



**TAKING CARE OF
AN AGING PARENT**
– is no different than –
TAKING CARE OF A KID.

TRUE OR FALSE

FALSE.

They are definitely not your kid, and physical or behavioral issues can make things tougher.

Taking care of an elderly family member can be stressful, especially in addition to all of your other responsibilities. Add in Alzheimer's or other health concerns, and it can be easy to feel overwhelmed. We can help.

Receive up to six hours of free help from experienced professionals who can:

- Assess your loved one in their current living situation and create a care-planning report
- Discuss ways to support your family member in their home
- Help plan and monitor in-home and facility care
- Review financial, legal and medical concerns to make referrals for long-term care, if needed
- Assist with locating respite care
- Provide care for the caregiver

Our professional staff have backgrounds in social work, nursing, gerontology or counseling. And, they have extensive knowledge about the costs, quality and availability of services in your area.

Get started today. Our specialists are available 24/7 to assist you.

All calls and use of services are kept confidential.

Real people. Real life. Real solutions.

Enhanced Eldercare Services

866-416-6586

Or log on to liveandworkwell.com

Access code: YaleSB

TTY 711

Source: Family Caregiver Alliance National Center on Caregiving. Caregiving: Introduction. <https://www.caregiver.org/caregiving>. Accessed August 1, 2016.

The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice.

© 2016 Optum, Inc. All rights reserved. PRJ1381 58768-092016