



Care and support for our communities.

Our goal at the Caregivers & Older Adults Connected & Healthy (COACH) program is to help older adults remain in their homes with dignity and independence. At COACH, we understand there are issues that uniquely affect older adults and their caregivers. COACH provides personalized short-term case management support that connects people 55+ and their caregivers to vital resources.

The services are based on individual assessment of needs and geographic location. COACH's services are conveniently delivered to you in the way that best meets your needs. All of COACH's services are provided at no cost to the community.

Case management services may include:

- Check-in telephone calls or video chats
- Comprehensive evaluations
- Advocacy and service coordination
- Health education
- Navigation of health and government benefits
- Providing links to community resources and educational information in the areas of:
 - o Personal care and homemaker services
 - o Housing
 - o Transportation
 - o Nutrition
 - o Fall Prevention
 - o Respite
 - o Life transition planning
 - o Stress and mental health support
 - o Medication management
 - o Assistive devices and equipment

Eligibility Requirements:

- Adult 55 years and older
- An adult caregiver of a person 55 years and older
- Open to participating in case management

We're ready to meet your needs.

If you or someone in your care would like to learn more about COACH, contact us today:

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