



Caring for You so  
You Can Take  
Better Care of  
Your Loved One



**valley**  
CAREGIVER  
RESOURCE CENTER



# People **CARING**

*A comprehensive program  
for people caring for adult  
family members and friends*



# Being a **CAREGIVER**

An estimated 48 million caregivers in the U.S. are unpaid for the care they provide, and that number is rapidly growing due to the aging Baby Boomer generation. Families caring for an ill, disabled or elder family member are trying to delay or avoid premature nursing home or memory care placement to allow loved ones to stay home longer.

Family caregivers spend their time and energy on assisting their loved ones, while Valley Caregiver Resource Center takes care of the caregiver.

While caring for family members can be rewarding, it often takes a physical, emotional and financial toll on the family. By using the support groups, information and respite services offered through this program, people caring for adult family members and friends are able to take better care of themselves... while improving the quality of care they're offering their family members.

*"It was so helpful, mentally and physically,  
to have the support and education that  
Valley Caregiver Resource Center provided me."*

**Mary Smith, wife and caregiver**

If you're caring for a loved one with a cognitive impairment, which occurred after the age of 18, or a loved one age 60 or older, you may be eligible for a variety of services from Valley Caregiver Resource Center including:

**Caregiver education**

**Care planning**

**Family consultation**

**Information about available resources**

**Specialized assistance**

**Support groups**

**OTHER SERVICES PROVIDED:**

- Legal consultation with an attorney
- Resources for placement assistance
- Short-term counseling
- Short-term respite care

Services for those caring for loved ones 60 or older are only available in counties where VCRC has the Family Caregiver Support Program. Most services provided are at no cost.



# Cognitive **IMPAIRMENT**

Cognitive impairment can strike anyone, regardless of age, sex, occupation, economic status or prior physical health.

This impairment can be caused by a variety of conditions, including:

- **Alzheimer's**
- **Brain Tumor**
- **Epilepsy**
- **Multi-Infarct Disease**
- **Multiple Sclerosis (MS)**
- **Parkinson's Disease**
- **Traumatic Brain Injury**
- **Stroke**

Caring for an adult family member suffering from a cognitive impairment can be overwhelming. We provide personalized short-term counseling, emotional support and assistance with legal consultation with an attorney experienced in issues that may arise when caring for a cognitively impaired adult.

*“Without the Valley Caregiver Resource Center,  
I would not have had the means or the  
resources to care for my wife at home.”*

**Walter Freeman, husband and caregiver**

A photograph of a caregiver with long blonde hair, wearing a white long-sleeved shirt, leaning over an elderly man with a white beard. The man is seated in a black wheelchair, wearing a light beige long-sleeved shirt and dark pants. He is looking up at the caregiver and making an 'OK' hand gesture with his right hand. The background is a plain, light-colored wall.

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# About US

Valley Caregiver Resource Center is part of a statewide system of California Caregiver Resource Centers, serving families and caregivers of cognitively impaired adults serving the following counties:

- Fresno
- Kern
- Kings
- Madera
- Merced
- Mariposa
- Stanislaus
- Tulare
- Tuolumne

## **ADDITIONAL SERVICES**

Valley Caregiver Resource Center collaborates with various agencies to provide the best possible assistance to families caring for their loved ones.

Any family member or friend is eligible for caregiver education, information about available resources and support groups provided by Valley Caregiver Resource Center.

## **FUNDING**

Valley Caregiver Resource Center is a private, non-profit program funded through a contract with the California Department of Aging.

Funding is also received through grants from various Area Agencies on Aging within our service area including: Fresno-Madera Area Agency on Aging, Kern Area Agency on Aging, Kings-Tulare Area Agency on Aging and Merced Area Agency on Aging. Most services provided are at no cost. Additional funding for direct services comes from fees and individual gifts. Voluntary contributions to the program are gratefully accepted and may be tax-deductible. No eligible individual shall be denied participation because of failure or inability to contribute.



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