

International Congress on GERIATRICS AND GERONTOLOGY

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Elderly & caregiver coach

Ziad W. EL Ibrik

Elderly & Caregiver Coach at Helpdose, Intensive Care Unit Nurse Manager, Beirut, Lebanon

As Nurse specialized in Geriatric & Life Coach, I join them together to have a new caring approach for Elderly and their Caregiver at Help dose, it is Online Platform that joins experts in the Health, Wellness, and Personal Development fields around the world.

Below is a summary about the Coaching workflow for Elderly & Caregiver.

Elderly wellness Coaching process:

- Tele-Comprehensive Geriatric Assessment (CGA) including Physical, Cognitive, Functional, Nutritional, Psychological & Social assessment
- Discover your values, beliefs & goals
- Plan of care (the Well Life Vision)
- The Mapping Process

Elderly Caregiver Coaching process:

- Life dimensions area of focus
- Discover your values, beliefs & Goals will
- The Mapping process

Biography

Ziad W. EL Ibrik is a specialized Nurse in critical care unit and nursing for Elderly, a life coach certified by the International Coaching Council, and an accredited NLP Trainer. Currently holds the position of manager of an intensive care unit at a University Hospital in Beirut and works as a consultant and project manager for a long term care center for the Elderly. He has his expertise in providing coaching sessions for Elderly caregivers, in order to help and guide them in taking the most appropriate care and decisions that take into account the physical, mental and psychological wellbeing of the patient as well as the ethics of implementing treatment. His guidance encompasses any family who is responsible for the care of an Elderly member, especially cases of dementia and dependent Elderly.

ziad.elibrik@gmail.com