



Caregiver Support Services

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(415) 434 3388 x303

800.445.8106 TOLL-FREE

415.434.3388 LOCAL

WWW.CAREGIVER.ORG



FCA's Mission

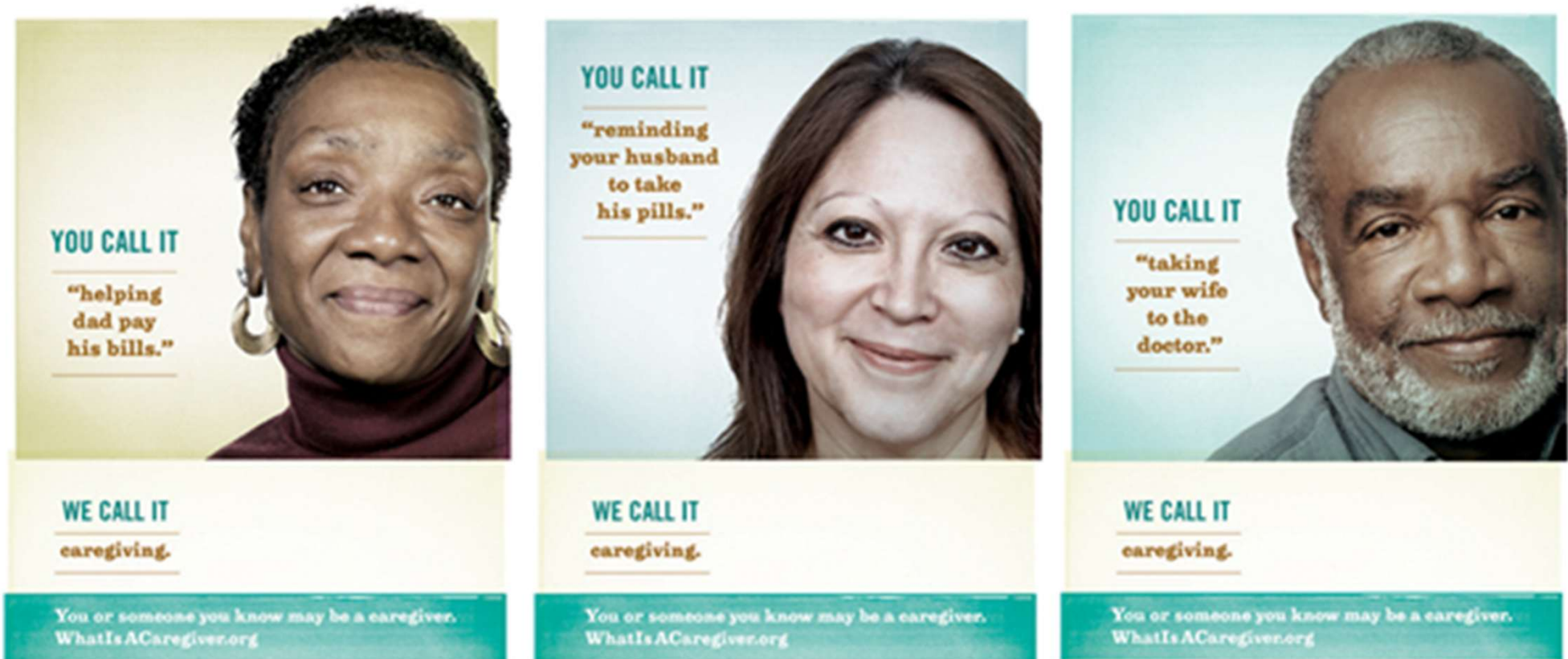
To improve the quality of life for caregivers
and those they care for through information,
services, and advocacy

Who are caregivers?

- Family and friends providing care
- 63 million Americans provide care each year to other adults
- Care valued at \$1 trillion
- 12 million care for someone with dementia



What caregivers do



<https://www.caregiver.org/news/family-caregiver-screening-toolkit-a-resource-for-health-care-providers/?via=about-fca,news-press>

California Caregiver Resource Centers

- 1 [Family Caregiver Alliance /
Bay Area Caregiver Resource Center](#)
- 2 [Redwood Caregiver Resource Center](#)
- 3 [USC Family Caregiver Support Center](#)
- 4 [Inland Caregiver Resource Center](#)
- 5 [Del Oro Caregiver Resource Center](#)
- 6 [Southern Caregiver Resource Center](#)
- 7 [Coast Caregiver Resource Center](#)
- 8 [Passages Caregiver Resource Center](#)
- 9 [Valley Caregiver Resource Center](#)
- 10 [Del Mar Caregiver Resource Center](#)
- 11 [Caregiver Resource Center OC](#)



Referrals to other CRCs can be obtained by calling (800) 445-8106.

www.caregivercalifornia.org

California Caregivers

- 78% help with more than 10 ADLs/IADLs
- 83% assist with at least 1 medical/nursing task
- 73% spent more than 40 hours a week on caregiving
- 70% receive no paid help
- 32% report worsening health in last year
- 17% report moderate to severe depressive symptoms
- 20% experience significant loneliness
- 62% experience high strain

Contra Costa Client Demographics FY 23-24

- Caregiver ages: 24-94
- Care Recipient ages: 52-101, average 81
- County breakdown
 - West – 43%
 - East – 21%
 - Central – 36%
- 80% female
- 5% identified LGBTQ
- Racial identity
 - 23% African American/Black
 - 0.4% American Indian/Alaska Native
 - 11% Asian
 - 16% Latino
 - 43% White

Who does FCA serve

FCA provides services to family or friend caregivers residing in **six** counties of the Bay Area:

- Alameda
- Contra Costa
- Marin
- San Francisco
- San Mateo
- Santa Clara

Eligibility

1. Family caregivers of someone with adult-onset cognitive or neurological impairments, **Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara** counties.
 - Dementia/Alzheimer's
 - Parkinson's
 - Stroke
 - Multiple Sclerosis (MS)
 - Amyotrophic Lateral Sclerosis (ALS)
 - Brain Injury
 - Brain Tumor
 - Huntington's Disease
2. Family caregivers of adults age 60 and older with any diagnosis in **San Francisco, San Mateo, Alameda, and Contra Costa** counties.



FCA Services

- Information and Referral
- Family Consultation/Assessment
- Counseling/Case Management
- Support groups
- *Individual counseling*
- Respite
- *Legal/Financial Consultation*
- Education

- Connections Newsletter - <https://www.caregiver.org/about-fca/news-press/connections-newsletter/>
- Provider e-news Update - <https://www.caregiver.org/about-fca/news-press/connections-newsletter/>
- ¿Que Pasa? Boletín - <https://www.caregiver.org/es/que-pasa-boletin/>

Intake (800) 445 8106 or Through CareNav

When you call FCA or begin online through [CareNav](#), our Intake and Resource Specialist will:

- Listen to your situation and respond to questions
- Provide emotional support
- Make targeted referrals to community agencies
- Send information to you if needed
- Refer you for a **free** family consultation

Agencies and Organizations can submit a Referral Form

<https://www.caregiver.org/resource/how-to-refer-caregivers-to-family-caregiver-alliance-2/>

Family Consultation

- Family Consultants are professionally trained clinicians who assess caregivers for current and future needs, and caregiver health and well-being
- Languages available
 - Spanish
 - Tagalog
 - Mandarin
 - Cantonese
 - Or through interpretation service
- Meet with caregivers via phone or video for an assessment

Family Consultation/Assessment

- Assist caregivers to:
 - Understand the symptoms of a specific diagnosis
 - Plan for current and future needs
 - Help access community resources
 - Problem solve for caregiver challenges
- Determine eligibility for legal/financial consultation, support groups, respite services, and individual counseling
- Help with long-term planning
- Help caregiver create a Care Plan
- Ongoing support throughout caregiving journey

Support Groups

- General weekly groups that meet for 6 weeks and then break for 3
 - Monday evening, Tuesday and Wednesday afternoons
- Young Caregiver Group
 - Under age 40
 - Thursday evenings twice/month
- LGBTQ+ Caregiver Group
 - Monthly on Wednesday afternoon
 - In partnership with Openhouse
- African American Caregiver Group
 - Meets for 5 weeks then breaks for 4; Tuesday afternoons
- National email discussion groups – general caregiver and LGBTQ caregiver groups

<https://www.caregiver.org/connecting-caregivers/support-groups/>

Vouchered Services

- Respite
 - Depending on availability of funds, FCA may be able to provide a short-term respite grant that can be used to:
 - Hire in-home help through a private provider
 - Use a home care agency that FCA contracts with
 - Enroll in an Adult Day Care Program
 - Temporarily place your loved one in a facility
- Legal/Financial Consultation
 - Estate planning or MediCal questions
- Individual Counseling
 - Short-term, focused on caregiving concerns

Education

- FCA offers a variety of educational programs for caregivers:
 - Classes on understanding dementia and self-care
 - Workshops and conferences
 - [Events & Classes - Family Caregiver Alliance](#)
- Online education
 - Fact sheets
 - Webinars
 - Online classes and videos
 - [All Resources - Family Caregiver Alliance](#)
 - <https://www.youtube.com/@CAREGIVERdotORG>

Are you one of America's 48 million family caregivers? If so, you may have questions about care planning, your care recipient's health condition, daily care activities and more. Check out answers and guidance in these 17 resources* — some of our caregiver clients' favorite articles, fact sheets and videos.

DEMENTIA

- Caregiver's Guide to Understanding Dementia Behaviors [link](#)
- Dementia: Is This Dementia and What Does It Mean? [link](#)
- Ten Real-Life Strategies for Dementia Caregiving [link](#)

SELF-CARE

- Taking Care of You [link](#)
- Emotional Side of Caregiving [link](#)
- Caregiver Relaxation Exercises [link](#)

PLANNING FOR CARE

- Hiring In-Home Help [link](#)
- Caregiving at Home: A Guide to Community Resources [link](#)
- Residential Care Options: Housing Options [link](#)
- Hospital Discharge Planning [link](#)
- Pathways to Effective Communication for Healthcare Providers and Caregivers [link](#)
- Legal Planning for Incapacity [link](#)

DAILY CARE

- Incontinence Care [link](#)
- Caregiver College (video series) [link](#)
Covers the basics of everyday caregiving tasks related to personal care.
- Medication Management (video series) [link](#)
Gives guidance on all aspects of managing a care recipient's medications.
- Safe at Home (video series) [link](#)
Covers home safety matters when caring for those with dementia.
- Family Caregiving How-To (video series) [link](#)
Developed with Home Alone Alliance and AARP, this series covers specific medical/nursing tasks.

<https://www.caregiver.org/resource/top-17-resources-for-family-caregivers/>

Upcoming Classes

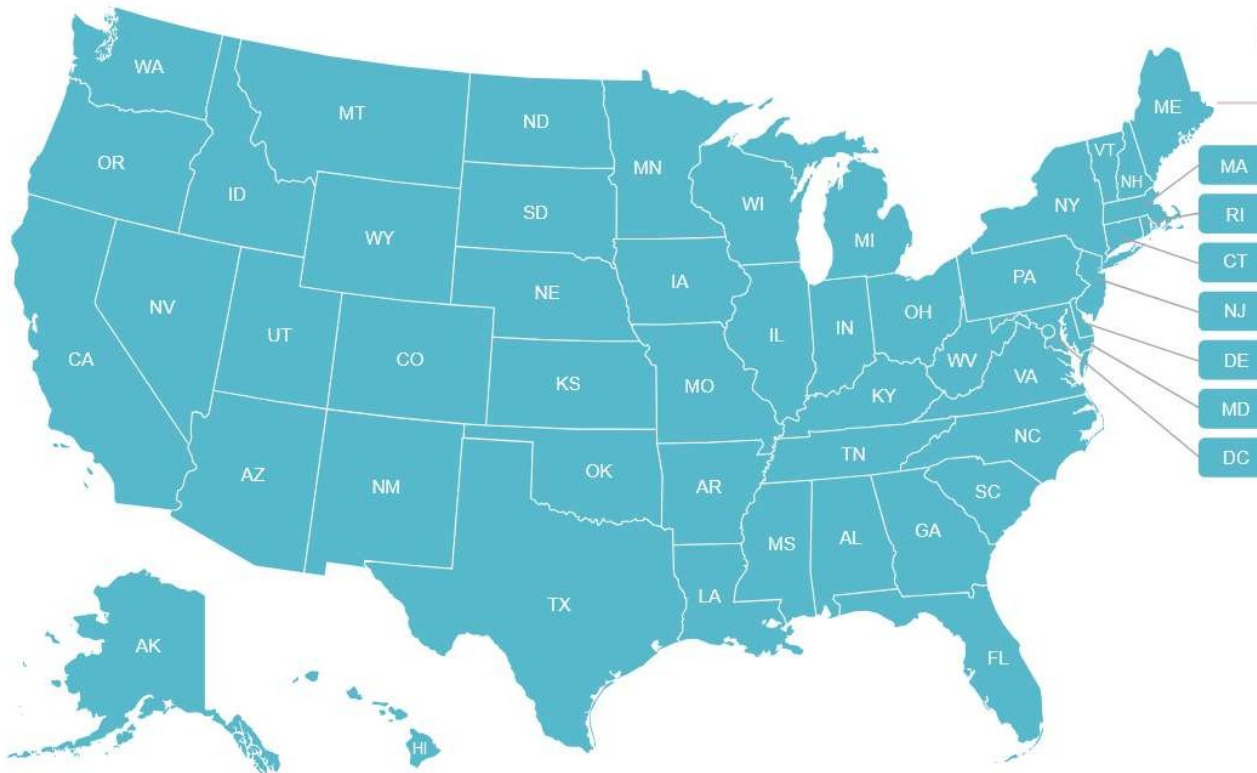
- [Let's Get Away](#) - This series is comprised of interactive sessions with each week focusing on a new place or cultural activity, while incorporating storytelling, music, poetry writing, and/or a simple craft. Each session will include a follow-up message filled with tips, activities, and recipes for families to continue to enjoy after the virtual trip. The focus of each group is to explore a new world, experience a variety of engaging opportunities, and enjoy a sense of camaraderie and community.
- [Dealing with Resistance in Someone with Cognitive Impairment](#) - Getting people with cognitive impairment to do the things we want them to do or we need them to do can be frustrating and lead to anger and resentment. Learn in this seminar tricks to reduce the confrontations that often result. 8/26
- Caregiving 101 (Mandarin) – 9/16
- [16th Annual Caregivers Count Conference](#) – 9/19

GUIDE – Guiding an Improved Dementia Experience

- Eligibility:
 - Have a diagnosis of dementia
 - Enrolled in traditional Medicare as primary insurance
 - Not enrolled in hospice, PACE program (e.g., OnLok, Center for Elders Independence), or Medicare Advantage
 - Not living in a nursing home or memory care
- Free for eligible Medicare beneficiaries
 - Dedicated care navigator for regular support and care coordination
 - Access to care 24/7
 - Potential respite benefits of up to \$2500 per year
- [GUIDE sites](#) throughout the country
- FCA and Tembo Health providing GUIDE in SF Bay Area
 - www.tembo.health/fca
 - 929-998-3626 ext 1
 - Care Navigator: Lila, Lgoehring@caregiver.org

FCA Services by State

Select a state...



Jump To:



I am New to Caregiving Where Do I Start?

Can I Get Help to Pay for Caregiving?

Government Benefits and General Information

Where Do I Go for Legal Help And/Or
Dependent Person Mistreatment?

Can I Get Help While Living In My Home?

Can I Get Help with Residential Care (Assisted
Living, Nursing Home, Hospice?)

Caregiver Policies and Data

Referring Caregivers

- Permission for caregiver referral form:
<https://www.caregiver.org/resource/how-to-refer-caregivers-to-family-caregiver-alliance-2/>
- Caregiver can call us at 800.445.8106 or 415.434.3388
- Caregivers can begin their intake online through [CareNav](#)

We're here to help you.

Looking for quality information, support, and resources related to family caregiving? Sign up for CareNav, a free online dashboard loaded with personalized information that matches your unique caregiving needs.

Register

Learn More

Get the Caregiving Support you Need



CareNav is a secure online service for quality information, support and resources for family caregiver of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's or other illnesses.

CareNav is Free to All

CareNav is available at no cost to family caregivers everywhere, including those who live in the San Francisco Bay Area, the United States, or abroad. There is something here for anyone who is a caregiver.

For those who reside in the state of California, CareNav is designed to align you with additional customized support that is available through the state's 11 [Caregiver Resources Centers](#), of which FCA is one.

How CareNav Works



1. Tell Us About Yourself

Our brief online intake process is designed to learn a bit about you, so we can better support your unique caregiving situation.



2. Get Customized Resources

CareNav then suggests the most relevant of our numerous articles, videos, online classes and more to support you as a caregiver.



3. Receive More Support

FCA and the other 11 CRCs in California have real people to get you aligned with additional support available to caregivers.



- Dashboard
- My Library ▾
- Records ▾
- Messages
- Support Groups
- Events & Classes

Dashboard

Hi, Pablo You have 6 messages

[Support Team](#) [Quick Links](#)

Welcome! Start here

Caregiving may be rewarding at times, but we know it can also be challenging. We are here to help you take good care of yourself and learn new skills that make your caregiving easier.

Top Resources from My Library

As you share information about your caregiving experience, personalized resources will show up here.

- ARTICLE | PLANNING FOR CARE
The Biggest Gift You Can Give Your Family?
- FACT SHEET | DIRECT CARE
Dementia, Driving, and California State Law
- TIP SHEET | SELF CARE
Caregiver Depression: A Silent Health Crisis
- FACT SHEET | SELF CARE
...

The Latest News

- News from Caregiver.org
[Caregiver Connections](#)
- Caregiver on Facebook

FROM QUICK LINKS

FAQs

- I'm registered in CareNav, now what can I do?
- How do I contact my family consultant?



Family
Caregiver
Alliance®

www.caregiver.org
800.445.8106

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