



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**

or email coaching@aaa1b.org.

For additional supports for older adults and family caregivers, call us at 800-852-7795 or visit aaa1b.org.

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