In our spring edition of our e-newsletter, I shared with you how quickly SCRC pivoted to provide all our essential support services online due to the COVID-19 pandemic which is still devastating our public health system and our economy. As our public health leaders continue to strongly recommend stay at home orders in order to protect our most vulnerable; adults over 65 years and individuals with pre-existing health conditions, family caregivers are facing dire situations at home.

Since this time, family caregivers have been doing even more to keep their loved ones out of hospitals and nursing homes. Family members who access caregiver services are providing complex care. Without this vital in-home support, their loved ones would be placed in skilled nursing facilities bringing a deadly risk during this pandemic. Consequently, families are working harder and longer hours sometimes under desperate circumstances in order to keep loved ones at home and out of facilities. Furthermore, sandwich generation family caregivers (who represent over 50% of our clients) are now working from home and caring for young children while providing home schooling. This is in addition to caring for adults with dementia or other cognitive and physical impairments. Family caregivers already experienced high rates of depression before Covid-19, all of this is now taking a serious toll on family caregivers.

This is why we at SCRC, continue to provide specialized Information, Uniform Caregiver Assessment and Care Planning, Family Consultation & Care Navigation, Respite Care, Short-term Counseling, Support Groups, Caregiver Training, Legal & Financial Consultation, and Community Education virtually and families are taking advantage of our essential services.

In fact, one service that has increased in utilization is our in-home respite care program. Initially, we anticipated a slowdown of respite during the COVID-19 pandemic as we thought families would be hesitant about allowing a home care provider into their home. However, as the temporary stay home orders have become not so temporary with no end in sight and with very limited out of home respite available (even as adult day care facilities begin to open), many families began asking for more in-home respite. Between January 1, 2020 and June 30, 2020, SCRC provided over $900,000 in respite services to family caregivers throughout San Diego County. Requests for in-home respite services continue to increase and SCRC will continue to work towards securing additional funds to meet this growing demand to help family caregivers get a much-needed break.

To learn more about SCRC services and/or to find out about available respite services, please go to our website at [www.scrc.care](http://www.scrc.care) or call 1-800-827-1008.

If you would like to make a tax-deductible donation to support families in need of respite services, please go to our website and click on the DONATE button.
AUGUST CAREGIVER OF THE MONTH

SCRC would like to recognize Jessica Romero as our August Caregiver of the Month.

Jessica is a long distance caregiver for her 78 year old grandmother who lives in Tijuana, Mexico. Her “Nana” was diagnosed with heart disease and although she is independent, the COVID-19 pandemic made things more complicated when addressing her health needs.

“Since I started my caregiving journey, I have used the videos and classes that SCRC provides through social media. This has helped me understand how to best address my Nana’s health situation during these unprecedented times. This pandemic has made my caregiving journey even more difficult. Me and my family have learned creative and unique ways to manage her health condition during COVID-19. As recommended by SCRC, we keep Nana engaged through daily video calls to make sure she feels loved and connected to us. Although Nana is in a different country, I am forever grateful to SCRC for providing me with the support, tools, and resources I need to take care of Nana.”

SUMMER IS HERE!

As we navigate these difficult times, we want to remind you that SCRC is here to help families.

To support family caregivers

DONATE TODAY

Visit: www.SCRC.care

HAVE YOU LISTENED TO OUR LATEST PODCAST?

In this month’s “Let’s Talk Caregiving” podcast, Roberto & Martha are joined by Sandra Black & Jenica McKeown for an important conversation about suicide prevention.

Visit the Podcast page on our website to access all our past episodes, covering a variety of key caregiving topics.

SCRC PODCAST
We did it! Governor Newsom signed California’s budget this past June that protects older and disabled adults and their family caregivers during COVID-19 and beyond! However, this was no easy task. Our State, like most states across the Country, was quickly feeling the public health and financial impact of the COVID-19 pandemic. Projected revenue shortcomings were forcing difficult budget decisions on the horizon.

With only a few weeks remaining before budget hearings, the Caregiver Resource Centers (CRCs), along with many older and disabled adult advocacy groups quickly activated grassroots campaigns as the Governor’s proposed May budget revise called for devastating cuts to all 11 CRCs, including the elimination of CBAS and MSSP programs which thousands of families rely on for critical care and support.

Over the course of 6 weeks, thousands of advocates rallied and answered our Calls-To-Action. They engaged in letter writing, emailing, making phone calls, and providing testimonials at virtual Senate and Assembly budget hearings, all amidst the COVID-19 crisis which continues to devastate our state and Country. I had the honor to participate and provide testimony on behalf of Southern Caregiver Resource Center (SCRC), along with my colleagues from the 10 other CRCs. Collectively, we spoke and represented the 5.5 million family caregivers in the State of California. I was overwhelmed with pride and emotion by the inspirational stories of support and the public outcry in opposition of the proposed cuts to our State’s most vulnerable older adults and their families. Equally as impressive was the support from our State Senators and Assembly Members who not only listened to testimonials with empathy but also made public statements denouncing the cuts and actively worked with the Governor’s Administration to create a budget that was not “balanced on the backs of our most vulnerable population.”

Yes, it took a village, but we did it! I want to give a special Thank You to Governor Newsom for working collaboratively with the Honorable Toni Atkins, California Senate President Pro Tempore, the Honorable Holly Mitchell, Chair of the Senate Committee on Budget and Fiscal Review, the Honorable Anthony Rendon, Speaker of the Assembly and the Honorable Philip Y. Ting, Chair of the Assembly Budget Committee to develop a budget that contains essential funding for services that help family members and other unpaid caregivers keep older adults and adults with cognitive and physical disabilities out of nursing facilities. I also want to thank the village - ALL OF YOU! Your voices were heard loud and clear and you made the difference in making sure the budget strengthened programs not weakened them during a pandemic!

But the battle is not over. With the COVID-19 pandemic continuing to rise in our Country and State, we may need to call on everyone once again in the near future to help us remind our elected officials that balancing budgets on the backs of our frail older adults and adults with disability is not cool! Stay tuned!
For many family caregivers, this pandemic has caused great strain to an already fragile situation. Many of the families we serve are not only adapting to the new demands of caregiving but also desperately trying to balance working from home, caring for small children, and even homeschooling. These are certainly unprecedented times and at SCRC we want to be able to support the community through the many virtual free services we offer. We invite you to view the livestream class below focusing on this very dire situation most caregivers are facing:

It's official, summer is here! Although we are limited in our social activities due to our collective efforts to reduce the spread of the COVID-19 virus, there are ways we can safely enjoy this time of the year. Check out this video on helpful tips to enjoy summer while staying cool.

We also invite you to browse our video library full of caregiving tip videos and more using the link below:
Thank you to our Year Round Corporate Partners