

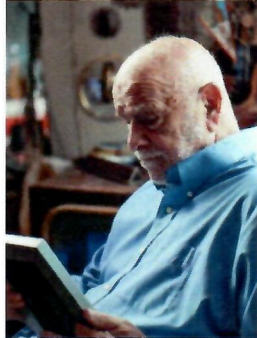
Growing Older?
Someone Beside You
Just Feels Good!



Alongside
You 

The Aging Process Can Be Challenging.
Our Life Care Professionals . . .

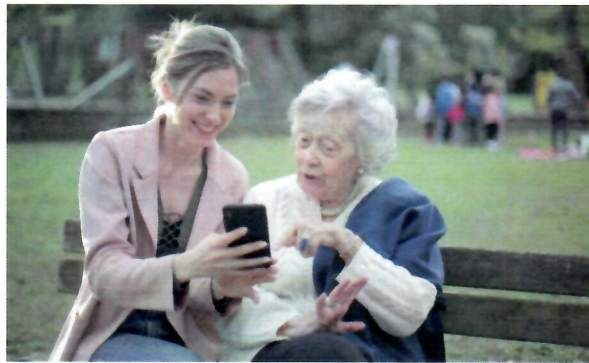
LISTEN -- sometimes we need someone to make sure we are hearing and understanding what the doctor is saying.



COMFORT -- providing care for a loved one, or living on our own can be scary and lonely . . .

knowing someone is just a call away is reassuring.

REDUCE STRESS -- having someone else be responsible for the details and keeping things under control is a blessing.





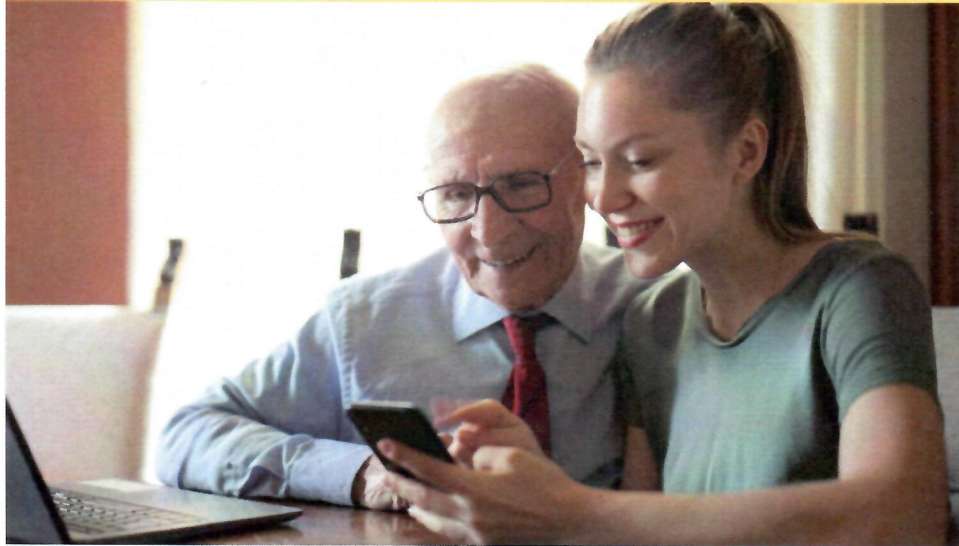
Your Questions Are Important!
Let Us . . .

- Listen to your needs and goals
- Assess and understand your concerns
- Develop a holistic plan
- Navigate the healthcare system
- Create a coordinated support team
- Stand *Alongside You* on your journey

OUR PASSION

*Making life's decisions easier through
education, empowerment and compassion*

How Do I Learn More?



It's simple, just give us a call or visit our website to schedule your FREE consultation.

We will talk on the phone or find a convenient place to meet and spend 30 minutes or so learning about your situation, answering your questions and seeing if there is a good fit for us to work together.

If you decide to move forward, we will discuss billing and schedule a time for an intake assessment.

317-751-7600

www.alongsideyou.us

What Exactly Do You Do?

Our services fall in five main categories:

1. Assess and Monitor
2. Plan and Problem Solve
3. Educate and Provide Resources
4. Crisis Intervention
5. Advocate for You

Communication is the key

We help facilitate understanding between you, your family, care facilities and your medical team. We can attend doctor meetings with or for you to ensure you understand recommendations and diagnoses. Our patient care portal allows you, your medical team and family to be on same page about goals of care. Whether you are a caregiver or planning ahead for yourself, we provide objective support to help you and your loved ones live the desired quality of life. We will walk the journey together . . . so it will be reassuring, not overwhelming.



Are You Feeling Anxious or Overwhelmed?

**If so, these situations
may be familiar to you . . .**



- I'm concerned about my wife's declining health and recent falls. I don't know what to do.
- I live out of state and I'm concerned about my dad living on his own. I would like assistance to explore options for him.
- My husband was recently diagnosed with Alzheimer's, and I need to plan for his long-term care needs.
- My father is in the hospital. I need help understanding their recommendations and next steps.

***If you would like to discuss your concerns,
let's schedule your FREE consultation:***

317-751-7600

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Understanding Challenges of the Healthcare System



Karen Ackerman RN, BSN, CCM
Founder of Alongside You

I have been a nurse for over 25 years working at Riley and I.U. North hospitals. I had many different roles over the years, including charge nurse, mentor, and discharge planner.

For the last 10 years, I worked solely with seniors in care management. I saw first-hand the challenges patients and their families faced in navigating the healthcare system and transitions of care.

My goal as an Aging Life Care Manager® is to empower you. I'll listen, educate and advocate for the care you or your loved one deserves. Together, we will develop a plan of action and put it in place with peace of mind.




Aging Can Be Easier.
Sometimes, Just Learning
More Is Reassuring.

Schedule your FREE consultation by calling:

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or visiting our website:

www.alongsideyou.us

**Alongside
You** 

ALCA 
AGING LIFE CARE ASSOCIATION
MEMBER