



# ELDERCARE RESOURCES

## Support is there when you need it

The care of an older family member can be a very rewarding experience. But whether you are providing hands-on assistance, or managing care from afar, caregiving can be both challenging and stressful.

Your employee assistance program can help with information and referrals to assist you in all areas of elder caregiving and family support.

- Confidential caregiver support services provided 24/7 via phone or web
- Qualified Elder Care Consultants available
- Community resources and assistance in your area
- Literature on caregiving, insurance, and end-of-life decisions
- Referrals for in-home care providers, assisted living providers, and skilled nursing facilities

- ✓ 24/7 Easy, Convenient, Immediate Access
- ✓ Online Resources and Tip Sheets
- ✓ Elder Care Resources and Supports
- ✓ Crisis Support
- ✓ Counseling Services
- ✓ A Robust Support System
- ✓ “Prepare to Care Guide” available



### Need Help?

CALL: 1-800-624-2593

[Log On to the Member Portal](#)

