



Caregiver Coaching

Supporting family caregivers with the knowledge, skills and tools needed to develop their role.

Let us help you!

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What does it mean to be a Caregiver?

A caregiver is someone who provides unpaid care for the physical and emotional needs of a family member or friend who is ill, disabled or frail. (National Family Caregivers Association)

What is Coaching?

Coaching is a goal focused process of assisting individuals to improve personal and professional achievement.

Caregiver Coaching is a personalized service that equips family caregivers with knowledge, skills and tools needed to develop themselves and their role as caregivers.

Caregiver coaching helps caregivers gain insights into their role, understand the importance of self care, and improve coping skills. (Strategic Alliance for Senior Services, 2006).



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