USC Leonard Davis Family Caregiver Support Center

HELP FOR CAREGIVERS

Community Care Options

Caring for a loved one is stressful, but you are not alone. This guide helps you understand the kinds of help you may be able to get for yourself and the person you care for.

Am I a Caregiver?

Anyone who gives unpaid care and support to a family member, a friend, or a neighbor who is frail, sick or has health challenges is a caregiver. The person receiving care could live at home or in a care facility.

Types of Help

Informal Help
- **Friends**
- **Family**

Information & Referral Organizations

Care Management

They can help you with **specific tasks**, **emotional support**, and **activities**.

Types of Help

Adult Day Social Care

- Social activities
- Meals
- Recreation
- Education

Adult Day Health Care

- Same services as Social Care
- More intensive health & social services
- Serves people with severe/chronic medical conditions
- Serves those at risk of needing nursing home care

Transportation Services

- Trips to and from medical appointments, day care programs, and other services
- Volunteer drivers, bus, taxi, or specially equipped vans
- Usually requested in advance, and on a regular schedule to go to weekly appointments
- There may be a fee

Respite Care

- Respite means “taking a break” or temporary relief from caregiving responsibilities.
- It varies in **type** and **duration**

Nutrition Services

CONGREGATE MEALS

- Provides meals, usually lunch, in a group
- Many churches, synagogues, housing projects, senior centers, community centers, and day programs offer meals
- Small fee for services

MEALS ON WHEELS

- Provides homebound individuals who are unable to shop for or prepare their own meals
- Delivered on weekdays

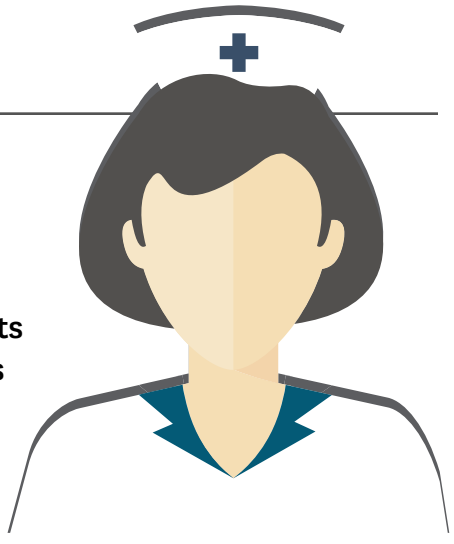
Home Care

CHORE/HEALTH AIDS

- Nursing assistants
- Companionship/Supervision
- Household duties
- Cooking
- Physical assistance (dressing, bathing)

PROFESSIONALS

- Nurses
- Social workers
- Speech pathologists
- Physical therapists
- Dietitians



Caregiver Support Groups

- Meet people who are having similar experiences. You are not alone!
- Talk about solutions to common problems
- Learn about available resources
- Give and receive encouragement, understanding, and support
- Groups are held at hospitals, disease-specific support organizations, places of worship and other community centers.

Placement Options

You should think about facility care when...

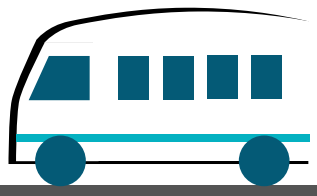
- You provide around-the-clock care (or supervision)
- Your health is greatly affected
- You are suffering from exhaustion, stress, fear, and isolation
- Your loved one wanders away from home
- Your loved one can't complete their activities of daily living (dressing, bathing, toileting)
- Your loved one needs multiple rehabilitation services

Assisted Living Facilities

- Private/shared rooms or apartments with common areas for activities and meals
- Emphasis on independence and privacy
- Most provide 24-hour security, transportation, and emergency call systems for each unit
- Provides recreational and social activities
- Some facilities offer personal care assistance

Retirement Communities (Continuing Care or Life Care)

- Large complexes that offer options ranging from independent living to skilled nursing facility
- People often start living independently, then progress through various levels of care as their needs increase
- Often require a large up-front financial commitment



Skilled Nursing Facility (Nursing Home)

- Continuous nursing services under a Registered Nurse or Licensed Vocational Nurse
- Shared bathrooms, bedrooms and living spaces
- Help with all aspects of personal care
- Rehabilitation services
- Recreational and social activities

Alzheimer's Care Facilities

- For individuals with Alzheimer's disease and dementia
- Designed to provide maximum independence for residents in a secured facility
- Staff are specially trained
- Provides appropriate activities
- May be part of a skilled nursing facility/ assisted living facility

Board and Care

- For individuals unable to live alone but do not need skilled nursing care
- Usually traditional homes in a residential neighborhood
- Shared bathrooms, bedrooms and living spaces
- Provides personal care assistance (e.g. bathing, dressing)
- Provides some recreational and social activities
- Check with each facility about security (locked exits)

When making the decision to transition to a facility consider...

- Cost - what can you or insurance afford?
- Size - will they be comfortable?
- Physical Structure - is it secure?
- Location - is it easy to visit?
- Ambience - what is your gut feeling?
- Social Activities and Recreation

Finding the Services You Want

Once you know the kind of help you need, use an information and referral agency to help you find services you want.

USC Leonard Davis
Family Caregiver Support Center

LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER

USC FAMILY CAREGIVER SUPPORT CENTER

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MAIN OFFICE HOURS
8:30-5:00PM MONDAY THROUGH FRIDAY

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A PROGRAM OF THE USC FAMILY CAREGIVER SUPPORT CENTER