

The Life Center of Davidson County's



# Caregiver Navigation Program

*The caregiving journey is a difficult one.  
Let us guide and support you on on yours.*

**The Caregiver Navigation Program (CNP) is built around an evidenced-based program to help caregivers navigate the caregiving journey.**

- Participate in a caregiver-directed program to prioritize the unmet needs and wellbeing of caregivers
- Receive one-on-one care tailored to your unique circumstances



## Caregivers enrolled in CNP experience:

Enhanced knowledge and skills of caregiving

Improved quality of life

Reduced caregiver stress

Increased confidence as a caregiver

### FOR MORE INFO



336-249-2155



[www.lifecenterdavidson.com/cnp](http://www.lifecenterdavidson.com/cnp)



[cpyle@lifecenterdavidson.com](mailto:cpyle@lifecenterdavidson.com)

## CNP PROVIDES:

- Dementia education
- Validation and support of caregiver needs
- Identification of your unique care challenges
- Skills training for managing caregiving challenges
- Self-care routines for caregivers
- Referrals and linkages to other community resources
- Respite care - ***limited scholarships are available for adult day services at The Life Center***

With this flexible approach to caregiving, you will meet with a Care Manager to navigate personal care challenges at times that are convenient for you over the course of the program.

You will become actively involved in the planning and provision of care, while recognizing your preferences and needs.

During the enrollment process, you will integrate yourself as a care partner to improve your quality of life, as well as the care recipient's quality of life.

Reach out to Catherine Pyle at [cpyle@lifecenterdavidson.com](mailto:cpyle@lifecenterdavidson.com) or call 336-249-2155 to start utilizing the Caregiver Navigation Program at The Life Center today!

