

# Coast Caregiver Resource Center

Caring for the Caregiver

## Who We Are

Coast Caregiver Resource Center (CCRC) empowers unpaid caregivers of older adults with complex care needs and adults with neurocognitive disorders through supportive services, education, and connection to vital community resources throughout the California Central Coast.

A program of Cottage Health, CCRC is committed to the well-being of our communities through service with excellence, integrity and compassion.

CCRC is one of 11 regional nonprofit Caregiver Resource Centers that serve the estimated 5.5 million unpaid family and friend caregivers across the State of

California. CCRC has been serving the tri-county coastal communities of San Luis Obispo, Ventura and Santa Barbara Counties since 1987.



## What We Do

### • Consultation and Education

All clients receive free, confidential and personalized guidance in managing caregiving responsibilities and referrals to helpful resources.

### • Support Groups

Staff-facilitated groups offer caregivers a venue for peer support.

### • Mental Health Counseling

Short-term counseling is available to help family members adjust to initial or ongoing challenges related to caregiving, such as grief related to a loved one's diagnosis, role changes, family conflicts and stress management.

### • Respite Care

Eligible clients may receive short-term respite care (substitute care). Depending on funding, CCRC provides financial assistance for in-home support, adult day care services or short-term out-of-home care.



Coast Caregiver  
Resource Center

A COTTAGE REHABILITATION HOSPITAL PROGRAM

## Funding

Our services are entirely funded by grants and financial contributions.

CCRC is generously supported by the California Department on Aging, the Central Coast Commission for Senior Citizens, Area Agency on Aging and the Foundation for Cottage Rehabilitation and Goleta Valley Cottage Hospitals.

Financial contributions are a vital source of funding. All contributions to CCRC are tax deductible and gratefully received.

Contribute online at [cottagehealth.org/ccrc](https://cottagehealth.org/ccrc) or by calling 805-879-8980.

## Contact Us

Start your supported caregiving journey by joining CareNav, a secure online portal to connecting with information, support and resources:

[coast.cacrc.org](https://coast.cacrc.org)



Or connect with us at our main office:

PHONE:  
805-569-8950

E-MAIL:  
[ccrc@sbch.org](mailto:ccrc@sbch.org)

ADDRESS:  
PO Box 689  
Santa Barbara, CA  
93102-0689

WEBSITE:  
[cottagehealth.org/ccrc](https://cottagehealth.org/ccrc)

