

## CAREGIVER COACHING

Our JFCS Senior Services professional staff works closely with clients and families to ensure safe, supported and independent living at home and provide resources, education and respite for caregivers.

If your loved one has a serious medical condition or a memory loss diagnosis such as Alzheimer's disease or other dementia, caring for that person can seem like an overwhelming task. Our caregiver coaches work with family members to guide them in making changes to improve everyday life at home; whether by promoting better self-care or by offering tips to deal with dementia-related behaviors. We can also work directly with people in early-stage Alzheimer's disease to plan for their own future. Coaches provide culturally-sensitive services. Russian-speaking coaches are available. Services are available on a sliding-fee scale—call for more information.

### Caregiver Coaching is tailored to your unique situation and may include some or all of the following:

- > In-home assessment
- > Comprehensive report and care plan
- > Caregiver education
- > Training to understand dementia related behaviors
- > Providing a link to other JFCS programs and community resources

**For more information  
on Caregiver Coaching,  
call 952-546-0616**

#### OUR MISSION

Jewish Family and Children's Service of Minneapolis provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering, and offer support in times of need.

#### OUR VALUES

Based on the Jewish concept of *tikkun olam* (repairing the world), Jewish Family and Children's Service of Minneapolis believes everyone is entitled to equal economic, political and social rights and opportunities. As a human service organization, we value:

- > Compassion
- > Inclusion
- > Innovation
- > Integrity
- > Collaboration