

Eldercare Coaching



Our seasoned registered Eldercare Specialist works one on one with you providing tools and support to assist you in managing the challenges that arise from caring for an aging parent.



- Are you worried about your elderly parents?
- Do you find yourself overwhelmed from helping your parents and taking care of your family, with no time left for yourself?
- Are you experiencing resistance and conflict from your siblings when you try to discuss your parent's housing issue?

Our Eldercare Specialist provides you with emotional support and tools to navigate the relationship of aging parents, e.g., the onset and progression of age-associated diseases and their accompanying losses.

Dealing with an aging parent can cause strife within families, and our Eldercare Coach provides you with the tools necessary to facilitate productive conversations with your siblings, effectively reducing resistance and increasing cooperation. Moving your aging parent into housing often brings about feelings of guilt, and an Eldercare Coach offers you the support you need to reduce any feelings of grief, guilt and caregiver burnout that you might be experiencing.

www.employee-wellness.ca
Call us at 1-800-505-4929 (toll free)
604-872-4929



EMPLOYEE WELLNESS
good thinking