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.”

WWW.ALZHEIMERSCARERESOURCECENTER.COM

MEDICARE ACCEPTED
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.

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

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.

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