

Advice you can count on.



## Caregiving

If you're caring for an older relative at home, nearby or at a distance, you're not alone—some 30 million people are caring for an older or dependent relative. You may be caring for your parent, grandparent, adult child, partner, aunt, or other relative. The everyday pressures of caregiving can be rewarding, but also exhausting and stressful. LifeWorks can help you find the resources and support you need to stay strong as a caregiver.

Contact a consultant for help:

- identifying what type of care your older relative may need
- finding home care services
- coordinating care as a family
- finding respite care in your community
- coping with caregiver stress and taking care of yourself

Be sure to listen to our CD, *Sharing and Caring*, which features advice from author and therapist Mary Pipher on caring for an older or dependent loved one. You can also listen to our new podcast on Talking about End-of-Life Issues. And take a few moments to take the self assessment, *What Help Does My Older Relative Need?* It will help you quickly determine your loved one's needs in order to come up with a plan.

You can also read or download helpful life articles such as:

- *Caregiver Stress and Finding Support*
- *Caregiving When You Work*
- *The Sandwich Generation*

If you're not already a subscriber, be sure to sign up for our monthly newsletters. They feature timely articles on topics that affect your everyday life. Select the topics of most interest to you and sign up today.

**Call LifeWorks at 888-267-8126 anytime.**  
**En español: 888-732-9020, TTY/TDD: 800-346-9188**  
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