

## CERESTI HEALTH: Free Care Support at Home!

*Provide the best possible care for a person living with dementia at home*

*by Dirk Soenksen, CEO*



A person living with dementia at home benefits tremendously from care provided by skilled and knowledgeable family caregivers. The [Ceresti FAMILY program](#) helps you become one of those skilled and knowledgeable caregivers by teaching you what you need to know in a ten week program supported by a professional caregiver coach.

At [Ceresti](#), we work with you to understand your unique caregiving challenges and develop a personalized program that is tailored to your needs. Your FAMILY program includes:

- evidence-based curriculum
- access to community resources
- tools for engaging your loved one



You are matched with a dedicated caregiver coach. Your coach tracks your engagement and progress every day and supports you with regular messages and weekly coaching calls. Caregiver coaches are experts in behavior change with backgrounds in gerontology, geriatrics, motivational psychology, and healthcare. They are highly empathetic, compassionate individuals with excellent listening skills who understand the needs of family caregivers and enjoy providing support. They are committed to your success and are focused on empowering you to provide the best possible care for your loved one.



100% of family caregivers report that they value the support they received from their coach, and more than 90% of family caregivers felt more prepared to provide care for a loved one living with dementia.

Your caregiver coach will send you a Ceresti tablet for your use during the FAMILY program. The Ceresti tablet is easy to use and was designed specifically for use by seniors. Your coach is there to make sure you are comfortable using the tablet during your program. Family caregivers typically engage with their Ceresti tablet for 15-20 minutes each weekday for ten weeks.