

“ There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers. ”

Rosalynn Carter,
Former First Lady and
President of the Board of Directors,
Rosalynn Carter Institute for Caregiving

L3C Program Sponsors



Westchester County Department of Senior Programs and Services through its Livable Communities: A Vision for All Ages.



Westchester Public/Private Partnership for Aging Services



Fordham University's Ravazzin Center on Aging

THE LIVABLE COMMUNITIES Caregivers Coaching Program



Member, AARP Network of Age-Friendly Communities and the Global Network of Age-Friendly Cities and Communities of the United Nation's World Health Organization

L3C The Livable Communities Caregivers Coaching (L3C) program is spearheaded by the Westchester County Department of Senior Programs and Services. It is part of the department's Livable Communities: A Vision for All Ages.

The Caregiver Coaching program has received many awards, including ones from the National Association of Counties and the National Association of Area Agencies on Aging.

L3C is part of 2015 AARP's & The World Health Organization's Age-Friendly Report: Inspiring Communities. It is one of the 16 Best Practices for the United States and around the world.

What are Caregiver Coaches?

They are volunteers trained by professionals to help family caregivers better care for an older or disabled person.

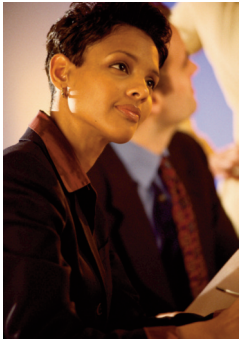
The one-on-one support Coaches provide enables caregivers to make more informed decisions to meet the many challenges and responsibilities they face.



Why become a Caregiver Coach?

- Make a significant contribution to ease the lives of family caregivers
- Expand the choices and options of someone caring for a loved one
- Help seniors remain in their homes as they age for as long as possible
- Be in the vanguard of a pioneering concept
- Enhance your own life

Who is eligible?



Anyone looking to make a difference in the quality of life for people in their communities in a cutting-edge way can volunteer. Caregiver experience is helpful but not required. Candidates should be optimistic, empathetic and non-judgmental. They work with – not for – the caregivers

and are not substitutes for professionals in the field. Nor do they assume caregiver tasks themselves or offer medical or legal advice.

What type of training would I get?

Fordham University's Ravazzin Center on Aging has developed the curriculum that will be taught by professionals such as nurses, social workers and geriatric care managers. Classes are held throughout Westchester. Topics will include "Understanding the Aging Process" and "Challenges Caregivers Face." The volunteers will also learn specific coaching techniques such as how to convey factual information clearly. Caregiver Coaches and family caregivers will be matched at the end of the course.

Why are Caregiver Coaches needed?



No one is ever prepared to become a family caregiver. Rather, caregiver responsibilities are usually thrust upon a person without warning, perhaps if a husband or wife has a stroke or is in an accident.

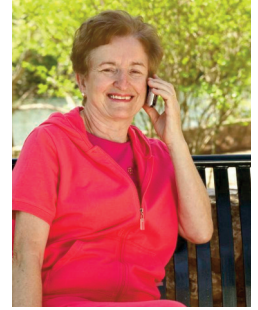
That is where Caregiver Coaches come in.

They are stabilizing forces and sounding boards. Their training gives them the practical information to educate caregivers about various options and then empowers them to set priorities and make decisions.

The need for caregivers is great. The National Alliance of Caregivers found that in 2015 about 43.5 million people provided care at some time during the year.

In Westchester County, more than 1 in every six adults are providing care. 20 percent of the population – or one in five people – is 60 or older, and more

than half of them have disabilities. Seventy percent of Westchester residents age 80 or older have at least one disability, and studies indicate that the vast majority of seniors want to age in their homes.



Caregiver Coaches will also save taxpayer money by avoiding or delaying the need to move a senior to an assisted living facility or nursing home. The National Alliance of Family Caregivers estimates that it would cost \$350 billion a year nationwide if the services family caregivers provide had to be replaced with paid services.

What time commitment will this require?

Training takes place for a total of about 12 hours. Participants must also attend monthly Caregiver Coach conversations to discuss specific issues, their experiences, ideas and concerns. How much time each coach devotes to a family caregiver will vary, and most of their contact will be by telephone. Participants must make a one-year commitment to the program.



How can I learn more or register?

Call the Westchester County Department of Senior Programs and Services at (914) 813-6441 or send an email to cap2@westchestergov.com.