Our mission is to help families and communities master the challenges of caring for adults with chronic and disabling conditions. The core values that we work by are Support, Empowerment, Accessibility, Collaboration, Compassion, and Knowledge.

Southern Caregiver Resource Center (SCRC), founded in 1987, is the leading provider of comprehensive caregiver support services for families caring for frail older adults and adults living with cognitive degenerative conditions like Alzheimer’s disease and related disorders in San Diego and Imperial Counties. Our services are offered online and in person, in English and in Spanish. As a 501c3 non-profit charitable organization, SCRC is supported through a variety of sources including grants from the California Department Aging, County of San Diego Health & Human Services Agency, Aging & Independence Services (AIS), Behavioral Health Services (BHS), private foundations, local businesses and individual donors. To learn how you can support SCRC, please contact us by phone, e-mail, or visit our website.

Toll Free: (858) 268 - 7816
(800) 827 - 1008
(858) 268 - 4432
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scrc@caregivercenter.org
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Do you need assistance caring for someone who is frail and elderly?
Are you caring for someone with cognitive decline?
Southern Caregiver Resource Center specializes in offering the best support services for caregivers. Our goal is caring for those who care for others.
**SERVICES OFFERED**

**SERVICES OFFERED**

**ONLINE AND IN PERSON**

**SUPPORT GROUPS**

Our support groups enable caregivers to share experiences and ideas while creating a network of care.

**CASE MANAGEMENT**

Our clinical staff work with families and caregivers to provide ongoing assessment and consultation of caregiver needs, offer support, help alleviate stress, and discuss short and long-term care planning options.

**RESPITE CARE**

SCRC can arrange temporary relief from the stresses of constant care. Support can be offered in the individual's home or at an adult day care center.

**SHORT-TERM COUNSELING**

Licensed clinicians and staff in the process of licensure, provide 6 one-hour individual counseling sessions to caregivers seeking emotional support, skill development and helpful strategies to better cope with their caregiving situation.

**EDUCATION AND TRAINING**

SCRC’s professional staff presents educational classes on a variety of topics related to caregiving as well as offers educational programs for community groups and resources for employers to meet the needs of their caregiving employees.

**LEGAL AND FINANCIAL CONSULT**

Consultation on various legal and financial issues related to caring for an adult is offered to help caregivers with a variety of issues including estate planning, conservatorships, durable powers of attorney, and Advanced Health Care Directives.

**SPECIALIZED INFORMATION**

SCRC has an extensive caregiver resource library containing numerous fact sheets, books and DVDs. Available to you is information on chronic and disabling conditions, aging, caregiver issues, and community resources.

**TO ACCESS ONLINE RESOURCES**

**Scan Here**

To access online resources check out our iCare Portal

**WE ARE HERE TO HELP YOU**

The Caregiver TLC program provides caregivers with strategies to cope with stress while learning skills to better manage Alzheimer’s and dementia behaviors. Our proven techniques help to bounce back from a crisis, isolation and frustration while developing selfcare practices.

If you need assistance or would like to talk with someone regarding your caregiver situation know that Southern Caregiver Resource Center (SCRC) is here for you. We specialize in helping those who care for others through comprehensive services delivered by an experienced, professional and compassionate staff. We’ll explore all of the options to help you decide what is best for you and your loved one.