

FAMILY CAREGIVER SUPPORT PROGRAM (FCSP) OFFERS SUPPORT AND SERVICES TO FAMILY MEMBERS CARING FOR OLDER ADULTS.

CAREGIVER TRAININGS

Covers topics to help you manage and provide the best quality of care possible. We provide training in-person or by telephone:

- ◇ Stress Reduction
- ◇ Fall Prevention
- ◇ Understanding Memory Loss
- ◇ Legal Issues
- ◇ Medication Management
- ◇ Emergency Preparedness
- ◇ ...And Many More

CAREGIVING CONSULTATION

Assistance in planning for services to meet a caregiver's emotional and physical health needs, using available resources in the community.

CAREGIVER SUPPORT GROUPS

Support groups deal with the challenges of caring for someone in the home by providing support, suggestions and resources.

INFORMARTION AND ASSISTANCE

General information about community services, resources and referrals.



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Los Angeles, CA 90012

(800) 510-2020

(213) 482-7252

Web: www.aging.lacity.org

E-mail: age.webinfo@lacity.org

Hours of Operation

(Monday - Friday, 8 am to 5 pm)

Except Holidays



As a covered entity under Title II of the Americans with Disability Act, the City of Los Angeles does not discriminate on the basis of disability. Programs and Services provide by the City of Los Angeles Department of Aging are funded by the Older Americans Act.

**SENIOR FOCUS
ON**

Rev.10/19/15



**Helping Our Parents
& Older Adults as
they Age**



ARE YOU CARING FOR A PARENT OR OLDER ADULT?

If you provide help to a parent, spouse/partner, relative, neighbor, or friend **60 years or older** needing various types of help, there are many FREE services available to assist you.

You are a family caregiver if you:

- ◇ Provide unpaid assistance to a parent, spouse/partner, relative, neighbor, or friend **60+** who is alone or unable to fully care for themselves;
- ◇ Help that person to eat, dress, bathe, toilet, get in and out of bed, groom, take medication(s), prepare meals, pay bills or any other activities of daily living;
- ◇ Help them with arranging services to be provided by others, such as medical/dental appointments or transportation;
- ◇ Are stressed and distracted at work because you are concerned about your loved one's health and care at home.



BE AN EFFECTIVE CAREGIVER

- ◇ Make time to take care of yourself physically and mentally.
- ◇ Maintain a positive attitude with your parent or older adult.
- ◇ Accept help.
- ◇ Learn how to develop a team of support.
- ◇ Make an Action Plan.
- ◇ Know your limitations and set realistic goals.
- ◇ Learn about local community resources and programs to help you maintain the independence of a parent or older adult:
 - ◇ Care Management
 - ◇ In-Home Assistance and Services
 - ◇ Home Modification
 - ◇ Legal Assistance
 - ◇ Nutrition Services
 - ◇ Transportation
 - ◇ Health Services
 - ◇ Employee Assistance Program



TYPES OF CAREGIVING

Eldercare: Care that is given to an older relative, like a parent, in-laws, grandparents, aunt/uncle or friend.

Kinship Care: Care that is provided by grandparents or older relatives to a child under the age of 18, who serves as a legal guardian.

Caring for disabled adult child or other disabled relative: Provide the majority of care to the person who is either physically or mentally disabled.



For more information about caregiving and services listed, please contact us at:

L.A. City Department of Aging

(213) 482-7252

(800) 510-2020

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