SOUTHERN CAREGIVER RESOURCE CENTER: HONORING HEROES AT HOME

For 37 years Southern Caregiver Resource Center (SCRC) has been the leading nonprofit organization in San Diego and Imperial Counties, providing free, vital services to family caregivers of frail older adults and those living with Alzheimer's disease and related disorders. Additionally, San Diego also stands as a vibrant hub for military and veteran families, reflecting its deep-rooted connection to military service and community. Throughout the years, SCRC has been a source of support for veterans and their families navigating the complex tasks of caregiving.

November is a poignant month for honoring and celebrating the immense contributions of both veterans and family caregivers. As we observe Veteran's Day, we pay tribute to the brave men and women who have served our country with valor and sacrifice. This month also marks National Family Caregivers Month, a time to recognize and appreciate the unsung heroes who provide daily care and support to others, often juggling numerous responsibilities with unwavering dedication. It's a moment to shine a spotlight on their resilience and commitment, acknowledging the unique challenges they face and the profound impact of their care. By coming together to celebrate these individuals, we not only honor their extraordinary services but also reinforce our collective commitment to supporting and valuing their essential roles in our lives and communities.

A Lifeline for Caregivers

Caregiving is a profound act of love and dedication, but it can also be an overwhelming experience, particularly for those supporting loved ones with chronic conditions or dementia. This is where SCRC steps in, offering a comprehensive suite of services designed to alleviate the burdens faced by caregivers. From individual counseling and support groups to legal and financial consultations, education, care planning, case management, and respite care, SCRC is a one-stop resource for families in need.

With its mission to help families and communities master the challenges of caring for adults with chronic and disabling conditions, SCRC plays a crucial role in enhancing the quality of life for both caregivers and care-receivers. This support is especially meaningful for families caring for veterans, who often face unique challenges due to the specific needs arising from military service.

Caregiver TLC

One of SCRC's standout initiatives is the TLC (Thrive, Learn, Connect) program. This evidence-based program is specifically designed for caregivers managing the complexities of caring for someone with memory loss, Alzheimer's disease, or other forms of dementia. The TLC program teaches caregivers a range of strategies to cope with stress, manage challenging behaviors, and address mood fluctuations. Caregiving can be fraught with moments of frustration and isolation. TLC addresses these issues head-on by teaching caregiver's techniques to bounce back from crises and manage daily challenges effectively. The TLC program recognizes that in order to provide the best care, caregivers must first take care of themselves. These techniques not only help caregivers manage the care-receiver's condition, but also promote their own emotional well-being. The TLC program is more than just a set of strategies; it's a lifeline that empowers caregivers with practical tools and emotional resilience.

A Community of Support for Veterans and their families

Veterans and their families often face unique caregiving challenges, including those related to service-related injuries, mental health issues, and the general complexities of aging. SCRC's services are particularly beneficial for this community, providing tailored support by State Licensed Counselors and Master Level Clinicians that address their specific needs. By focusing on both the caregiver's and the veteran's needs, SCRC ensures that the care provider is both compassionate and effective.

A Legacy of Care

The dedication of SCRC to reducing caregiver burden and improving caregiver health has been demonstrated through its extensive services and programs.

For nearly four decades, SCRC has been a guiding light for families, helping them navigate the challenges of caregiving with expertise and empathy. SCRC is more than a service provider, it is a vital ally of caregivers, particularly those supporting veterans and their families. With its comprehensive range of services and its impactful TLC program, SCRC continues to make a profound difference in the lives of those who dedicate themselves to caring for others.

For those family caregivers in San Diego County seeking support and guidance, SCRC stands ready to assist. Through its mission of helping families and communities' master caregiving challenges, SCRC ensures that no caregiver faces their journey alone.

Support SCRC

If you would like to support Southern Caregiver Resource Center to continue providing free supportive services to family caregivers, you can participate in SCRC's virtual 5K Caregiver Strong. You can complete this 5K at your own pace, tracking your distance as you go. By participating, you will receive a printable bib and a Finisher's Certificate. This virtual 5K is open to the public and you can learn more and register at: **www.caregivercenter.org/5K**

Contact us
If you would like to contact Southern Caregiver Resource Center, you can call us toll free at **(800) 827-1008**. We are available Monday through Friday from 8 a.m. to 5 p.m. If you call outside those hours, you can leave us a message or email us at **scrc@caregivercenter.org**

Are you supporting a veteran with unique care needs?

SCRC offers the following free and low-cost services to family caregivers:

- Family consultation and case management
- Evidence-based classes and trainings
- Legal and financial consultations
- Short-term counseling
- Support groups

We want to guide you through your caregiving journey!

Contact us today to learn more about SCRC and begin receiving services:

Southern Caregiver Resource Center
(800) 827-1008 · scrc@caregivercenter.org
www.scrc.care