LifeSpeak

Take advantage of a LifeSpeak advisor

and chat with an expert about your caregiving needs.



"This is a huge benefit. The information was so detailed, and having someone there to explain things made a world of a difference. It made me feel our family is not alone and that once treatment starts, the family member may actually be able to live a good life!"

Personalized Advice from Expert Advisors

Access free, unlimited 1:1 sessions with experts.

Schedule a free, expert advising session to improve your ability to advocate for your loved one, understand available options, and take further action. Request a session in the platform by completing a brief form, and we will select the right advisor to address your concerns.

What to Expect During Your Session

Sessions typically take place by phone, and may also take place by video.

Our credentialed, expert advisors are available to discuss your loved one's needs, address complex challenges, and help you decide where you're headed. Sessions cover a range of caregiving concerns for children and adults. Here are some examples of what your session may include:

Caring For Children

- Prepare for an upcoming IEP meeting
- Build a plan to support behavioral or mental health challenges
- Develop strategies to support learning disabilities, bullying, and other challenges
- Prepare for life transitions, such as moving to a new school or graduation

Caring For Adults

- Determine options to support loved ones with dementia or other health issues
- Understand and prepare for Medicare enrollment
- Develop a plan to support aging in place
- Navigate complex family dynamics

To register, log in or create your account at portal.lifespeak.com