



Conflict Coaching

Conflict coaching provides one-on-one support for someone experiencing a relationship breakdown, an unresolved conflict, or a communication difficulty. The client is encouraged to reflect on the challenge and then identify and evaluate a range of choices.

The philosophy of coaching is:

- Ownership of the situation
- Empowerment to create your own answers
- Impartiality
- No-blame approach
- Confidentiality

Take It On with Lifespan

Longer life means that today's older adults have opportunities, as well as challenges, unknown to previous generations. Longer life also brings new challenges for both older adults and caregivers. No one understands the new face of aging better than the professionals at Lifespan.

As a regional nonprofit, Lifespan is a trusted source of unbiased information, guidance and more than 30 services and advocacy for older adults and caregivers throughout the region. We also provide training and education for allied professionals and the community. Annually we assist thousands of older adults and caregivers — *let us help you.*

To learn more about our wide range of non-medical programs and services, go to
lifespanrochester.org.

Contact us at **585-244-8400**
or email info@lifespanrochester.org



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Family Mediation and Conflict Coaching



www.lifespanrochester.org

When it comes to eldercare planning, adult children and parents often view issues differently.

Silence, denial of physical or mental health changes and ultimatums are not the answer.

Supportive family conversations can help.

Guided communication provides an opportunity to listen, to hear each other as adults (not the kids you were), collaborate, problem solve and support each other as you navigate this unknown territory.

Family mediation addresses the welfare of your aging family member by:

- Recognizing the family as the foundation of long-term care planning.
- Providing a safe, respectful environment in which each family member has a voice.
- Embracing your unique history.
- Prioritizing quality of life for the elder.
- Providing a safe, confidential environment in which families explore ideas and options.
- Recognizing an individual's right to self-determination.
- Supporting the family decision-making process.



This is a donation-based service.

We accept referrals from allied professionals or families can contact us directly.

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