Caregiver Solutions™ provides informal caregivers and care recipients with chronic conditions, a realistic approach for reducing stress and improving outcomes.

Based on the Benjamin Rose Institute Care Consultation™ evidence-based model, Caregiver Solutions™ Care Consultants provide:

- Cost-effective assistance
- Emotional support
- Useful and effective information
- Convenience of use
- Personalized assessment and reassessment
- Action steps to guide clients with addressing their needs
- Standardized protocols to ensure quality service
- Built-in fidelity monitoring tools and reports

Trained Care Consultants work with caregivers by telephone and email to identify needs and create practical action plans to resolve concerns. Research demonstrates improved care, better health outcomes, as well as stronger local and long-distance family care networks.
An evidence-based, realistic approach for reducing stress and improving outcomes

Cost-effective assistance and support to both individuals with chronic conditions and their caregivers by telephone and email.

Empowers
Empowers local and long-distance caregivers to manage care and find simple, practical solutions to caregiving challenges.

Facilitates
Facilitates effective communication with family and health care workers.

Assists
Assists clients in locating services.

Pointing You in the Right Direction

About Caregiver Solutions™

Caregiver Solutions™ is an evidence-based protocol developed from 15 years of research, 9 research studies, and 4,000 families by the Benjamin Rose Institute in collaboration with the Alzheimer’s Association and Department of Veteran Affairs.

The core components of the program include: 1) assessment, 2) action planning, and 3) ongoing maintenance and support.

Clients are contacted on an ongoing basis and may also reach out to a Care Consultant in a time of need.

Proven Benefits

<table>
<thead>
<tr>
<th>Caregivers</th>
<th>Care Recipients</th>
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</thead>
<tbody>
<tr>
<td>18% fewer unmet needs</td>
<td>36% fewer unmet needs</td>
</tr>
<tr>
<td>21% fewer symptoms of depression</td>
<td>80% fewer symptoms of depression</td>
</tr>
<tr>
<td>22% reduction in health strain</td>
<td>55% less health strain</td>
</tr>
<tr>
<td>20% less feelings of being trapped in caregiving</td>
<td>Fewer hospital admissions, ER visits, and Nursing Home placements</td>
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</tbody>
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For additional information, call 412.781.5002