



CONFIDENTIAL

CLIENT(S) NAME: _____

CARING FOR CAREGIVERS 501(c)(3)

CONSENT FOR COACHING

Providing the support you need.

Caring For Caregivers intends to provide a safe, non-judgmental setting for primary caregivers and their families to identify and resolve presenting life issues and concerns. This environment of coaching will be co-designed with you to manage and improve overall functioning in a variety of areas including but not limited to self-care and respite; family disputes and mediation; loved ones cognitive decline, and family legacy.

Coaching and the Process:

1. Coaching is an alliance between the Coach and the Client. It is a thought-provoking and resolution-based exchange to reach an agreed-upon objective. During this process, you will outline with the coach your specific challenges and together identify the specific available resources and action steps needed to resolve them.
2. The first few sessions will be to establish a presenting area(s) of concern and potential challenges to that concern and current available personal resources at hand. After these initial sessions, a plan will be formulated which may include education and training as well as additional resources for support.
3. Coaching does not include diagnosis, assessment, or treatment of mental disorders as defined by the American Psychiatric Association and coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional legal advice, medical, or other qualified professionals. That is the Client's exclusive responsibility to seek such independent professional guidance as needed. If the Client is currently under the care of a mental health professional, I recommend that the client promptly inform the mental health care provider of the nature and extent of the coaching relationship.
4. The client may discontinue the coaching relationship at any time.

COACHING SESSIONS

Individual sessions are for 50 minutes. They can be in-person, telephonically, or by Zoom. You and your coach can discuss any changes from this time frame or modality that is appropriate for your situation. The frequency of your sessions and the length of the coaching sessions are also up to you and your coach based on your personal coaching needs.

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Caring For Caregivers keeps the issues, feelings, and experiences you discuss in sessions confidential and will only be shared with a third party with your written permission. However, there are a few exceptions:

There are exceptions to your confidentiality as outlined in State and Federal Law:

- In most legal proceedings, you have the right to prevent Caring for Caregivers from providing any information about your coaching. However, in some proceedings, if your emotional condition is an important issue, a judge may order (subpoena) Caring for Caregivers testimony if s/he determines that the issues demand it.
- There are some situations in which we are legally obligated to take action to protect vulnerable individuals from harm, even if we have to reveal some information about your coaching. These situations include child abuse, elder abuse, or abuse of a disabled person.
- Caring for Caregivers believes that if a client is threatening serious bodily harm to another person, we are required to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the client.
- If Caring For Caregivers believes that you are in imminent danger of harming yourself, we are obligated to take protective actions that could include hospitalization and/or contacting family members or others who can help provide you protection.
- If a collection action is taken for payments due - see the explanation below. · If otherwise required by law.

You need to know that Caring For Caregivers will discuss these situations with you, if at all possible, before taking any action. Your input is extremely important in any of these situations.

If you choose to communicate with Caring For Caregivers by email, please be advised that email is not confidential. All emails are retained in the logs of your or our internet service provider. While under normal circumstances no one looks at these logs, they are, in theory, available to be read by the internet service providers. Please discuss any concerns about confidentiality with your Coach.

Office@last5yards.com

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FEES

Please make payments to:

Caring For Caregivers | 5901 N Oracle, Unit 2. | Tucson, AZ. 85704

Credit Cards (Visa, MasterCard, AMEX)

The hourly fees for services are as listed below:

- \$350.00 for individual coaching sessions.
- \$150.00 for assessments and consultations. In person meetings that require travel, all expenses paid by the client.

Your signature on this document constitutes an agreement to pay this fee for your coaching.

- Full payment for sessions is due at the time of the session unless otherwise arranged.
- If you give less than 24 hours notice of missing a session you will be charged for that session.

Your signature here indicates:

- That you understand the Limits of Confidentiality.
- That you agree to the fee and payment for each session.
- Print, sign and return to office@last5yards.com

CLIENT NAME

DATE

CLIENT NAME

DATE

COACH NAME

DATE

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