

Caregiver Resources

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Support Groups:

Support Groups can be a great way to connect with other individuals in your community that are in a similar situation. There is a variety of type of support groups available for an array of situations. There are different types of groups you can consider to meet your needs.

 <p>2 Local Caregiver HD Groups</p> <p>Contact Lisa Mooney, Social Worker @ lkjer@hdsa.org for a recent group listing</p>	 <p>HDSA Caregiver Video Support Groups --</p> <p>www.supportgroupscentral.com/hdsa</p>	 <p>HD Social Media Groups</p> <p>Facebook, Twitter, etc These may NOT be professionally monitored so please use caution when seeking advice/recommendations and always discuss issues/concerns with your medical team.</p>	 <p>General Caregiver Support, CA Caregiver Resource Centers:</p> <p>https://www.caregiver.org/californias-caregiver-resource-centers</p>
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Caregiver and Respite Resources

California Caregiver Resource Centers services are free or low cost and include:

- Education
- Respite Care
- Information and Referral
- Family Consultations
- Care Planning
- Short-Term Counseling
- Support Groups
- Legal and Financial Consultation

<https://www.caregiver.org/resource/californias-caregiver-resource-centers/>



Respite

Community respite programs are limited, but may be available through

- Assisted Living or Memory Care Facilities for a daily fee.
- California Caregiver Resources Centers
- National Organization for Rare Diseases (NORD), see brochure in this section.
- For those caring for persons with developmental delays as well – Regional Centers, UCPsacto.org may be able to assist.

Counseling/Therapy

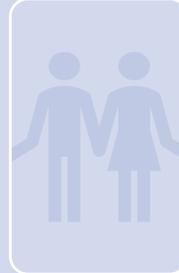
Participation in therapy and counseling can be very beneficial and assist with coping, problem solving, communication, grief/loss, stress management and much more. There are many types of counselors/therapists (LCSW, MFT, Psychologist, etc) and you will need to choose a therapist that you trust and are comfortable with.

Where to start?

Insurance: Call your insurance provider to see if they have Behavioral Health resources that you can utilize.

Employee Assistance Program (EAP): Many employers have Employee Assistance Programs which can offer short term counseling as well as other benefits.

HD Social Worker: Lisa Mooney, LCSW, lkjer@hdsa.org to discuss your situation and needs.

				
Individual one on one counseling	Couples/Family will involve the couple or entire family unit in the counseling process	TeleTherapy or also called Telehealth many different options available, this is done via video, telephone or even text.	Group Therapy often offered based on a need (depression, trauma, anxiety, etc); lasts 6-8 weeks in length with other persons also looking to find support for that need.	HD Support Groups these are not "therapy", but offer a safe space to express self, find understanding and get support from others in similar situations.

Additional Resources

UC Davis HDSA Center of Excellence California Caregiver Resource Centers
AARP Caregiving County Behavioral Health Departments