

# Caregiver Coaching



## 1-on-1 Support for Family Caregivers

### GUIDANCE, HELP AND UNDERSTANDING

Are you caring for an aging or chronically ill parent, spouse, sibling or other loved one? Our **FREE** caregiver coaching program matches you with a compassionate, trained volunteer who will work with you on a personal level to :



#### FIND RESOURCES

Your coach can point you to programs in your neighborhood.



#### MAKE DECISIONS

A second opinion to assist with sorting difficult decisions.



#### NAVIGATE CRISIS

Walking with you through moments of uncertainty.

### Program now available in Livingston and Washtenaw counties!

*(Other Southeast Michigan counties will be added soon.)*

### Ready to be matched with a coach?

Contact Amy Smyth  
248-794-4577  
asmith@aaa1b.org

*With support from*



Area Agency on Aging 1-B - 800-852-7795 - aaa1b.org