

CARE COACH CONNECTION, LLC

Amy Brezinka, BSW & Care Coach

507-312-9485

carecoachconnection@gmail.com

Free 30 minute phone consultation to see if Care Coaching is the right fit for you.

CARE COACH SERVICE OPTIONS:

1. Support Session: \$60/session

- ◇ 1 hour session (one-to-one/home visit)
- ◇ Identify individual needs & goals
- ◇ Explore resources options
- ◇ Follow up phone call /email

2. Support Sessions + Plan: \$150/package

- ◇ (2)—1 hour sessions (one-to-one/home visit)
- ◇ Identify individual needs & goals
- ◇ Explore resource options
- ◇ Create a Personal Action Plan
- ◇ Follow up phone calls /emails
- ◇ Assist with coordination of services
- ◇ Enhance communication & coping skills
- ◇ Review needs and explore resource options as needed





Spouses, partners, sons, daughters, friends and neighbors may find themselves in the "caregiver" role.

Feelings of stress, guilt, uncertainty and isolation are common for both the person living with the diagnosis and the caregiver.

As your Care Coach, I understand that your care relationship is unique.
We will work together to create a plan that works best for you.

Care Coach Services

One-to-one, home visit sessions and services are designed to help care partners:

- Identify individual needs and goals
- Understand and navigate resources
- Create a Personal Action Plan
- Connect to helpful services
- Coordinate services and schedules
- Enhance communication, decision making, problem solving & coping skills
- Prepare and plan for the future
- Design a Crisis Prevention Plan (Plan B)

FOR MORE INFORMATION CONTACT:

Care Coach Connection, LLC

Amy Brezinka, BSW & Care Coach

507-312-9485

carecoachconnection@gmail.com

Website: <http://www.carecoachconnection.com>