

Del Oro Caregiver Resource Center

We are here to improve the well-being of family caregivers and provide support throughout the caregiving process.

Del Oro is a private non-profit 501 (c)(3), funded through the California State Department of Health Care Services, Agency on Aging Area 4 through the National Family Caregiver Support Program, private grants, donations and fundraising efforts.

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caregiver resource center

CARING FOR FAMILIES WHO CARE.



DE LORO

caregiver resource center

8421 Auburn Boulevard, Suite 265
Citrus Heights, CA 95610
(916) 728-9333 • [www .deloro.org](http://www.deloro.org)

PROGRAM SERVICES

SPECIALIZED INFORMATION

Del Oro provides information on chronic and disabling conditions and diseases, aging, caregiving issues and community resources.

FAMILY CONSULTATION/CASE MANAGEMENT SERVICES

Our professional staff works with families and caregivers to provide support, alleviate stress, examine options and enable them to make decisions relating to the care of adults. Del Oro also helps identify existing and potential services to assist caregivers in coping and meeting their needs, as well as the needs of care recipients. Del Oro's Family Consultants provide an assessment of caregiver needs, short and long-term care planning, and ongoing consultation.

RESPITE CARE

We can fund respite services to relieve caregivers of the stresses of constant care. Respite is designed to provide care to a loved one for a brief period of time so the caregiver has the opportunity for relief and rest. This service may be provided in the individual's home, or in an out-of-home setting such as a day care center or assisted living facility. Del Oro contracts with select, professional agencies/facilities to provide this service.

PROGRAM SERVICES

SHORT-TERM COUNSELING

Del Oro offers up to six (6) one-hour individual counseling sessions to caregivers seeking emotional support, skill development and helpful strategies to better cope with their caregiving situation.

EDUCATION AND TRAINING

Del Oro provides education and training on a variety of issues related to caregiving. We cover practical, hands-on training in subjects related to research, disease specific information, stress reduction, self-care, and other relevant caregiving issues.

LEGAL/FINANCIAL CONSULTATION

Consultation provided by an attorney to address the various legal and financial issues related to caring for an adult. This may include planning for eligibility for public assistance programs, understanding Advance Healthcare Directives and Powers of Attorney.

ELIGIBILITY

Families and caregivers of brain impaired adults and frail elderly living in the 13-county Del Oro Caregiver Resource Center service area are eligible for information and referral services, family support programs, caregiver training and conferences. In addition, we offer respite and legal help to caregivers under certain special circumstances.

Please contact us directly at
916-728-9333 or 800-635-0220
if you have any questions about your eligibility.

