Caring for Loved Ones

Tens of millions of Americans are providing care for someone who is ill, disabled, or elderly—at home, nearby, or from a distance. Caregiving is rewarding, but it’s also hard work and can be one of life’s most challenging experiences. From finding in-home care to dealing with emergencies to caring for a loved one with dementia, LifeWorks is here to offer help and support. Contact a consultant for information, advice, and a listening ear.

Also be sure to explore our wealth of online resources, including:

- A new podcast, *Caregiving Tips for the Sandwich Generation*, featuring Virginia Morris, author of the highly acclaimed guidebook *How to Care for Aging Parents, 3rd edition*. She shares tips on how to make your life easier as a caregiver by planning ahead as well as valuable advice to help you cope day to day.

- A quiz, *Are you Feeling Caregiver Stress?*

- Articles like *Long-Distance Caregiving, Caregiving When You Work, The Sandwich Generation*, and *When You Become Your Partner’s Caregiver*.

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit [www.lifeworks.com](http://www.lifeworks.com) (username: temple; password: eap).