



Del Mar Caregiver Resource Center

Supporting Caregivers through their Journey

Helping family caregivers care for their loved ones and themselves

Del Mar Caregiver Resource Center supports family caregivers (family members or friends) of adults living with a cognitive disorder such as:

- Alzheimer's disease
- Stroke
- Dementia
- Huntington's disease
- Parkinson's disease
- Multiple Sclerosis
- Brain tumors or brain injury
- Mild cognitive impairment
- Other conditions that may cause memory loss or confusion



What Services Do We Provide?

- Care Planning
- Counseling and Support Groups
- Education, Workshops and Trainings
- Information and Referral
- Legal and Financial Consultation
- Respite Care

Serving Monterey, Santa Cruz and San Benito Counties
Services are free or low-cost sliding scale

Del Mar CRC is a program of



Health Projects Center

Dignity and Health for an Aging Population

For information about caregiver services, call:

Del Mar Caregiver Resource Center

1-800-624-8304

Or visit: www.delmarcaregiver.org