

Together, the 11 CRCs serve caregiving families in every county in California. Each center offers services relevant to families in its local area in addition to a suite of core programs such as:

### Caregiver Assessment

*Let's see how we can help you*

We offer standardized assessment tools to help us diagnose your caregiving needs and present you with the resources & services available to you.

### Family Consultation & Care Navigation

*For when you want advice*

Our in-person or over-the-phone individual consultations connect you with our trained staff to provide ongoing emotional support, connect you with community resources, and shine a light on any creative care options that may apply to you.

### Specialized Information

*For when you have a question*

Each of the CRCs offers personalized advice and community resources tailored to you and your loved one. We are also proud to offer CareNav™, our free online service that connects you with specialists and custom resources from the comfort of your home.

### Respite Care

*For when you need a break*

We offer financial assistance for temporary fill-in caregivers (such as in-home support, adult day care services, short-term/weekend care, etc.) to help you with or give you a rest from care for an adult with a disabling condition.

### Support Groups

*For when you could use a friend*

Caregiving can be isolating, but it's important to know that you're not alone. To help you connect with other caregivers who understand, we offer a Facebook group and monthly in-person or online meetings where caregivers come together to share experiences and exchange ideas.

### Short-Term Counseling

*For when you need to talk*

You're under a lot of stress, which is why the CRCs all offer personal sessions with licensed counselors to provide emotional support and help with the emotional toll the caregiving role can take.

### Caregiver Training

*For when you need to learn a new skill*

If you've ever felt overwhelmed or underprepared for your role, we can help. We offer customized classes for caregivers on a wide range of topics, like stress management, self-care, dementia, and more.

### Legal & Financial Consultation

*For long-term planning*

We offer personal consultations with experienced elder law attorneys who are there to provide guidance on powers of attorney, estate and financial planning, conservatorships, and other complex, important matters.

### Education

*For your ongoing and ever-changing needs*

We offer workshops for caregivers, community members, and professionals to help with topics such as day-to-day care, financial planning, future planning, personal well-being, and much more.

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*The Association of California Caregiver Resource Centers (ACCRC) represents the 11 regional nonprofit Caregiver Resource Centers (CRCs) that serve the estimated 7 million unpaid family and friend caregivers across the state. For more information, contact [AssocCRCs@gmail.com](mailto:AssocCRCs@gmail.com).*

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#### Gavin Newsom

Governor

#### Kim Johnson

Secretary, California Health & Human Services Agency

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**Resources for families and caregivers of adults with chronic, disabling health conditions.**

There is support wherever you are - you do not have to go on this caregiver journey alone.

*Connect with your local Caregiver Resource Center today!*

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

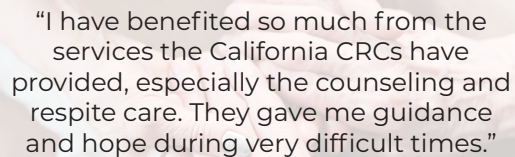
**F**ounded in 1984, the California Caregiver Resource Centers are a network of 11 centers throughout California which serve family caregivers who are providing support for someone affected by chronic and debilitating health conditions (such as heart disease, diabetes, COPD) and neurocognitive disorders also known as dementia (such as Alzheimer's disease, Parkinson's disease, Huntington's disease, Multiple Sclerosis, traumatic brain injury, stroke, aneurysms).

Caring for a loved one with a neurocognitive disorder (dementia) or another disabling condition forever changes the lives of families and caregivers. There can be devastating effects on those providing long-term care: financial pressures, legal quandaries, health problems, and emotional turmoil.

Fortunately, the California Caregiver Resource Centers offer support at **little to no cost** throughout the state, serving thousands of families and caregivers across income categories. Every California resident has access to a CRC in their area. The CRCs are united by shared values emphasizing choice, collaboration, innovation, quality, participation, respect & diversity.

For more information on the California Caregiver Resource Centers, visit:

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



"I have benefited so much from the services the California CRCs have provided, especially the counseling and respite care. They gave me guidance and hope during very difficult times."

– Family Caregiver

Connect with your local center today:

### Bay Area Caregiver Resource Center

(415) 434-3388 or (800) 445-8106

E-mail: [info@caregiver.org](mailto:info@caregiver.org)

Website: [www.caregiver.org](http://www.caregiver.org)

*Serving: Alameda, Contra Costa, Marin, San Francisco, San Mateo & Santa Clara Counties*

### Coast Caregiver Resource Center

(805) 569-8950 or (888) 488-6555

E-mail: [info@coastcrc.org](mailto:info@coastcrc.org)

Website: [www.coastcrc.org](http://www.coastcrc.org)

*Serving: San Luis Obispo, Santa Barbara & Ventura Counties*

### Del Mar Caregiver Resource Center

(800) 624-8304

E-mail: [info@hpcn.org](mailto:info@hpcn.org)

Website: [www.delmarcaregiver.org](http://www.delmarcaregiver.org)

*Serving: Monterey, San Benito & Santa Cruz Counties*

### Del Oro Caregiver Resource Center

(916) 728-9333 or (800) 635-0220

E-mail: [crc@deloro.org](mailto:crc@deloro.org)

Website: [www.deloro.org](http://www.deloro.org)

*Serving: Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo & Yuba Counties*

### Inland Caregiver Resource Center

(909) 514-1404 or (800) 675-6694

E-mail: [info@inlandcaregivers.org](mailto:info@inlandcaregivers.org)

Website: [www.inlandcaregivers.org](http://www.inlandcaregivers.org)

*Serving: Inyo, Mono, Riverside & San Bernardino Counties*

### Los Angeles Caregiver Resource Center

(800) 540-4442

E-mail: [fcscgero@usc.edu](mailto:fcscgero@usc.edu)

Website: [losangelescrc.usc.edu](http://losangelescrc.usc.edu)

*Serving: Los Angeles County*

### Caregiver Resource Center OC

(800) 543-8312

E-mail: [ocrcuser@stjoe.org](mailto:ocrcuser@stjoe.org)

Website: [www.caregiveroc.org](http://www.caregiveroc.org)

*Serving: Orange County*

### Passages Caregiver Resource Center

(530) 898-5925

E-mail: [passages@csuchico.edu](mailto:passages@csuchico.edu)

Website: [www.caregiverresources.org](http://www.caregiverresources.org)

*Serving: Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity Counties*

### Redwood Caregiver Resource Center

(800) 834-1636

E-mail: [rcrc@redwoodcrc.org](mailto:rcrc@redwoodcrc.org)

Website: [www.redwoodcrc.org](http://www.redwoodcrc.org)

*Serving: Del Norte, Humboldt, Lake, Mendocino, Napa, Solano & Sonoma Counties*

### Southern Caregiver Resource Center

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

E-mail: [scrc@caregivercenter.org](mailto:scrc@caregivercenter.org)

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

*Serving: Imperial & San Diego Counties*

### Valley Caregiver Resource Center

(800) 541-8614

E-mail: [info@valleycrc.org](mailto:info@valleycrc.org)

Website: [www.valleycrc.org](http://www.valleycrc.org)

*Serving: Fresno, Kern, Kings, Madera, Mariposa, Merced, Stanislaus, Tulare & Tuolumne Counties*

