



NIH Elder Care Coaches

CONNECT VIA EMAIL OR PHONE!

Caring for an older relative or a dependent adult is a beautiful bond but it can come with its own set of challenges. If you need assistance navigating your new role with a loved one, lean on a LifeWork Strategies Elder/ Dependent Care Coach!

- Available to employees & their family members
 - Response guaranteed within two business days
 - Connect with a mental health clinician with masters-level credentials
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Common questions for elder care coaches:

- I currently care from my elderly aunt. My patience is running low as she has become increasingly demanding and critical of me. I'm finding this to be frustrating and I'm already tired. What can I do?
- My loved one has dementia and cries a lot. They seem to always be scared and I don't know what to do.
- I care for my mother. She fires everyone that I hire to help me. What can I do?

NIH child&family
www.childfamilycare.ors.nih.gov

 **Adventist HealthCare**
LifeWork Strategies

Questions or need assistance?

NIH Resources & Referral Phone Number:
1-800-777-1720

Elder/Dependent Care Coaches Email:
NIHeldercoach@adventisthealthcare.com