACRC@USC - Rosemead Office  
Rogers' Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **January 13th, 12:00-2:00 PM: USC Support Group**  
Location: LACRC@USC - Davis School of Gerontology
- **January 14th, 9:00-11:00 AM: "C.A.L.M. About: Communicating Effectively with Healthcare Professionals"**  
Location: Glendale Adventist Medical Center –Live Well Senior Lounge  
1509 Wilson Terrace, Glendale, CA 91206
- **January 15th, 10:00 AM-12:00 PM: "C.A.L.M. About: Communicating Effectively with Healthcare Professionals"**  
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **January 19th, 9:00-11:00 AM: "C.A.L.M. About: Communicating Effectively with Healthcare Professionals"**  
Location: Kaiser Permanente Medical Office Building, West Covina  
1249 Sunset Ave., West Covina, CA 91790  
Conference Room A, 1st Floor
- **January 19th, 2:00-3:30 PM: Santa Fe Springs Support Group**  
Location: Gus Velasco Neighborhood Center  
9255 Pioneer Blvd., Santa Fe Springs, CA 90670

- **January 21st, 10:00 AM-12:00 PM: "C.A.L.M. About: Communicating Effectively with Healthcare Professionals"**  
Location: LACRC@USC - Rosemead Office  
Rogers' Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **January 21st, 2:00-4:00 PM: "C.A.L.M. About: Communicating Effectively with Healthcare Professionals"**  
Location: LACRC@USC - Verdugo Hills Hospital, Glendale  
1808 Medical Professional Building
- **January 27th, 12:00 -2:00 PM: "C.A.L.M. (Caregivers Are Learning More) Through Creative Expression" Support Group**  
Location: LACRC@USC - Davis School of Gerontology
- **January 28th, 10:00 AM-12:00 PM: Long Beach Support Group**  
Location: Grace First Presbyterian Church (Fireside Room)  
3955 Studebaker Road, Long Beach, CA 90808

# C.A.L.M.

Caregivers Are Learning More

# C.A.L.M.

Caregivers Are Learning More

# Family Caregiver Checklist

**O**ne common problem for family caregivers when they first begin the caregiving process is confusion about where to begin and how to prioritize their various efforts. Below is a checklist of suggestions that may help you better prepare for your role as a family caregiver and serve as a preventative tool for caregiver burnout. This list will help you identify which areas of caregiving you are knowledgeable about and those you may need assistance with handling.

- Know and familiarize yourself with your family member's diagnosis
- Familiarize yourself with the legal aspects of family caregiving:
  - Durable power of attorney
  - Living will
  - Trusts
  - Conservatorship
  - Advanced Healthcare Directive/Healthcare Proxy
- Understand your family member's health insurance policy and benefits
- Understand eligibility requirements for various aspects of long-term care planning:
  - Medi-Cal & In-Home Supportive Services (IHSS)
  - Social Security Benefits
  - Veteran's Benefits
  - Long-term Care Insurance
- Determine the most appropriate living option for your loved one's situation
  - At Home
  - Residential Care Facility
  - (Skilled) Nursing Facility
- Identify activities for self-care
- Develop a social support system by identifying an individual or community agency or organization with which you can discuss your caregiving experience
- Familiarize yourself with your community's senior services and resources

# January 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 	02
	<b>Joke of the Month:</b> Q: What did Mr. and Mrs. Hamburger name their daughter? A: Patty					
03	04	05	06 1:00-2:30 PM Pasadena Support Group	07	08 	09
10	11 7:15-8:45 PM Telephone Support Group	12 11:30 AM-1:00 PM First AME Support Group	13 10:00 AM-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group	14 9:00-11:00 AM C.A.L.M. About: Communicating Effectively with Healthcare Professionals (Glendale)	15 10:00 AM-12:00 PM C.A.L.M. About: Communicating Effectively with Healthcare Professionals (Arcadia)	16
17	18	19 9:00-11:00 AM C.A.L.M. About: Communicating Effectively with Healthcare Professionals (West Covina)  2:00-3:30 PM Santa Fe Springs Support Group	20 1:00-2:30 PM Pasadena Support Group	21 10:00 AM-12:00 PM C.A.L.M. About: Communicating Effectively with Healthcare Professionals (Rosemead)  2:00-4:00 PM C.A.L.M. About: Communicating Effectively with Healthcare Professionals (VHH)	22	23
24 <hr/> 31	25	26 11:30 AM-1:00 PM First AME Support Group	27 12:00-2:00 PM USC Support Group	28 10:00 AM-12:00 PM Long Beach Support Group	29	30