



Caregiver Coach for Alzheimer's Disease & Related Dementias

The purpose of an Alzheimer's Disease and Related Dementias Caregiver Coach is to provide caregivers with knowledge of local resources, expertise in effective care giving practices and help plan for short term and long term care solutions to provide the best quality of life for the individual with Alzheimer's or dementia and their caregiver.

Our Caregiver Coach will help you:

- Gain knowledge and clarity about the disease, its characteristics and behaviors so you can properly respond and manage them.
- Learn and practice proven techniques and tactics, so you can interact effectively with your loved one.
- Learn important guidelines so you can make your home a safe, soothing environment.
- Enhance the quality of life for both you and your loved one so you can enjoy times together.
- Develop a personalized plan for short- and long-term needs — your roadmap for managing what comes your way.

Tips, Tools & Resources

Access the tools and training you need to understand and manage the disease and learn how to live successfully with your new realities.

Contact Rebecca Hafner, Alzheimer's Disease & Related Dementia's Coach
603.335.1770, ext. 103 | 603.932.3602 | rhafner@eastersealsnh.org



Meet Rebecca Hafner

Rebecca has worked directly with caregivers for several years, providing in-home supports and services to ensure the safety and wellbeing of the individual being cared for and the caregiver.

Rebecca is also a caregiver herself and has provided care for more than 10 years. Caregiving is a passion for Rebecca as she continues to educate, support, and help those experiencing similar challenges in their lives.