

# Child to Elder Care Support Services

Learn how best to provide them with the care they need

Caring for a child or an adult can be physically and emotionally challenging and rewarding over time. Balancing the demands of work and family is ongoing and with everyday tasks such as preparing meals, shopping and cleaning. There may be a need to help with personal care—such as bathing, medication, etc. But care-giving also includes providing—and sometimes receiving—emotional support. This is the rewarding part—talking, laughing, sharing, and spending quality time with your loved one. But you're not alone in your struggles! Your **Employee Assistance Program (EAP)** can help you.

## How your EAP support service works

Your **EAP** offers a personalized approach to helping you. Our specialists can provide you with resources and tools to help you cope with the stress, guilt, and sense of 'being overwhelmed,' often associated with caregiving responsibilities. They can also provide a one-on-one telephone consultation to assess, identify and locate caregiving services—including provider options, location, current availability and fees—to suit your needs for day-to-day challenges or long-term solutions.

## Services we can help you find include:

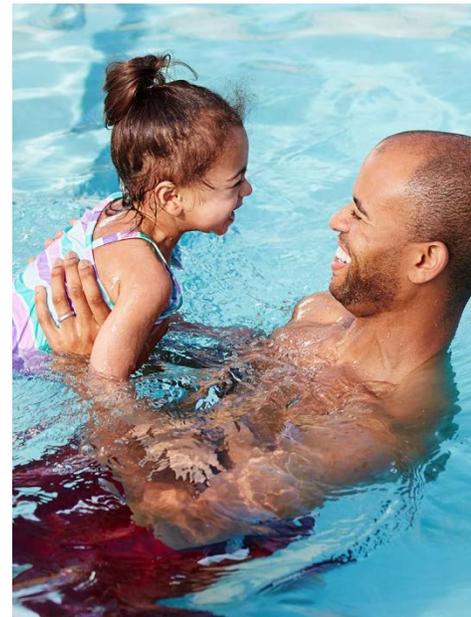
- Parenting classes, daycare centers and after-school programs
- Schools, educational services and special needs programs
- Adoption and multiple birth services
- Emergency home care services
- Seniors' accommodations/nursing homes and caregiver support groups
- Rehabilitation and home support programs
- Companion and eldercare programs
- Palliative care
- Outreach and transportation services

## Targeted resource packages available with related article topics:

- Parenting effectively at all ages and stages
- Talking to older parents about their changing needs
- Understanding palliative care
- Support for older relatives with cognitive impairment
- Long distance caregiving
- Other family-related topics

With the support and resources available to you, be sure to take care of yourself as well. You can still take an active role in your loved ones life, you'll help ensure they're getting the support they need to stay active, healthy and energized. You'll also benefit from personal leisure time, closer relationship, and may even learn a lesson or two about remaining young at heart along the way.

Let us help



Connect with us for confidential support or to learn more



Download My EAP app now at your device app store or scan the QR code.

