



WAVELENGTHS

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SCRC'S RESPONSE TO COVID-19

By Roberto Velasquez, President & CEO

Like other agencies, SCRC has cancelled all planned in-person events and pivoted quickly to fill in service and information gaps for family caregiver clients. SCRC is taking rapid action to be responsive to the emergency nature of the current COVID-19 environment and its effects on some of our most vulnerable California citizens. The following is a summary of efforts to date.

Established in 1987 as a 501c3, Southern Caregiver Resource Center (SCRC) is one of 11 regional, Caregiver Resource Centers (CRCs) that serve the estimated 4.8 million unpaid family caregivers across the state. The CRCs provide the majority of in-home care and supports to adults with cognitive and physical disabilities. The CRC system is housed under the CA Department of Health Care Services.

As part of a three-year strategic effort, SCRC, along with the other CRCs, has started the process of transforming service delivery to include digital options through online and telehealth practices. In doing so, we had already begun adapting to a service delivery model which meets the challenges of the changing environment presented by the COVID-19 epidemic. By the end of June, SCRC will have made the transition and have the full capabilities of HIPAA compliant interactive client records, telehealth for individual, family system and small group consults, therapeutic counseling, online classes and access to vetted consumer information in multiple languages.

Since early March 2020, SCRC has been responding to the ever-changing challenges during the COVID-19 pandemic with the following activities:

- Set up staff to work remotely and established internal communications, operations and ensure uninterrupted client operations.
- Communicated with family caregivers about availability of local services during this time of shelter in place and provided an aggregated listing of federal, state and regional COVID-19 guidelines.
- Made check-in calls to the current case load of family caregivers and to those families who have made contact with SCRC in the previous 12-18 months to combat loneliness and feelings of isolation, to access support, to learn about current service options, and receive interactive assessment for changing needs (e.g. respite care, access to food, paying for personal care supplies).
- Continued to provide SCRC services to new clients by telephone, telehealth, online classes and webinars.

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• WE ARE STILL HERE TO HELP •

Connect with our social media for digital education & timely caregiver information:



For more information & resources, visit our website at: www.caregivercenter.org

CONTACT US DIRECTLY:

Phone: (858) 268-4432 or (800) 827-1008 (Toll Free) | Email: scrc@caregivercenter.org



Roberto Velasquez - President & CEO
Southern Caregiver Resource Center



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Pending a final calendar of regional and state offerings, the following list has been generated across the CRCs to give an idea of information and support that will be available in the next few weeks and through the end of this fiscal year:

- Online visual & telephone support groups
- Stress-reduction classes & exercises
- At-home activities taught by activity directors from closed adult day programs
- Direct skills classes for care in the home during COVID-19
- Evidence-based care coping classes, Operation Family Caregiver, REACH/CALMA, Powerful Tools for Caregivers, and Active Caregiving: Empowering Skills
- Monthly livestream educational topics including tips for caregivers regarding COVID-19
- Podcasts & multi-lingual, short video caregiving tips & infographics on Facebook, YouTube, and Twitter:
www.youtube.com/user/SCRCSanDiego | www.facebook.com/SCRC1987
- Partnerships with local media to provide public service announcements

In addition, SCRC, along with the other 11 CRCs have:

- Continued respite care consultation & payments provided to ensure uninterrupted consumer directed options and, where needed, arranged care from COVID-19 prepared home-care agencies.
- Expanded access to & availability of trained, licensed mental health therapists via phone and 2-way video chat for caregivers in crisis.
- Participated in county/region/state-wide coordination efforts across the long-term services & support system to get up-to-date service availability, latest COVID-19 directives, share service availability, and surface family caregiver issues from the CRC perspective.
- Set up weekly meetings for all CRCs to coordinate information, resources, cross market online offerings, identify family caregiver needs such as food insecurity, transportation issues or need for consumable supplies and ensure that multi-lingual information & services are included.

We urge you to continue to contact SCRC to get more information and connect to support programs available in this time of crisis.

COMMUNITY ANNOUNCEMENT

SCRC, in partnership with,



Released a PSA, informing all that as we navigate the uncertainty of these times, **family caregivers can turn to Southern Caregiver Resource Center for help!**

In addition to following CDC guidelines SCRC suggests that:

- Caregivers have perscription medicine delivered
- Designate a friend or a neighbor as your emergency contact
- Make an alternative plan should the primary caregiver become sick

Visit our website to listen to the PSA now:
WWW.SCRC.CARE

SCRC 2018-19 ANNUAL REPORT

We are proud to share Southern Caregiver Resource Center's mission moments in fiscal year 2018-19.

Reflect on the past year with us and watch the annual report video today!

ACROSS ALL PROGRAMS HAD

18,751

Total Points of Contact

SERVED

2,381

Unique Caregivers



ANNUAL REPORT WITH
ROBERTO VELASQUEZ, EXECUTIVE DIRECTOR

VIEW & DOWNLOAD THE COMPLETE REPORT HERE

Better Together: A Toast to Our Inaugural Caregiver Luncheon

By Martha Rañón, Executive Vice President

SCRC hosted its inaugural **Caregiver Recognition Luncheon** on **National Caregivers Day**, February 21, 2020! Over 200 people attended the luncheon at the Courtyard Marriott in Liberty Station. Guests were welcomed by the moving and upbeat sounds of violin music while family, friends and supporters connected with one another. Keynote speaker **Ted Garcia** from **KOGO Radio** shared his personal stories of growing up with his mother and stepping in when it became apparent that she needed additional care. His candid feelings related to his caregiving journey resonated with many in the audience.

A special component of the program was dedicated to **honoring caregiver advocates and supporters**. Those honorees included **Kenneth Fousel, Robert and Susan deRose** and the **Sahm Family Foundation**.

At the end of the luncheon, many attendees were brought to tears while watching the Caregiver Tribute video. This special tribute and final toast by **Roberto Velasquez, President & CEO**, truly embraced the afternoon's motto of **'Better Together'**.

Thank you to all the sponsors and attendees that supported SCRC's first luncheon. **We look forward to having you join us at the next Caregiver Recognition Luncheon in 2021!**



Martha Rañón, Ted Garcia, & Roberto Velasquez



Alison Sorley and Ken Fousel



California State Senator Ben Hueso



Susan and Robert deRose



[VIEW FULL ALBUM](#)

SCRC RECOGNIZES SOCIAL WORK MONTH AMIDST OF COVID-19

By Roberto Velasquez, President & CEO

The COVID-19 pandemic has led us all into uncharted territories. California Governor Gavin Newsom issued an Executive Order asking Californians to remain at home "except for essential needs" like obtaining food, gas, groceries and healthcare. While federal, state and local authorities work hard to address COVID-19 and provide the public with up to date fact-based information and recommendations, our society continues to rely heavily on families to serve as our nation's primary caregivers. Their dedication to provide care and support to our most vulnerable population is heroic. However, this open-ended crisis exacerbates caregiver stress, anxiety, fears and isolation. As a result, family caregivers are in greater need of emotional support, understanding, care navigation and professional consultation that SCRC provides.

In the midst of this crisis, SCRC would like to take this opportunity to recognize the immense positive contributions of our nation's first responders, healthcare workers and our more than 700,000 social workers. The month of March was Social Work Month, and SCRC's clinical team worked quickly with our management team to adapt to the COVID-19 emergency to provide our essential comprehensive caregiver support services remotely to keep our family caregivers healthy and their loved ones safe.

While the month of March was not necessarily a time to celebrate due to COVID-19, SCRC wants to thank our clinical team, along with the rest of our staff, for their dedication to care for those who care for others!

Below are a few quotes from family caregivers during the COVID-19 pandemic:

“Thank you for the wonderful caregiver video tips and the special resources during these times.”

“Mom does not understand why there are no visitors coming in.”

“Trying to get things done when everything is up in the air has added complications when life is already complicated.”

“Trying to get creative and use facetime.”

“It's a godsend that you are open and providing support.”

“I'm so thankful for clinical staff checking-in.”



UPCOMING DIGITAL EDUCATION

In practicing social distancing regulations to combat the spread of COVID-19, all classes will be conducted digitally until further notice

Browse our library of caregiver resources for past Tip Videos, Livestreams, and Podcasts:

Facebook Page - www.facebook.com/SCRC1987

YouTube Channel - www.youtube.com/user/SCRCSanDiego

Podomatic Channel - <https://www.podomatic.com/podcasts/scrc>

COMING SOON

Serie de educación en español

Watch LIVE on Facebook & YouTube

Follow us on social media or visit us at www.scrc.care for additional education opportunity announcements.

4 TIPS FOR CAREGIVERS While Staying in Place

1.

Stay Informed!

Visit www.cdc.gov, www.cdph.ca.gov, & San Diego Public Health Office, for updates on COVID-19 and stay in place orders.

2.

Stay Educated!

Click each iCarePortal section to the right to connect with our digital library of resources
+Access: [FACTSHEETS](#) & [PAST NEWSLETTERS](#)

3.

Stay Connected!

Follow us on Social Media to connect with other caregivers and receive updates on digital education.




4.

Stay Steady!

During this challenging time SCRC is committed to continue delivering on our mission to *care for those who care for others*.

Contact Us Directly
(858) 268-4432 or (800) 827-1008 (Toll Free)
Email: scrc@caregivercenter.org



iCare Portal

Click below and get connected to SCRC online resources

CAREGIVER CORNER

Watch quick tip videos on caregiving.

PODCAST

Tune into "Let's Talk Caregiving" podcasts for candid discussions on various caregiving topics.

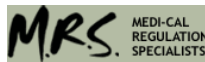
FAMILY CAREGIVER CLASSES

Visit recorded live streamed classes and learn ways to manage your caregiving journey.

Southern Caregiver Resource Center
1 (800) 827-1008 | (858) 268-4432
www.scrc.care



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Community Educator
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Caregiver Recognition Luncheon Sponsors



Thank you for your support!



BRAIN EXERCISE

Jigsaw Puzzles

By Martha Rañón

Many of us have puzzles at home. Whether we keep them stashed away in a closet until a special get together or bring them out regularly, puzzles can be fun and a good way to spend time with family and friends.

But did you know that puzzles can also help you strengthen your brain?

By having to look for specific pieces you develop your visual-spatial skills and utilize your cognitive abilities to see where they fit in the larger picture. Sorting through different sized pieces and colors also improves short-term memory. 'Clicking,' the act of finding and connecting two correct pieces, releases dopamine which is associated with happiness and an overall improved sense of well-being.¹ This neurotransmitter can help to improve levels of concentration. So, dig for that puzzle and get started!

¹ 9 Great Brain Games For Seniors, Isabella Matthews, February 10, 2020