

# The Value of Working with an Aging Life Care Manager<sup>®</sup>

Research Confirms Peace of Mind, Confidence, and Support for Families

*Aging Life Care Managers are trusted partners who help navigate and advocate for aging loved ones during life's most challenging transitions.*

## The Study: Real Voices, Real Results

A team of researchers from Virginia Tech and the University of Washington conducted a national study of families who worked with Aging Life Care Professionals. The study used both interviews and surveys, was carefully designed, and received approval from an Institutional Review Board (IRB), ensuring that results are credible and trustworthy.

### FAMILIES SHARED POWERFUL EXPERIENCES:

"It's worth every cent."

"Our Aging Life Care Manager was a voice of calm in a crisis."

"My family member was wrapped in a cocoon of services and loved."

"I felt so overwhelmed. They bring hope to you."

"It allows me to sleep at night."

"It was so comforting not feeling alone with your questions."

## Why Families Choose Aging Life Care Professionals

- Whole-person care that reflects values and preferences
- Trusted advocacy and guidance in medical, legal, and social systems
- Emotional and practical support during stress, grief, and transitions
- Expertise in navigating complex health and long-term care systems
- Consistent presence through crisis and even end-of-life support

### WHO SHOULD REACH OUT?

Families in crisis or transition

Long-distance caregivers

Older adults planning ahead

Spouses or adult children feeling overwhelmed

People navigating medical or memory decline

**Families who work with Aging Life Care Professionals feel less overwhelmed, more supported, and better prepared to care for their loved ones.**

### KEY FINDINGS:

99%

would recommend their Aging Life Care Professional

97%

reported greater peace of mind

93%

said benefits outweighed the cost

95%

said their professional understood their emotional challenges

91%

found them responsive in crises

87%

received help managing care transitions

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For qualified, experienced professionals at [aginglifecare.org](http://aginglifecare.org)

### LEARN MORE:

Find an Aging Life Care Manager near you: [www.aginglifecare.org](http://www.aginglifecare.org)

ALCA – AGING LIFE CARE ASSOCIATION<sup>®</sup>

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Source: Shealy, Teaster, Sands, & Gray (2025) Virginia Tech, 2025 ALCA Annual Conference