



Essential Sherpa Services with Friends (Group Program)

You + Folks in the Same Boat + Christy=

The Right Strategies, Systems, & Support in a Group Setting*

What you get:

- **Weekly group sessions with Christy** via secure video chat (may also access by phone)
- **Secret Facebook group** for quick questions between sessions and getting to know your fellow participants
- Lifetime access: Memory Care at Home online program
- Lifetime access: Moving into Memory Care online program
- **Support and straight talk with a whole lot of "The Good Stuff"** (respect, kindness, love, empathy, and compassion) mixed in

Week 1: Orientation

- 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

Week 2: Comprehensive Assessment & Home Safety Evaluation

Christy will show you how to assess, screen for, and/or identify your person's:

- Stage and type of cognitive loss
- Signs and symptoms of depression
- Signs and symptoms of anxiety
- Your person's ability to adequately care for and meet their own needs
- Overall psychosocial well-being
- And we'll also look at your caregiver stress level

Week 3: Home Safety Evaluation

Christy will show you how to do a home safety evaluation, looking at:

- 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?"

Week 4: Preparing for Your Family Meeting

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

Christy will help you set the meeting agenda so that your family members stay focused on your loved one's needs and minimize unpleasant family dynamics.

Week 5: Action & Care Planning

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 work together to develop your Action Plan to present to your family so that your family will be clear on what the next step is, who is responsible for accomplishing it, and when the action item is due.

Weeks 6-24: Training/Coaching Call

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 like to DIY, but **you like big hints and shortcuts**, too!
- **You like having the ability to go back and ask follow-up questions** after you've implemented a new skill or technique.
- You like being supported, especially in a group of **people who understand what you're going through.**

Group runs January 4th through June 19th, 2020. All calls are recorded for group members.

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

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Questions? Contact me so I can answer them! Christy@DementiaSherpa.com