

FALL 2026

Caring Together in Kern County

Practical ideas for caregivers, trusted local contacts, and an update on the Kern Oasis community vision.

Fall 2026 Newsletter

Original caregiver education, advocacy updates and community resources for Kern County.

CAREGIVER CONNECTION

Caregiving works better when the circle gets wider



Caregiving can quietly become a one-person job. A more sustainable approach is to identify a small circle of people who can each handle one specific task - transportation, groceries, check-in calls, paperwork, meal help or companionship.

Start small

Ask for one clearly defined kind of help instead of asking someone to “help more.” Specific requests are easier to say yes to.

Practical steps

- Write down the three tasks that drain the most time or energy each week.
- Match each task to one person, service or community resource that could help.
- Keep one shared calendar or written care log so important information is not trapped in one person’s memory.
- Schedule a recurring check-in with family or friends before a crisis happens.
- Protect at least one block of personal time each week for the primary caregiver.

A caregiver is part of the care plan

Support for the person receiving care is stronger when the caregiver’s capacity, health and limits are considered too.

WELL-BEING

Protecting caregiver energy before burnout

Caregiver strain often builds gradually. It can show up as exhaustion, irritability, trouble concentrating, skipped appointments, isolation or feeling that there is never enough time. The goal is not perfection; it is creating enough support to keep going safely.

Practical steps

- Notice your own warning signs and write them down before you are overwhelmed.
- Use respite, adult-day, family or paid support when available - rest is part of responsible caregiving.
- Keep your own medical appointments and medications on the same priority level as the person you support.
- When you feel stuck, call a local information-and-referral program and ask what options exist for your exact situation.
- If stress becomes a crisis or you feel unsafe, seek immediate professional support.

Permission to ask for help

Needing backup does not mean you are failing. It means the care situation requires more than one person can reasonably provide.

DEMENTIA & COMMUNICATION

Connection can matter more than correction



When memory or thinking changes, repeated correction can create frustration without improving understanding. Calm tone, simple choices and predictable routines can make communication easier for everyone.

Practical steps

- Approach from the front, make eye contact and use the person’s name.
- Offer one idea or request at a time instead of several instructions at once.
- Use simple choices: “Would you like tea or water?” instead of open-ended questions.
- If a conversation becomes tense, change the environment or activity and try again later.
- Look for unmet needs behind behavior: pain, fatigue, hunger, fear, noise, overstimulation or needing the restroom.

When something changes suddenly

A sudden change in confusion, behavior or alertness can have many causes. Contact a qualified health professional for individualized guidance.

KERN COUNTY RESOURCE DESK

Keep these numbers where you can find them

Kern County Aging & Adult Services - Information & Referral

661-868-1000

Information about senior and disability services, in-home options and local programs.

Kern County HICAP

661-868-1000 | 800-434-0222

Free Medicare counseling and help understanding coverage, appeals and plan options.

Kern County Adult Protective Services

661-868-1006 | 800-277-7866

Reports and assistance involving suspected abuse, neglect or exploitation of elder or dependent adults.

Alzheimer's Association 24/7 Helpline

800-272-3900

Free information, caregiver support and dementia-related resources, day or night.

988 Suicide & Crisis Lifeline

988

Call, text or chat 988 for immediate crisis support. Call 911 for an emergency requiring immediate response.

contact

kernoasis@gmail.com | 661-282-7109

For community outreach, volunteering, partnerships and updates on the future facility vision.



Kern Oasis : support today, a stronger care network tomorrow

Kern Oasis Avocates Team is bringing caregivers, advocates, families and community partners together around practical support and the long-term effort to expand care options in Kern County.

How you can help right now

- Share the newsletter with a caregiver who may need practical information or local contacts.
- Volunteer your skills, time or community connections.
- Introduce us to businesses, foundations, faith communities and local partners interested in the facility vision.
- Support awareness and fundraising for Kern Oasis

Stay connected

Email: kernoasis@gmail.com

Phone: 661-282-7109

Educational information only; not medical, legal or financial advice. Future facility details are planning concepts.