

Elder Care Coaching

Why seek assistance from a coach?

There are many aspects of elder care that demand attention. It can be extremely helpful to work with a professional to facilitate discussions between family members, set goals, review options, provide accountability and lend support to the primary caregiver. Coaching can help clients make better decisions, make continuing progress on solving elder care challenges and feel peace of mind. The coach helps identify healthy ways to meet the needs of both the elder and family members.

Coaches are especially effective when working through a transition. They are often helpful when an individual or family needs to make a change but can't imagine taking the first step.

What is involved in the process?

Coaching helps clients identify issues, translate values and issues into meaningful goals and get into and stay in action to achieve goal-oriented solutions. When working with a family group, the coach interacts in an impartial manner, similar to a mediator. He or she must be skilled in asking the questions that lead to solutions to a problem. The focus is centered on developing strategy, identifying gaps in knowledge or services, and searching for the tools that will close the identified gaps.

Where will we meet?

Coaching can be done over the phone, with telephone conferencing options available for larger groups. Coaches can meet in the client's home or another location of the client's choosing.

When?

Coaching is most effective when utilized on a regular schedule for a period of time, such as once per week, or twice per month, for a month or more. Meetings can last for 30 minutes to 2 hours.

Cost?

Costs tend to range from \$125-175/hour, although rates can be lower with ongoing services.