

Caregiver Coaching

Caregiver Coaching is a free program of the Area Agency on Aging 1B that aims to smooth the way for caregivers by matching them with a professionally trained volunteer coach, a compassionate partner who will help caregivers identify needs and obstacles, or just offer an empathetic ear.

The program is available to family caregivers who either reside in our six-county southeast Michigan service region (Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw Counties) or care for a family member who resides in our service region.

There is no commitment or cost or schedule; the caregiver may call their coach to point them to resources, help them meet a challenge, or just to talk. Communications are typically by phone or Zoom.

If you're interested in becoming a coach or would like to be matched with one, call 800-852-7795 or visit <https://aaa1b.org/caregiver-resources/caregiver-coaching/>.