

# Caregiver Coaching

## 1-on-1 Support for Family Caregivers

### Guidance, Help and Understanding

Are you caring for an aging or chronically ill parent, spouse, sibling or other loved one? Our **FREE** caregiver coaching program matches you with a compassionate, trained volunteer who will work with you on a personal level to:



#### FIND RESOURCES

Your coach can point you to programs in your neighborhood.



#### MAKE DECISIONS

A second opinion to assist with sorting difficult decisions.



#### NAVIGATE CRISES

Walking with you through moments of uncertainty.

With support from



Ann Arbor Area  
Community Foundation

Community  
Foundation

FOR SOUTHEAST MICHIGAN

### Ready to connect with a coach?

 **Call (800) 852-7795**, email us at [coaching@aaa1b.org](mailto:coaching@aaa1b.org) or visit [micaregivercoach.org](http://micaregivercoach.org)

**For additional supports for older adults and family caregivers, call us at 800-852-7795 or visit [aaa1b.org](http://aaa1b.org).**

The Area Agency on Aging 1-B is a nonprofit serving Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.