



# Companioa | Caregiver Coaching

Comprehensive Dementia Services by Institute on Aging

## Are you caring for a loved one with dementia? Companioa Caregiver Coaching can help.

If you are caring for a loved one with dementia, we understand how challenging your world can be. Many caregivers feel isolated and overwhelmed, and need to be heard and understood. IOA's Companioa Caregiver Coaching offers the expertise and emotional support of a trusted companion to guide you through this ever-changing journey.

### Coordinated services designed to meet your loved one's needs.

As Certified Dementia Practitioners®, our caregiver coaches are dedicated to helping caregivers navigate a loved one's dementia diagnosis. We do this by providing emotional support, resources and tools to improve the caregiving experience.

### Your Companioa Caregiver Coaching services include:

- An initial consultation to evaluate home safety and assess care needs
- A customized action plan and strategy sessions to address caregiver goals
- Bi-weekly check-ins
- Interactive education sessions
- Caregiver support groups
- Evidence-based tools to address challenging situations
- Access to support services and resources

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*As my loved one's physical condition deteriorated and his dementia progressed, I was increasingly overwhelmed with many feelings, much to learn, and many choices to make. I felt stressed out and alone. Signing up with Companioa Caregiver Coaching was one of the best choices I made.”*

– Anonymous  
Family Caregiver



Companioa is an integrated group of programs designed to support individuals living with dementia and their caregivers. Specialized services include **Caregiver Coaching**, **Care Management**, **Home Care** and the **Adult Day Program** at the **Enrichment Center in the Presidio**.