



## Access online Eldercare Resources at [www.IBHWorkLife.com](http://www.IBHWorkLife.com):

### Articles

Find articles on locating quality care, planning for long-term care, elder law, healthy aging and other common issues for elders and their caregivers.

### Webinars

- ▶ Eldercare: The Beginning
- ▶ Caregiver Readiness
- ▶ Life Transition Planning
- ▶ Caring for Elders at Home
- ▶ Planning for Long-term Care
- ▶ Elder Law Basics

### Locators

- ▶ Adult Daycare Services
- ▶ Assisted & Independent Living Facilities
- ▶ In-Home Services/Medical Equipment
- ▶ Elder Law Attorneys

### Forms

- ▶ Eldercare Agreement
- ▶ Childcare Instructions

## Access Online Work-Life Balance

- ▶ Login to [www.IBHWorkLife.com](http://www.IBHWorkLife.com):  
Username: **Matters**  
Password: **WLM70101**



## Eldercare Resources

Locating and accessing care options can be a time-consuming, confusing and overwhelming process. Most people are unaware of where to turn for assistance and support. The EAP can assist in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.

### Talk with a Counselor

Talk with a counselor who specializes in answering tough questions and understanding unique issues. Counselors have access to vast resources to help assist family members living nearby or far away.

### In Home Nurse Assessment

Members are eligible for a free telephonic care assessment. An in home nurse assessment is available for families who may not have access to the family member. A complete holistic assessment will be conducted. Nurses will make referrals to local care resources based on each individual's needs.

### Common Concerns

Consultants offer tailored resources and materials to meet each family's needs. Common concerns include selecting caregivers, medical issues and questions, equipment and safety, medical information and community services.