



# VALLEY CAREGIVER RESOURCE CENTER

*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*

*family members*

# *being a* CAREGIVER

More than 22 million U.S. families are caring for an ill, disabled or elder family member, and that number is growing due to the aging Baby Boomer generation. Family care allows their loved ones to stay home longer, or sometimes avoid placement in a nursing home altogether.

Family caregivers spend most of their time and energy on assisting their loved ones. 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*



# Valley Caregiver RESOURCE CENTER

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 are eligible for a variety of services from Valley Caregiver Resource Center, including: \*

- Caregiver education and training
- Family consultation
- Care planning
- Specialized advice, information and referrals to available services in your community
- Support groups

## OTHER SERVICES:

- Vouchered respite care, including:
  - Adult day care
  - Overnight stays
- Legal and financial planning with an attorney
- Caregiver transportation
- Minor home modifications (to help the caregiver accommodate a loved one who has an illness or handicap)
- Counseling
- Placement assistance

\* Services for those caring for someone 60 or older are only available in various counties where VCRC has the Family Caregiver Support Program. Services provided through the Family Caregiver Support Program are at no cost.

# *cognitive* IMPAIRMENT

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**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 Tumors
- Epilepsy
- Multi-Infarct Disease
- Multiple Sclerosis (MS)
- Parkinson's Disease
- Traumatic Head Injury
- Strokes

Caring for an adult family member suffering from a cognitive impairment can be overwhelming. The Valley Caregiver Resource Center offers legal and financial consultations with an attorney experienced in issues that may arise when caring for a cognitively impaired adult. The Caregiver Center also offers short-term counseling, as well as emotional support.

*“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*

*family*

*impairment*

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# *about* US

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

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

## ADDITIONAL SERVICES

Valley Caregiver Resource Center works with other agencies to provide the best possible assistance to families caring for their loved ones. Additional assistance is offered through developing networking groups.

## ADDITIONAL FUNDING

Funding is also received through grants from various Area Agencies on Aging within our service area. Most services are provided at no charge. 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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*cherish  
grateful*



*caregiver  
family support*

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Any family member or friend is eligible for information and assistance, family support groups, caregiver training and conferences provided by the Valley Caregiver Resource Center. Classes and resources are also available for concerned professionals.

The Valley Caregiver Resource Center is a private, non-profit program funded through a contract with the California Department of Health Care Services, authorized by the Comprehensive Act for Families and Caregivers of Cognitively Impaired Adults, Chapter 1658 of the State Welfare and Institution Code.

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For more information and assistance:

## **Valley Caregiver Resource Center**

**5363 N. Fresno Street, Fresno, CA 93710**

Fresno: **559.224.9154**

Fax: **559.224.9179**

Toll free: **1.800.541.8614**

Bakersfield: **661.873.4000**

Modesto: **209.846.9635**

[www.valleycrc.org](http://www.valleycrc.org)