

Telephonic Caregiver Coaching

Telephonic Caregiver Coaching is a NATIONWIDE program dedicated to supporting you through your family caregiver challenges by phone. On your time, your coach collaborates with you to identify and reach your care-related goals. We offer a ***no-obligation, 20 minute introductory coaching session at no charge!*** Schedule your 1st session on us by calling us Toll Free (888) 666-4781, Locally (865)-978-6168 or Emailing us at Info@choicesinseniorcare.com

Are you interested in offering Telephonic Caregiver Coaching as an employee benefit?

Please contact us to find out how we might partner to offer this Program to reduce employee absenteeism due to caregiver stresses or "burnout".

What is Caregiving Coaching?

Through Telephonic Caregiver Coaching, a caregiver can discuss care-related issues privately by phone during a previously scheduled coaching session lasting 45 minutes. Together we will work toward positive and meaningful change, as you take forward-moving steps toward your caregiving goals.

How can Caregiver Coaching benefit you?

Caregiver Coaching is geared toward finding solutions that work for you and your loved one. Your coach will support you as a thinking partner to address ongoing caregiver challenges that you face in some of these ways:

- Assist you to identify your caregiver goals
- Address caregiver self-care and ways to manage caregiver stress
- Explore various community resources
- Discuss possible referral options
- Address options to increase your caregiver knowledge base.
- Delve into improving caregiver skills
- Brainstorm approach strategies and options to address behavioral issues



Both you and your loved one will benefit from the coaching process, as you add to your caregiver toolbox.

