

Alzheimer's Caregiver Coach

An Alzheimer's Caregiver Coach is someone who can help you prepare for the future while living successfully in the moment.

Meet Shirley Gordon



Shirley Gordon began working with family caregivers in 2008 and regularly speaks about the family caregiver experience. She is a Certified Dementia Practitioner, a Support Group Facilitator, an educator and a lecturer. However, her most important and meaningful role is as the primary caregiver for her husband of 27 years Mike, who is living with Alzheimer's disease.

An Alzheimer's Caregiver Coach:

- Increases caregiver confidence through caregiver education
- Designs a plan to reduce caregiver stress, anxiety, and guilt
- Provides support and structure in dealing with the disease
- Recommends measures that meet home safety requirements
- Restores a sense of normalcy in the home to the extent possible
- Cultivates an environment to maximize the diagnosed person's independence
- Creates strategies to minimize symptoms

CALL SHIRLEY GORDON, ALZHEIMER'S CAREGIVER COACH
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