



Southern Caregiver Resource Center

Caring for those who care for others

Nothing but the Facts . . . Southern Caregiver Resource Center (SCRC) offers numerous informational Fact Sheets on a variety of topics. Please check any you are interested in and send to SCRC at the mailing address, fax number or e-mail shown below. Our fact sheets can also be ordered on-line via our website.

- Advance Health Care Directives and POLST
- Advanced Illness: CPR & DNR
- Advanced Illness: Feeding Tubes and Ventilators
- Advanced Illness: Holding on and Letting Go
- Advocacy Tips for Caregivers
- Alzheimer's Disease and Caregiving
- Amyotrophic Lateral Sclerosis (ALS)
- Assistive Technology
- Background Checking: Resources that Help
- Brain Tumor
- Caregiver Health
- Caregiver Statistics: Demographics
- Caregiver Statistics: Health, Technology, and Caregiving Resources
- Caregiver Statistics: Work and Caregiving
- Caregiver's Guide to Medications and Aging
- Caregiver's Guide to Understanding Dementia Behaviors
- Caregiving
- Caregiving 101: On Being a Caregiver
- Caregiving and Ambiguous Loss
- Caregiving at Home: A Guide to Community Resources
- Caregiving with Your Siblings
- Caring for Adults with Cognitive and Memory Impairments
- Caring for Someone with Incontinence: Emotional and Social Issues
- Choosing a Financial Planner
- Conservatorship & Guardianship
- Coping with Behavior Problems After Head Injury
- Coping with Combative Behavior
- Dementia and Driving
- Dementia, Caregiving and Controlling Frustration
- Dementia: Is This Dementia, and What Does It Mean?
- Dementia with Lewy Bodies
- Depression
- Depression and Caregiving
- Digital Technology for the Family Caregiver
- Downsizing a Home: A Checklist for Caregivers
- Driving, Dementia and California State Law
- Emotional Side of Caregiving
- Evaluating Medical Research Findings and Clinical Trials
- Finding an Attorney to Help with Estate Planning
- Frontotemporal Dementia
- Genetic Testing
- Grief and Loss
- Hiring In-Home Help
- HIV- Associated Neurocognitive Disorder
- Holding a Family Meeting
- Home Away from Home: Relocating Your Parents
- Home Safety Checklist
- Hospital Discharge Planning: A Guide for Families and Caregivers
- Huntington's Disease
- Hypoxic-Anoxic Brain Injury
- Incidence and Prevalence of Major Causes of Adult-Onset Brain Impairment
- Legal Issues and Consultation
- Legal Issues for LGBT Caregivers
- Legal Planning for Incapacity
- LGBT Caregiving: Frequently Asked Questions
- Making Choices About Everyday Care
- Making End- of- Life Decisions: What Are Your Important Papers?
- Medicare and Home Health Care
- Medicare and Hospice Care
- Medicare and Skilled Nursing Facility Care
- Mild Cognitive Impairment (MCI)
- Multiple Sclerosis
- Parkinson's Disease and Caregiving
- Pathways to Effective Communication for Healthcare Providers and Caregivers
- Patients' Rights (Residential Care Facility)
- Personal Care Agreements
- Post-traumatic Stress Disorder (PTSD)
- Residential Care Options: Caregiving Doesn't End When Your Loved One Moves
- Residential Care Options: Housing Options
- Residential Care Options: The Right Time & Choosing the Right Place
- Residential Care Options: Visiting Someone in Dementia Care
- Respite Care
- Selected Long-Term Care Statistics
- Southern Caregiver Resource Center Services
- Special Concerns of LGBT Caregivers
- Stroke
- Taking Care of You: Self- Care for Family Caregivers
- Thinking of Quitting Your Job to Care for a Loved One
- Traumatic Brain Injury (TBI)
- Twelve Steps for Caregivers
- Understanding Palliative/ Supportive Care: What Every Caregiver Should Know
- Vision Loss and Blindness
- Wernicke-Korsakoff Syndrome
- What Every Caregiver Needs to Know About Money
- When a Caregiver Feels Guilty
- Women and Caregiving: Facts & Figures
- Work and Eldercare

Hojas informativas disponibles en español (Fact Sheets Available in Spanish)

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| <ul style="list-style-type: none"> <input type="checkbox"/> Aflicción y pérdida (<i>Grief and Loss</i>) <input type="checkbox"/> Contratación de empleados para el hogar (<i>Hiring In-Home Help</i>) <input type="checkbox"/> Demencia (Dementia) <input type="checkbox"/> Demencia con cuerpos de Lewy (<i>Dementia with Lewy Bodies</i>) <input type="checkbox"/> Directivas anticipadas de atención médica y POLST (<i>Advance Health Care Directive and POLST</i>) <input type="checkbox"/> El cuidado de los adultos contrastornos cognitivos y de la memoria (<i>Caring for Adults with Cognitive and Memory Impairments</i>) <input type="checkbox"/> El Cuidado de Sus Padres Junto con Sus Hermanos (<i>Caregiving With Your Siblings</i>) <input type="checkbox"/> El cuidado del paciente (<i>Caregiving</i>) <input type="checkbox"/> Enfermedad de Alzheimer (<i>Alzheimer's Disease</i>) <input type="checkbox"/> ¿Es una demencia? ¿Qué significa ese diagnóstico? (<i>Is this Dementia, and What Does It Mean?</i>) <input type="checkbox"/> Guía del cuidador para entender la conductade los pacientes con demencia (<i>Caregiver's Guide to Understanding Dementia Behaviors</i>) <input type="checkbox"/> La apoplejía o derrame cerebral (<i>Stroke</i>) <input type="checkbox"/> La enfermedad y el cuidado de Parkinson (<i>Parkinson's Disease & Caregiving</i>) <input type="checkbox"/> La etapa inicial de la enfermedad de Alzheimer (<i>Alzheimer's Disease, Early Stage</i>) <input type="checkbox"/> Lesión cerebral traumática (<i>Traumatic Brain Injury</i>) <input type="checkbox"/> Los cuidadores y la depresión (<i>Caregiving and Depression</i>) | <ul style="list-style-type: none"> <input type="checkbox"/> Medios para una comunicación eficaz para proveedores de atención médica y cuidadores (<i>Pathways to Effective Communication for Healthcare Providers and Caregivers</i>) <input type="checkbox"/> Opciones de la comunidad para el cuidado del paciente (<i>Community Care Options</i>) <input type="checkbox"/> Opciones para el final de la vida: los tubos de alimentación y los respiradores (<i>Feeding Tubes and Ventilators</i>) <input type="checkbox"/> Opciones para el final de la vida: RCP y ONR (<i>CPR and DNR</i>) <input type="checkbox"/> Planificación legal en casos de incapacidad (<i>Legal Planning for Incapacity</i>) <input type="checkbox"/> Poderes de duración indeterminada fideicomisos en vida revocables (<i>Durable Powers of Attorney</i>) <input type="checkbox"/> Problemas conductuales posteriores a traumatismo craneal (<i>Coping with Behavior Problems After Head Injury</i>) <input type="checkbox"/> Servicios (<i>Services</i>) <input type="checkbox"/> Tecnología Digital Para los Cuidadores Familiares (<i>Digital Technology for the Family Caregiver</i>) <input type="checkbox"/> Todo lo que un cuidador debe saber sobre el dinero (<i>What Every Caregiver Needs to Know About Money</i>) <input type="checkbox"/> Trastorno neurocognitivo asociado con el VIH (<i>HIV-Associated Neurocognitive Disorder</i>) <input type="checkbox"/> Vida asistida y residencias de apoyo (<i>Assisted Living</i>) <input type="checkbox"/> Wernicke-Korsakoff (<i>SWK</i>) |
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After checking the boxes on the preceding pages for the fact sheets that you are interested in, please fill out below and mail, fax or e-mail to (fact sheets can also be ordered on-line at www.caregivercenter.org):

Southern Caregiver Resource Center
3675 Ruffin Road, Suite 230, San Diego, CA 92123
(858) 268-7816 Fax; E-mail: scrc@caregivercenter.org

We are happy to provide this information and hope that you appreciate this free service. Donations are kindly accepted and greatly appreciated so that we can continue to provide assistance to all caregivers. Thank you!

Name (*Nombre*) _____

Address (*Dirección*) _____

City/State/Zip (*Ciudad/Estado/Zip*) _____

Telephone (*Teléfono*) _____ E-mail _____

- Please check one:** Please add my name to the SCRC mailing list I am already on the SCRC mailing list
 Do not add me to the SCRC mailing list