



# Inland Caregiver Resource Center

**Our Mission: Helping families and the community cope with and manage the challenges of caregiving.**

## Virtual Services

*(via phone and internet)*

ICRC is now offering *Virtual Services* to family caregivers. The journey of a caregiver is not an easy one. We are here to care for you. Give us a call today at **(800) 675-6694**.

### Who we Service:

- **Family Caregivers:** Informal caregivers caring for a loved one who is 18 years and older with an organic brain impairment or caring for a senior over the age of 60.
- Seniors 60 years and older
- Riverside, San Bernardino, Inyo, and Mono County residents

### Our Virtual Services:

- **Information and Referral:** Appropriate referrals and information as needed.
- **Family Consultation:** Virtual or phone assessment to evaluate caregiver needs.
- **Short-term Counseling:** 6-10 sessions via virtual setting.
- **Support Groups:** Family Caregiver support groups via virtual or phone meetings.
- **Educational Workshops:** Virtual classes on various topics.
- **PEARLS:** Program to encourage active and rewarding lives for seniors in Riverside County through virtual sessions.
- \* **Respite Care:** Break from caregiving if caregiver is overwhelmed, depressed, etc. is still available in the home.

Contact us:



[www.inlandcaregivers.org](http://www.inlandcaregivers.org)

**(800)675-6694**

**(909)514-1404**