

LifeWorks
For all of life's questions.



November feature – Taking Care of Aging Loved Ones

Spending quality time together. Helping to meet emotional, spiritual and physical needs. Assessing assisted living or long-term care facilities. Considering home care. Transporting to and from medical appointments. Managing dementia or chronic illness. Caring for an aging parent, grandparent, or other relative can be a rewarding and meaningful experience as you forge a deeper, more powerful bond, but it can also be demanding and challenging. The responsibilities can be emotionally and physically draining, and even overwhelming at times, especially if you're also juggling a career, family and other personal commitments.

LifeWorks can help! Contact a caring, professional consultant any time, 24 hours a day, seven days a week, for expert support and guidance towards helpful elder care resources.

Or, go online to www.lifeworks.com to access educational tools that can help. (NOTE: The first time you click on a hyperlinked resource below, you will be asked to log in to the secure website using your organization's username and password available at the bottom of this flyer.)

- Listen to our new podcast, *Finding the Courage to Face a Difficult Issue*, or our multi-part [Caregiving](#) podcast series.
- Read *Life Articles*, including: [The Family Meeting](#), [Overcoming Obstacles to a Fair Division of Caregiving Responsibilities](#), [When a Family Member is Living with an Illness](#), [Thinking About Having an Older Relative Move In](#), [Helping a Relative Make the Decision to Move to Long-Term Care](#).
- Listen to audio recordings/order CDs, such as: [Sharing and Caring](#), featuring sound advice on caregiver stress from author/therapist Dr. Mary Pipher; how to find resources and support as a caregiver; juggling the many demands of caregiving, family, and work; and how to take care of yourself as you care for the people you love.

EAP/EFAP access for those on the go...download our mobile app for your iPhone, Android or Blackberry—just search for “LifeWorks” in your app store!

**Call LifeWorks to speak to a caring consultant any time
at 1-877-207-8833. TTY: 1-877-371-9978**

**You can also visit www.lifeworks.com or access via
Ceridian LifeWorks Mobile.**

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