



Caring for an elder

Caring for another person takes a lot of time, effort and work. In addition, most caregivers juggle caregiving with full-time jobs and parenting. If you're feeling overwhelmed or exhausted, contact your Employee Assistance Program for help.

Our experienced clinicians, together with our financial, legal, and work-life experts, offer confidential counseling, planning tools, and other resources to address any issues you may have. These services are provided at no cost to you and are available 24 hours a day, seven days a week online or by calling a toll-free number.

Call anytime
for concerns such as:



Coping
with stress



Finding assisted
living, in-home
and other care
options



Paying for
elder care



Understanding
the health
care needs



Estate
planning

Have Questions?

Find tools and resources
to help with finding elder
care through your EAP at
guidanceresources.com



Live
Assistance

Online: guidanceresources.com
App: GuidanceNowSM
Web ID: CCS



Scan for more
resources

