

THE OHIO STATE EMPLOYEE ASSISTANCE PROGRAM

Elder Care Resources — Support is there when you need it

Did you know... about half of the workforce expects to be providing eldercare in the coming five years?

American Association of Retired Persons

The care of an older family member can be a very rewarding experience. It also has its' challenges especially when you are providing hands-on assistance, managing care from afar, and trying to balance work and family responsibilities. Your EAP can help with information and referrals to assist you in all areas of elder caregiving and family support.

- **Adult/Elder/Caregiver Consultation Services**

- ✓ Consultation on caregiving, insurance, and end-of-life decisions
- ✓ Referrals for in-home care, assisted living, skilled nursing care, and more

- **Extensive Care Consultation & Coaching Services**

- ✓ Up to 3 months of unlimited access to a Care Consultant for family caregivers of older adults with chronic health conditions
- ✓ Includes Assessment, Action Planning, and Ongoing Support to create practical solutions for family needs

- **IMPACT on the Web**

- ✓ Locate resources using our self-search feature for information on eldercare service providers
- ✓ Webinars on a wide range of caregiver topics



TOLL-FREE: **800-678-6265**

WEBSITE: **www.osuhealthplan.com/OhioStateEAP**

USERNAME: **buckeyes**