

Whether you're a family member, a case manager, a home health nurse, or a hospital, we want to hear from you.

Call us now to schedule a free 30-minute consultation.

New Phase Navigation offers sliding scale prices so that you can access the care that best fits your needs and budget.

720-734-8946

zeina@newphasenavigation.com

www.newphasenavigation.com



New Phase Navigation

Mind, Care, Community.

ABOUT US

New Phase Navigation offers multi-systemic support as you navigate a health transition in your life. By strengthening your mental wellbeing, access to comprehensive services, and fostering of community relationships, we help you and your family feel equipped to thrive in your current phase of life while feeling well-prepared for the next.

We serve adults with:

- Chronic Diseases
- Spinal Cord Injuries
- New Injuries
- Dementia
- Traumatic Brain Injuries
- Mental Illness and more...

MIND



Your capacity to cope with changes in life starts with a balanced mind. We offer counseling services to manage the complex thoughts and emotions that might arise as you experience a transition in your life.

Mind | Services

- Individual Therapy
- Couples Therapy
- Family Therapy

CARE



We offer in-home caregiver services if you need additional assistance with managing your day-to-day activities. By learning about your unique health journey, we ensure that the care we provide is delivered not only with competence, but with compassion and connection.

Care | Services

- Companionship Services
- Transportation
- Personal Care Worker
- Medication Reminders
- Household Chore/Yardwork
- ADL assistance

COMMUNITY



When it comes to dealing with changes in your health we know that no one can do it alone...and nor should you. We are skilled in piecing together the resources you need medically and socially in your new phase of health.

Community | Services

- Private Case Management
- Advanced Directive Completion
- Managing Appointments
- Medication Reminders
- Transitions of Care
- Accessing In-Home Services and Equipment