Support for Solo Agers with Memory Concerns

Caring Our Way's Support for Solo Agers with Memory Concerns program offers personalized coaching and practical strategies for individuals concerned about their own memory changes or cognitive concerns. Through virtual, one-on-one coaching with licensed professionals or Certified Caregiving Consultants, solo agers receive personalized guidance and evidence-based strategies to navigate memory concerns, maintain independence, and improve their quality of life.

Memory concerns include feeling disoriented in new surroundings, difficulty completing a recently-learned task, struggling to manage finances and money, struggling to remember events from a year ago, difficulty remembering words, forgetting a word in mid-sentence or avoiding certain settings because you worry how you'll manage.

This program provides:

- A comprehensive coaching solution for solo agers with memory concerns. Participants choose a licensed professional or Certified Caregiving Consultant and book sessions to address their specific concerns and goals.
- One-on-one, virtual coaching sessions to help solo agers develop practical strategies and gain clarity about memory changes. We suggest five coaching sessions to develop a personalized action plan and implement strategies. Clients can decide if they need fewer sessions or if they would benefit from additional sessions.
- Care plans personalized for the client's needs. Coaches draw on evidence-based strategies to help clients develop practical solutions for daily living.
- Assessment of memory concerns and functional abilities. During the first session, solo agers will complete an Everyday Function Scale assessment, which drives the personalized solutions they can use.
- Access to Caring Our Way community. All participants receive ongoing access to a supportive community of 1,100+ members, including virtual gatherings, weekly

Caring Our Way offers this pilot program completely free to gather participant data and measure program effectiveness. We will continue to offer this program beyond the pilot, offering the program to anyone who will benefit regardless of their ability to pay.

Refer Clients

Please send a referral through FindHelp.org.

We'll follow up with your client with details on how to schedule a complementary session to learn more about the program.

FAQs

1. What outcomes can we expect for clients who enroll in the Support for Solo Agers with Memory Concerns program?

This pilot program focuses on helping solo agers achieve increased confidence and peace of mind as they navigate memory concerns.

2. What is the Everyday Function Scale (EFS)?

The Everyday Function Scale is an assessment based on a framework (Cognitive Disabilities Model) and evidence that helps clarify the level of cognitive functioning. The EFS provides a clear description that coaches use to personalize strategies and guidance to address individual concerns. This assessment is different from specific cognitive function and neuropsychological tests that focus on deficits in areas such as memory, attention, and sequencing.

3. What kind of strategies and guidance are included?

Coaches combine support to help solo agers develop practical strategies for daily living and memory management. Coaches work with clients to develop practical strategies for maintaining independence and safety and personalized action plans tailored to each individual's specific concerns and goals.

4. Which solo agers would benefit most from this program?

Anyone with memory concerns will benefit. Memory concerns include feeling disoriented in new surroundings, difficulty completing a recently-learned task, struggling to manage finances and money, struggling to remember events from a year ago, difficulty remembering words, forgetting a word in mid-sentence or avoiding certain settings because you worry how you'll manage.

5. How will clients be matched with a coach?

We believe it's most important that clients choose a coach who aligns with their experiences and situation. Our coaches include licensed professionals (such as Occupational Therapists and Certified Care Managers) and Certified Caregiving Consultants who bring personal caregiving experience and coaching expertise to their work. Clients will have access to our directory of coaches with their specialties listed and can choose one for an initial complementary consultation. If the client decides that the coach is not right for them, they can choose a different coach and schedule another complementary session. Clients can also call Denise at (773) 343-6341 for a personalized coach recommendation.

6. How do clients connect with their coaches?

Coaching sessions take place via Zoom or over the phone, depending on the client's preference.

7. What is included in the free consultation?

The free consultation is an opportunity for solo agers to describe their situation and determine if coaching is the right fit for them. During this session, the coach will listen to the client's challenges, answer questions about how they work, explain the program, and discuss how coaching can help address specific concerns. There is no pressure to commit to additional sessions.

8. How do you handle client cancellations and no-shows?

Clients can cancel and reschedule a session with 24 hours notice. If a client is a no-show for two consecutive sessions, we would re-evaluate to determine if the program is the right fit for them. Coaches schedule sessions based on the client's availability, which helps reduce cancellations and no-shows.

9. How long does the program last?

We suggest five coaching sessions to develop a personalized action plan and implement strategies. The client can determine if they need fewer sessions or if they would benefit from additional sessions. The five-session program typically unfolds over 5-10 weeks depending on the client's schedule. Clients can extend their work or return later when new challenges arise.

10. What is the cost?

This is a completely free pilot program. We're gathering participant data to measure program effectiveness.

11. What is Caring Our Way community?

Caring Our Way is a community of 1,100+ family caregivers and professionals. Included with coaching are access to regular events and workshops.

12. Is there any follow-up support after the coaching sessions end?

Yes. All participants receive ongoing access to the Caring Our Way community for continued support, connection, and access to resources even after their coaching sessions have concluded.

13. Will this program continue past the pilot?

Yes! Caring Our Way offers this pilot program completely free to gather participant data and measure program effectiveness. We will continue to offer this program beyond the pilot, offering the program to anyone who will benefit regardless of their ability to pay.

Scheduling a Complementary Session

Solo agers interested in the program can schedule a free complementary session with a coach of their choice. To schedule their free session, participants can:

- Visit CareYearsAcademy.com/Solo
- Contact Denise at (773) 343-6341 for a personalized coach recommendation
- Through FindHelp.org referrals

Once they schedule their complementary session, if the program meets their needs, they can move forward with their coaching sessions.

About Certified Caregiving Consultants

Certified Caregiving Consultants (CCCs) bring their lived caregiving experience and comprehensive training to their work supporting solo agers and family caregivers. Through the training program, CCCs gain insights into the caregiving experience, learn how to communicate effectively with clients navigating challenging situations, and master the skill of creating and implementing effective strategies.