

Caring for a loved one with a cognitive disorder or another disabling condition forever changes the lives of families and caregivers. There can be devastating effects on those providing long-term care: financial pressures, legal quandaries, health problems, emotional turmoil.

Fortunately, in California, there is help. Eleven nonprofit Caregiver Resource Centers (CRCs) throughout the state each year serve more than 18,000 families & caregivers of adults affected by chronic health conditions. These debilitating disorders include Alzheimer's, multi-infarct disease or other dementias; cerebrovascular diseases such as stroke or aneurysm; degenerative diseases which cause both physical & cognitive impairment such as Parkinson's, Huntington's, multiple sclerosis & amyotrophic lateral sclerosis; brain injury due to trauma or infection; brain tumor & other conditions.

Each Caregiver Resource Center serves as a point of entry to services available to caregiving families in every county of California. While each center tailors its services to its geographic area, all CRCs have a core component of programs that provide information, education & support for caregivers. The CRCs are united by shared values emphasizing choice, collaboration, innovation, quality, participation, respect & diversity.

Caregiver Resource Centers & the Regions They Serve

### **Bay Area Caregiver Resource Center**

101 Montgomery St., Suite 2150  
San Francisco, CA 94104  
(415) 434-3388 or (800) 445-8106  
E-mail: [info@caregiver.org](mailto:info@caregiver.org)  
Website: [www.caregiver.org](http://www.caregiver.org)

*Alameda, Contra Costa, Marin, San Francisco, San Mateo & Santa Clara Counties*

### **Coast Caregiver Resource Center**

2415 De La Vina Street  
Santa Barbara, CA 93105  
(805) 569-8950 or (888) 488-6555  
E-mail: [info@coastcrc.org](mailto:info@coastcrc.org)  
Website: [www.coastcrc.org](http://www.coastcrc.org)

*San Luis Obispo, Santa Barbara & Ventura Counties*

### **Del Mar Caregiver Resource Center**

1537 Pacific Avenue, Suite 300  
Santa Cruz, CA 95060  
(831) 459-6639 or (800) 624-8304  
E-mail: [info@hpcn.org](mailto:info@hpcn.org)  
Website: [www.delmarcaregiver.org](http://www.delmarcaregiver.org)

*Monterey, San Benito & Santa Cruz Counties*

### **Del Oro Caregiver Resource Center**

8421 Auburn Blvd., Suite 265  
Citrus Heights, CA 95610  
(916) 728-9333 or (800) 635-0220  
E-mail: [crc@deloro.org](mailto:crc@deloro.org)  
Website: [www.deloro.org](http://www.deloro.org)

*Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo & Yuba Counties*

### **Inland Caregiver Resource Center**

1430 East Cooley Drive, Suite 240  
Colton, CA 92324  
(909) 514-1404 or (800) 675-6694  
E-mail: [info@inlandcaregivers.org](mailto:info@inlandcaregivers.org)  
Website: [www.inlandcaregivers.org](http://www.inlandcaregivers.org)

*Inyo, Mono, Riverside & San Bernardino Counties*

### **Los Angeles Caregiver Resource Center**

3715 McClintock Avenue  
Los Angeles, CA 90089-0191  
(800) 540-4442  
E-mail: [fcscgero@usc.edu](mailto:fcscgero@usc.edu)  
Website: [www.fcscgero.org](http://www.fcscgero.org)

*Los Angeles County*

### **Mountain Caregiver Resource Center**

25 Main Street, Suite 202  
Chico, CA 95929-0799  
(530) 898-5925 or (800) 995-0878  
E-mail: [MCRC@csuchico.edu](mailto:MCRC@csuchico.edu)  
Website: [www.PasagesCenter.org/caregivers](http://www.PasagesCenter.org/caregivers)

*Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama & Trinity Counties*

### **Family Caregiver Resource Center**

130 W. Bastanchury  
Fullerton, CA 92835  
(714) 446-5030 or (800) 543-8312  
Email: [ocrcuser@stjoe.org](mailto:ocrcuser@stjoe.org)  
Website: [www.caregiveroc.org](http://www.caregiveroc.org)

*Orange County*

### **Redwood Caregiver Resource Center**

1140 Sonoma Ave., Ste. 1B  
Santa Rosa, CA 95405  
(707) 542-0282 or (800) 834-1636  
E-mail: [rsrc@redwoodcrc.org](mailto:rsrc@redwoodcrc.org)  
Website: [www.redwoodcrc.org](http://www.redwoodcrc.org)

*Del Norte, Humboldt, Lake, Mendocino, Napa, Solano & Sonoma Counties*

### **Southern Caregiver Resource Center**

3675 Ruffin Road, Suite 230  
San Diego, CA 92123  
(858) 268-4432 or (800) 827-1008  
E-mail: [srcrc@caregivercenter.org](mailto:srcrc@caregivercenter.org)  
Website: [www.caregivercenter.org](http://www.caregivercenter.org)

*Imperial & San Diego Counties*

### **Valley Caregiver Resource Center**

5363 N. Fresno Street  
Fresno, Ca. 93710  
(559) 224-9154 or (800) 541-8614  
E-mail: [info@valleycrc.org](mailto:info@valleycrc.org)  
Website: [www.valleycrc.org](http://www.valleycrc.org)

*Fresno, Kern, Kings, Madera, Mariposa, Merced, Stanislaus, Tulare & Tuolumne Counties*

## Services for Family Caregivers

California was the first state in the nation to address the impact of cognitive disorders on families. Now, each Caregiver Resource Center offers a full complement of family services designed to assist caregivers of adults with chronic and disabling conditions. Multilingual staff is available as some CRCs to serve diverse caregiver populations. Services are free or low cost and include:

- **Specialized Information** – advice and assistance on caregiving issues and stress, diagnoses and community resources.
- **Family Consultation & Care Planning** - Individual sessions and telephone consultations with trained staff to assess needs of individuals who are incapacitated and their families, and to explore courses of action and care options for caregivers.
- **Respite Care** – Financial assistance for in-home support, adult day care services, short-term or weekend care, and transportation to assist families caring at home for an adult with a disabling condition.
- **Short-term Counseling** – family, individual and group sessions with licensed counselors to offer emotional support to caregivers coping with the strain of the caregiving role.

- **Support Groups** – Monthly meetings in a supportive atmosphere to share experiences and ideas to ease the stress of caregiving
- **Professional Training** – Individually tailored workshops on long-term care, patient management, public policy issues, legal and financial issues.
- **Legal & Financial Consultation** – Personal consultations with experienced attorneys regarding powers of attorney, estate and financial planning, conservatorships, community property laws and other matters.
- **Education** – Special workshops on topics such as diagnosis, treatment, long-term care planning and stress management to help caregivers cope with day-to-day concerns.

**Gavin Newsom**  
Governor

Mark Ghaly  
Secretary, California Health & Human Services  
Agency

Funded by the California Department of Health Care  
Services  
Rev 11-2019

# California Caregiver Resource Centers Wherever You Live, There's Help



*...Resources for Families and  
Caregivers of Adults with Chronic,  
Disabling Health Conditions*