You are not alone!

Caregiver Coach Program

The **Caregiver Coach Program** focuses on the unique needs of the family caregiver. The **Caregiver Coach** will:

- Listen and help the caregiver identify needs.
- Help the caregiver create a plan to reduces stress.
- Connect the caregiver to community services and support.
- Offer encouragement and assistance as needed.
- Maintain on-going contact with the caregiver to answer questions and offer support as their situation may change.

This program is **FREE** to Caregivers and/or Care-receivers, age **60+,** residing in **La Crosse County**

To get connected, contact:
Amy Brezinka, Program Coordinator
Phone: 608.785.3460 or Email: abrezinka@lacrossecounty.org

Caring for the Caregiver

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