

# *Caring* **SUPPORT**

*Coaching and Support for YOU,  
the Caregiver*



## Are YOU a Caregiver?

care·giv·er [kair-giv-er] – noun

1. A person who helps with the daily activities of a loved one who is not fully able to manage them on his or her own.

Often, a caregiver helps an aging parent or other relative.

The caregiving may be full or part-time, from close by or from a distance.

## Caregivers need lots of support

No matter what the situation, caregivers need the help and support of others to maintain a healthy, satisfying life. You need to know you're not alone.

## Caring Support

Caring Strategies, a professional geriatric care management company, knows about the tough challenges faced by caregivers. So we've introduced coaching and support services for YOU, the caregiver. We're here to support you because there are times when you need a fresh perspective, approach, or solution. We understand that most of all, you need someone completely objective who is trained to listen to and understand you.

## Our Approach

We know that you're busy. That's why you can access Caring Support over the phone, via e-mail, or in person—at the time that best meets your needs. Whether you want to talk once or schedule a series of coaching meetings, we can make arrangements that work for you.

## *Learn More*

See the other side of this page for more information.

Call Caring Strategies at 256-489-7573 or visit us at  
[www.caringstrategies.com](http://www.caringstrategies.com)



We've noticed that caregivers often face challenges in FOUR ARENAS:

1. Caring for themselves
2. Handling caregiving responsibilities
3. Managing close relationships, particularly with family and friends
4. Juggling outside commitments, often including work.

That's why we explore each of these arenas, paying attention to what is of most concern to you. At Caring Strategies, when we're caring for the caregiver, *the heart of the matter is you.*

### **Caring Strategies, your professional geriatric care management company, offers *Coaching and Support for YOU, the Caregiver***

Professional Coaching is a partnership between Coach and Caregiver that addresses your current needs and goals in a practical, supportive way. It is not therapy.

It considers your present situation and the strengths and resources you can bring to bear to improve it.

Your Coach is well-trained, and will always treat you and what you say respectfully, non-judgmentally, and confidentially.

### **Why would a Caregiver want Coaching?**

As a Caregiver, you may feel stressed, overwhelmed, or confused. You may be facing circumstances that are new to you. It can be a challenge to care for yourself and keep up with your other responsibilities. People may not understand what you're going through. You may have some difficult decisions to make. Through Coaching, you give yourself the chance to *stop, assess, consider, plan, and implement* changes with guidance and support.

*Caring Support services from  
Caring Strategies include:*

- *Coaching and Support for YOU*
- *The Caregiver's Connection—  
Caregiver Support Groups*
- *Facilitated Family Meetings*

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for more information.*

