



It's time to stop
feeling overwhelmed,
frustrated and alone in
your caregiving journey.

SandwYch's mission is to bring families together to plan and provide the best care for their loved ones.

Caregiver Coaching

Guided by a social worker, SandwYch provides Advanced Care Planning (ACP), transitional support, and foundational caregiving strategies through a program we call Guided Group. In Guided Group, you can download worksheets to get started immediately, watch videos to expand your thinking, and sign up for a virtual group session to ask questions with a social worker. Together we lay the foundation for you and your family to identify and share hopes and concerns about how you will spend this season of your lives together.

Topics of Guided Group Include:

- Determining personal values and vision
- Creating support teams
- Assessing safety
- Organizing legal documents
- Supporting emotional health

Get started today in 5 minutes

1. Go to [Sandwych.net](https://sandwych.net), click on 'Get Started' and sign up.
2. Sign into Guided Group
3. Start your sessions
4. Join live weekly calls
5. Become a powerful advocate

Additional services

- ✓ Monthly Support
- ✓ Family Mediation
- ✓ Medication Review
- ✓ One-on-one Care Strategies

On average, caregivers spend over
\$7,200 annually of their own
money supporting their loved ones.

Caregivers give over
20 hours a week in providing
for a loved one.

53% of working caregivers go
into work late, leave early or take
time off to provide care.