
Caring for a loved one with a cognitive disorder or other disabling condition forever changes the lives of family caregivers. There can be devastating effects on those providing long-term care. Fortunately, in California there is help.

Serving Santa Barbara,
San Luis Obispo and Ventura counties

**COAST CAREGIVER
RESOURCE CENTER**

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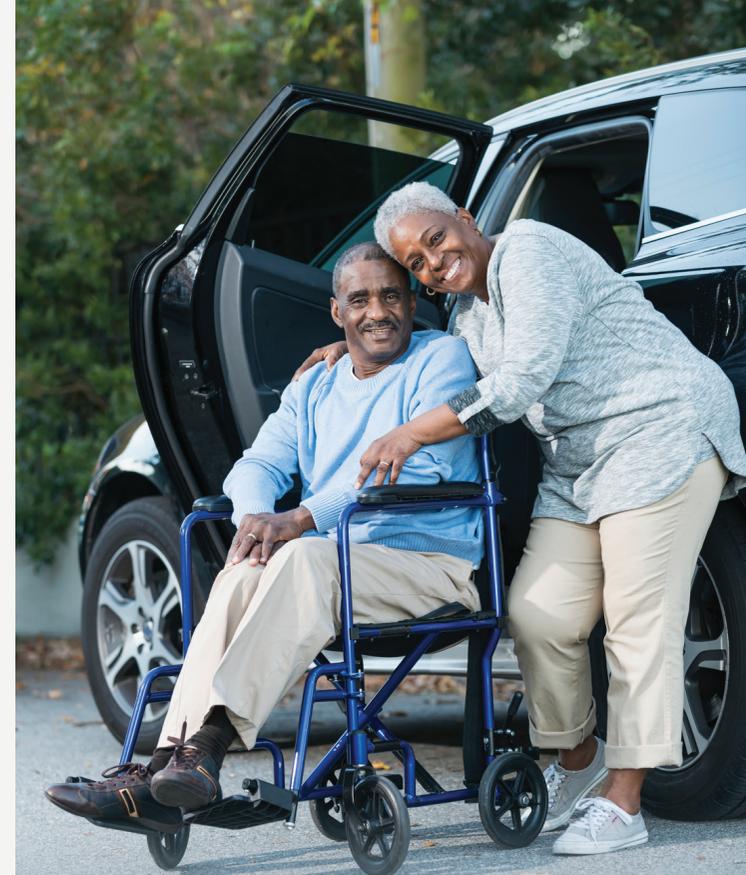
Toll-free phone number:
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cottagehealth.org/ccrc

CCRC is a program of
Cottage Rehabilitation Hospital.

Contributions are gratefully
accepted and are tax-deductible.



Coast
Caregiver
Resource Center



COAST CAREGIVER RESOURCE

CENTER is a program of Cottage Rehabilitation Hospital serving Santa Barbara, San Luis Obispo and Ventura Counties. With funding from the California Department of Health Care Services, CCRC provides assistance to families and other unpaid caregivers of adults with brain impairments such as Alzheimer's, stroke, Parkinson's, ALS (Lou Gehrig's), Huntington's, brain tumor, brain injury due to trauma or infection, or dementia from any cause. CCRC is one of a network of Caregiver Resource Centers throughout California.

In San Luis Obispo and Santa Barbara Counties, respite care is also available for unpaid caregivers of older adults without cognitive impairment. Funding for this program is provided by the Central Coast Commission for Senior Citizens, Area Agency on Aging; Cottage Rehabilitation Hospital Foundation; San Luis Obispo County; and United Way of Santa Barbara County.

Supporting families and other unpaid caregivers of adults with brain impairments and older adults with disabling conditions.

CCRC serves as a point of entry to services available to caregiving families. Our guiding values emphasize choice, collaboration, innovation, quality, respect, participation and diversity.

CCRC HELPS FAMILIES THROUGH:

- **Assessment of Caregiver Strengths and Needs**
- **Specialized Information** – includes assistance with caregiving issues, impact of diagnosis and referral to other appropriate community organizations.
- **Family Consultation** – includes individual sessions with trained staff to explore courses of action and care options for families.
- **Support Groups** – regular meetings in a supportive environment to share experiences and ideas to ease the stress of caregiving.
- **Respite Care** – brief time off for unpaid family members or friends providing care at home for an adult with a cognitive impairment or an older adult with a disabling condition.
- **Counseling** – short term individual or family sessions offering more in-depth support to family or friend caregivers to better cope with the challenges of the caregiving role.
- **Education and Retreats** – occasional sessions in local communities, including sessions on caregiver self-care.