

FROM DIAGNOSIS, THROUGH  
END-OF-LIFE CARE

- ♥ 24-Hour Caregiver Helpline
- ♥ Counseling & Coaching
- ♥ Companion and Respite Care
- ♥ Advanced Care Planning
- ♥ Making Moments Matter™
- ♥ Free Educational Workshops
- ♥ Support Groups
- ♥ Social Activities & Programs
- ♥ And More



*Alzheimer's Care  
Resource Center*

A 501(c)(3) non-profit organization

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COUNSELING &  
COACHING FOR CAREGIVERS™

*"The personalized and professional support you  
need, just when you need it the most."*

# COUNSELING & COACHING FOR CAREGIVERS™

Throughout their journey, Caregivers often struggle with a wide variety of emotions when caring for someone with Alzheimer's disease or other neurocognitive disorder, and it can be very beneficial to talk things over with a trained professional in a warm, safe and comfortable environment.

**Counseling and Coaching for Caregivers** sessions provide our clients with support and professional guidance from licensed clinical social workers, registered nurses and advanced Aging Life Care™ professionals. These professionals have extensive experience and advanced training in supporting individuals, couples and families adjusting and coping with issues related to all forms of memory loss. A variety of therapeutic modalities are utilized to provide you with person-centered care and service.

If you believe coaching and professional guidance may benefit you or a loved one, or you simply want to learn more about all available services, call us today to schedule a complimentary session.

**(561) 588-4545**

[www.AlzheimersCareResourceCenter.com](http://www.AlzheimersCareResourceCenter.com)



Sessions are affordable and available in comfortable and convenient settings including our offices, your home, by telephone and online. Some common issues that may be explored include:

- ♥ Understanding and accepting a new diagnosis
- ♥ Managing complex emotions such as guilt or anger
- ♥ Coping with grief, loss and bereavement
- ♥ Learning to reduce stress and improve coping skills
- ♥ Plan for future needs
- ♥ Understanding and coping with cognitive decline
- ♥ Discover ways to respond to challenging behaviors
- ♥ Managing the symptoms of memory loss
- ♥ Finding balance and meeting your own self-care needs
- ♥ Coping with family discord
- ♥ Learn effective communication strategies
- ♥ Next Steps™ ~ Moving forward after placement or loss

MEDICARE ACCEPTED