You Are a Family Caregiver if you are family, friend, or neighbor who stands by those you love as they face chronic illness, disabilities, or death. You are part of a diverse group of people of any age and from all walks of life – you may be new to caregiving, or have an extensive background providing care.

In any event, when you are a caregiver, finding other resources that can help relieve the stress of care giving, or just making time for positive, nurturing interactions with others might seem impossible. But without them you may not have the mental strength to deal with all of the emotions you experience as a caregiver, including guilt and anger. You may be worried about how you are going to handle future caregiving needs.

Did You Know

- Nearly one out of every four U.S. house holds—roughly 22 million—provide caregiver services to a relative or friend over 50
- 40 percent of caregivers are also raising children
- 64% work either full – or part time
- 40% of Caregivers die before the person for whom they are providing care
- Family caregivers in the United States provide an estimated 257 billion in unpaid services annually—more than twice what is spent on nursing homes and paid home care combined

Long Term Care Services offers comprehensive information about caregiver support services and older adult care and living options that can help you – the family caregiver –and the older person you care about.

All services are free and confidential

Long Term Care Services of Ventura County Ombudsman Program
2021 Sperry Avenue Suite 35, Ventura, CA 93003
Ph: (805) 656-1986 • Fax: 805-658-8540
501 (c) 3 non-profit corporation

www.ombudsmanventura.org
Funding Provided by Area Agency on Aging
Pre-Placement Counseling

When it comes time to place a loved one in long term care, many family caregivers have no idea what to do or where to turn. Choosing a long term care facility is a very important decision. As a caregiver you will need to plan ahead and think about long term care before your loved one needs it or a crisis occurs.

The best time to talk about long term care is before you need it.

When You Are Ready – Call Us

Pre-placement counseling may be in person or telephone:

• Current list of all long term care facilities in Ventura County
• Explanations of different types of facilities, payment options, and levels of care
• What Medi-Cal pays for

Support group

• For caregivers and families caring for a loved one at home or have placed a loved one in long term care

Call for information

Personal notes from Caregivers

“Dear Folks,
We would like to express our appreciation for the encouragement, wisdom, and assistance we received from the Ombudsman Program as we cared for our friend in the last few weeks of her life. Your support was phenomenal. Thank you from the bottom of our hearts.”

Ray & Brenda C

“Dear Ombudsman,
Please accept this belated note to thank you so much for your caring and encouragement. Because of your knowledge and generous intervention through working with us, my mother lived out her remaining months on this earth, peacefully and content, as she wished, in the safety and comfort of her own home. We will always be grateful to you.”

Yvonne & Tom S

“Dear Ombudsman,
Before life’s circumstances led us into the long term care world, we had no working knowledge of what was ahead. Our family’s situation has definitely come to a happy and fair resolution due to the counsel we received from your staff. There will be many after us who will also find themselves in the long term care arena – people who will need a program they can turn to for accurate, unbiased information and guidance. We are so thankful that the Ombudsman Program was available and will continue for the sakes of families and patients in the future.”

Brian K

“More than 27 million family caregivers in America provide more than 20 hours of care each week. Family caregivers in the United States provide an estimated 257 billion in unpaid services annually—more than twice what is spent on nursing homes and paid home care combined.”