

# Essential Sherpa Services for Private Clients



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Work 1:1 with Christy\*

The Strategies, Systems, & Support Right for ***Your*** Specific Situation

### What you get:

- **26 weekly 1:1 sessions with Christy** via phone or secure video chat
- **Unlimited texting and emails** for quick questions between appointments
- Lifetime access: *Memory Care at Home* online program
- Lifetime access: *Moving into Memory Care* online program
- Drop-in privileges for any/all Essential Sherpa Services with Friends group calls
- **Support and straight talk with a whole lot of "The Good Stuff"** (respect, kindness, love, empathy, and compassion) mixed in

### Session 1: Initial Meeting (1 hour)

- Discuss your top struggles & how to overcome them

- Identify what you'd change if you had a magic wand
- Set your desired outcomes, and what that looks like for you
- Answer your most pressing questions
- Create behavioral rehearsal & scripts, as needed

## **Session 2: Comprehensive Assessment & Home Safety Evaluation (1.5 hours)**

Assess, screen for, and/or identify:

- Stage and type of cognitive loss
- Signs and symptoms of depression
- Signs and symptoms of anxiety
- Review of medications
- Your person's ability to adequately care for and meet their own needs
- Overall psychosocial well-being
- Your caregiver stress level
- Home safety evaluation
  - Environmental and home safety features
  - Your person's current judgment & insight
  - Check for your person's overall safety awareness
  - Answer the question "Is it (still) safe to leave my loved one home alone?"

## **Session 3: Family Meeting (1.5 hours)**

We'll discuss the Comprehensive Assessment & Home Safety Evaluation findings, possible solutions, and recommendations.

Christy will set the meeting agenda to help participants stay focused on your loved one's needs and minimize unpleasant family dynamics. Meeting includes you and the family members you choose to participate, and plenty of time for questions.

#### **Session 4: Action & Care Planning Meeting (1 hour)**

The Care Plan addresses all of the care needs identified in the Comprehensive Assessment, giving you a road map for both now (The Right Now Plan) and the future (The Breathing Room Plan).

After choosing the best solutions for your particular situation, we'll develop the Action Plan.

Everyone present will be clear on what the next step is, who is responsible for accomplishing it, and when the action item is due.

#### **Sessions 5-26: Training/Coaching Call (1 hour)**

During each call, we'll look at:

- How the action plan is working
- How the family's working together
- Any roadblocks that've cropped up
- Any changes to the situation

Then, we'll work out any kinks and fine tune whatever needs it during each of your weekly training & coaching calls.

#### **This is the right fit for you if:**

- You believe **being proactive** is a virtue.
- You're **willing to take action, but you aren't sure what action(s) you should take.**
- You're **an eager learner, but an even better implementer.**
- You're busy. You understand the appeal of DIYing, but **you don't have time to mess around with trial and error.**
- You're not one to savor the mystery. **You like it when others cut to the chase** so that you can ask follow-up questions and start implementing the information you've been given.

- You like being supported, but **you need it to be private**. Sharing details and **showing vulnerability in a group just isn't your bag**, but you have no problem being upfront and forthcoming in a 1:1 setting so that you can **get the help and support you need**.

**\*LIMITED AVAILABILITY. WHEN SPOTS ARE GONE, THEY'RE GONE.**

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**Questions? Contact me so I can answer them! [Christy@DementiaSherpa.com](mailto:Christy@DementiaSherpa.com)**