

DEMENTIA CARE COACHING

SUCCESSFULLY MANAGING DEMENTIA CARE



**ALZHEIMER'S
ASSOCIATION**

Greater East Ohio
Area Chapter

[www.alz.org/
eastohio/helping_you](http://www.alz.org/eastohio/helping_you)
234.284.2750

Develop a Caregiving Action Plan with Your Dementia Care Coach

Dementia Care Coaching is a free service that provides personalized information and in-depth support related to the care of a person with Alzheimer's disease or a related dementia. You will learn how to find and access local services and adapt to changing needs.

As the disease progresses, we can discuss methods of reducing caregiver stress, involving family and friends in support, and decision-making and care planning options.

You'll receive individualized coaching and resources to successfully manage dementia care through each stage of the disease, working with someone that understands your circumstance.



A Dementia Care Coach can help navigate:

- Communication strategies
- Behavioral changes
- Planning for future care
- Home safety
- Legal and financial issues
- Personal and household care
- Balancing caregiving with other responsibilities
- Caregiver stress

You don't have to go through this journey alone.

Successfully manage your loved one's dementia care. Call 234.284.2750 to learn about dementia care coaching, local programs and other free support and services available.

24/7 Helpline: 800.272.3900 | alz.org/eastohio