

## Caregiver Coach

Caregiver coaches provide professional consultation to help develop the caregiver role, extend the caregiving career, and maintain the health and well-being of caregivers.

## Caregiver Education

Workshops and training programs to help older adults and their families anticipate, plan for and provide care that may be needed, as our families grow older.

## Caregiver Specialist

Advocates on behalf of caregivers. Provides emotional reassurance to caregivers and assists them with accessing information, support and community services. Provides planning, support and training for caregivers.

## Caregiver Support

Provides supportive services for persons taking care of loved ones, including respite care, support groups, information and referral, education, etc.

## Caregiver Support Groups

Provide opportunities for those who care for a loved one to get together with others in a similar situation to share and learn.

## Case Management

Provides a personal, yet professional, case manager who serves as a substitute family member when family cannot be there. Services vary according to client need and may include transportation, coordination of services and appointments, assessments, advocacy, companionship, and emergency contact services.

## Chore Services

Provide assistance with heavier housekeeping or routine home maintenance tasks such as snow removal, lawn mowing, yard work, wall washing, changing storm windows and minor home repairs.

**When family can't be there... stay connected with Lifeline ... One push of a button**

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