

Redwood Caregiver Resource Center

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Brief Program Description: The Redwood Caregiver Resource Center helps families and communities master the challenges of caring for adults with brain disorders through programs and services that address the emotional, physical, and financial needs of family caregivers. Redwood Caregiver Resource Center... *“Caring for People Who Care.”*

Who We Serve: We provide information and assistance to families and caregivers of adults with brain impairments due to injury or disease, as well as to the caregivers of the frail elderly.

Established: The program was established in ???.

Funding We Bring to Our Community: In 2013, our budget is ????. Since the program's inception, we've brought more than \$??? to our community.

How We Operate: A trained Redwood CRC family consultant helps you understand what a diagnosis means and will develop a personal plan of action which best suits you and your family's caregiving needs. After a family consultation, additional services may also be offered (e.g., Individual and Group Support, Legal Consultations, Respite Care).

Individual and Group Support When it helps just to talk, Redwood CRC is here to listen, either one-on-one or in a group of people coping with similar concerns. To help caregivers share experiences and ideas to ease the stress of caregiving, we offer counseling sessions, specialized classes and support groups led by professionals in a supportive environment.

Legal Consultations We also offer personal consultation with attorneys experienced in estate and financial matters, conservatorships, powers of attorney, eligibility for government programs and other benefits.

Respite Care If needed, Redwood CRC helps families locate appropriate respite care for a loved one. Limited financial assistance may be offered to help with the expense of in-home aids, daycare, overnight care, weekend respite or transportation for a family member with brain impairment.

How Many People We Serve: We serve approximately ??? people in Lake and Mendocino Counties.

Life Without RCRC:

Redwood Caregiver Client Story

Mary is a frail 87-year-old woman with chronic lung disease caring for her 90-year-old husband with Alzheimer's disease. Mary provides assistance to her husband in all activities of daily living, including personal care. Due to his inability to understand his need for help, Mary's husband often becomes combative and resists necessary assistance. Mary describes feeling both physically and emotionally exhausted by her husband's challenging dementia-related behaviors.

When she called Redwood Caregiver Resource Center (RCRC) for the first time, she explained that her adult children live out of town, and visit when they can, but are unable to provide regular assistance with caregiving. Mary said she would love to get some help with her husband's care, but their limited finances prevented her from accessing in-home caregiving services. Mary had to take her confused husband with her everywhere she went, including the grocery store, the pharmacy, and her own medical appointments. Mary reported skipping her own appointments or going without food in the house on occasion, if her husband was resistant to going out. Additionally, because she could not safely leave her husband unattended, Mary was unable to take advantage of services, such as support groups or classes for herself.

An RCRC Family Consultant completed an intake and assessment with Mary to identify her caregiving challenges. They worked together to formulate an action plan designed to target these challenges. RCRC provided Mary with a grant to purchase respite care, which enabled Mary to have some time away from caregiving, and focus on self-care. Mary now takes advantage of the local RCRC caregiver support group and classes, where she states she not only learns helpful information about self-care and dementia-related behavior management, but where she also makes friends and confidants. "I am no longer alone in this," she says. Mary still faces ongoing caregiving challenges, but reports that she feels much better equipped to manage them, because of the skills and support she gains through Redwood Caregiver Resource Center.