



Southern Caregiver Resource Center

Caring for those who care for others

Fact Sheet: **Services**

Southern Caregiver Resource Center (SCRC) offers services to family caregivers of adults with chronic and disabling conditions in San Diego and Imperial Counties. SCRC specializes in helping those who care for others through comprehensive services delivered by an experienced, professional, and compassionate staff. Services include: specialized information, family consultation/case management, respite care, short-term counseling, support groups, legal/financial consultation, education and training, and employer resources.

Services are available at no cost to clients. Both home and office visits are available by appointment. Specific SCRC services may have eligibility requirements. For more information, please contact SCRC at (800) 827-1008.

Specialized Information

SCRC provides information on chronic and disabling conditions and diseases, aging, caregiving issues, and community resources. SCRC also has an extensive caregiver resource library containing numerous fact sheets, books and DVDs.

Family Consultation/ Case Management Services

SCRC's professional staff work with families and caregivers to provide support, alleviate stress, examine options and enable them to make decisions related to the care of adults. SCRC's clinical staff provide an assessment of caregiver needs (in home or office), short and long-term care planning, and ongoing consultation.

Respite Care*

SCRC can arrange respite services to relieve caregivers of the stresses of constant care. Respite is designed to provide temporary support in the individual's home, or in an out-of-home setting such as an adult day care center or assisted living facility.

Short-Term Counseling

Six one-hour individual counseling sessions are available to caregivers seeking emotional support, skill development and helpful strategies to better cope with their caregiving situation. Counseling is provided by SCRC's licensed clinicians and staff in process of licensure under clinical supervision.

Support Groups

SCRC offers professionally facilitated support groups that meet at various locations in San Diego County. These groups enable caregivers to share experiences and ideas to ease the stress of their caregiving role.

Legal/Financial Consultation

SCRC's professional staff can consult with clients on the various legal and financial issues related to caring for an adult. Professional legal assistance can help caregivers with a variety of issues including estate planning (trusts, wills, qualification for Medi-Cal), conservatorships, durable powers of attorney, and Advanced Health Care

Directives. If it is felt that a client would benefit from consultation with an attorney or with another professional, they may be referred to a qualified attorney or legal service provider.

Education and Training

SCRC offers education and training on a variety of topics related to caregiving. SCRC's professional staff can organize educational programs for groups of caregivers or community professionals anywhere in San Diego.

Operation Family Caregiver

Operation Family Caregiver (OFC) coaches the families of returning service members and veterans to manage the difficulties that come with returning home. OFC is a personalized program, tailored specifically to the struggles of each family. Through proven methods, the program teaches military families the skills needed to best navigate their challenges, resulting in stronger and healthier families. Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving.



REACH2CAREGIVERS program is an evidence based educational series for caregivers of individuals with Alzheimer's Disease or related dementias. Classes are offered in group settings with other caregivers and focus on helping caregivers cope with their caregiving situation, take better care of themselves, learn stress management techniques and develop effective family communication skills.

Employer Resources

SCRC's professional staff can provide on-site educational programs, resource fairs, and consultations to help employers meet the needs of their employees with caregiving responsibilities.

A Space of Beauty

Local, volunteer artists come together to create personalized, handmade journals for caregivers. The journals, called 'A Space of Beauty,' include unique artwork and journaling prompts that provide caregivers a safe place to jot down thoughts, tips and new ideas to try while on their caregiving journey.

** This assistance is limited by the availability of funds and may have to be curtailed when designated budgets are exhausted.*