

1. In what kinds of situations is ELDERWISE family coaching helpful?

Many families tell us that coaching is helpful when they are trying to “do the right thing” but uncertain about where to start. Many questions regarding health, housing and relationships are new or challenging. Families may be wondering about in-home support for an aging relative. Seniors, who know it’s time to consider new housing arrangements, may be uncertain about the confusing array of housing options and want to consult an independent information source. Other families are wondering how to approach the necessary – sometimes urgent – talks with each other about sensitive topics.

2. What is the difference between ELDERWISE family coaching and counselling?

COUNSELLING is a therapeutic process offered by a trained professional, aimed at helping an individual or a family to make desired changes in behaviour. Many clients want relief from emotional or mental problems that affect their daily life, or to improve family and other interpersonal relationships.

COACHING focuses on providing information, support and practical tools for managing a wide array of situations. For example, families can gain information on how to make informed decisions regarding the many options available in health care and housing. They may also learn new techniques and approaches for dealing with relationship situations, either among family members or with outside parties like health care professionals. The focus is on moving forward, equipped with new knowledge, insight and skills.

ELDERWISE coaches are mature, experienced, compassionate individuals familiar with the housing, health and relationship issues that affect mid-life and senior adults and their families. ELDERWISE coaches have gained their knowledge either through personal experience, through formal training in fields such as nursing, social work, psychology and gerontology or a combination of these.

3. When is counselling more appropriate than ELDERWISE family coaching?

An ELDERWISE coach may suggest counselling, instead of or in addition to coaching, in cases where:

- Families feel “stuck” because long-standing relationship patterns are getting in the way of effective problem-solving
- Family members are hurting and having difficulty placing trust in one another

4. Who should participate in an ELDERWISE family coaching session?

Any member of the family can participate. Ideally, several family members, including different generations, can come together to make decisions that serve everyone’s best interests. As more family members participate in a coaching session, mutual understanding increases and the family can move forward on matters of urgency and importance to everyone.

5. What results can we expect from ELDERWISE family coaching?

Our clients tell us that they leave a coaching session with new knowledge and understanding about possible options; a sense of relief; a new sense of direction and a plan of action that they can implement at their own pace. Clients receive an information package tailored to their specific needs, which provides contact information for other services and resources.