

Caring for an Elderly Relative?

LifeMatters® can help.

Start the Process

- ▶ Go to mylifematters.com to access articles on:
 - Healthy aging
 - Medicare
 - Assisted living options for seniors
 - Alternatives to nursing home care
 - Communicating with aging parents
 - Caring for caregivers
 - Senior health issues
 - Long-term care
- ▶ Utilize an interactive tutorial for guardianship decisions for elderly loved ones

Consult with a WorkLife Specialist

- ▶ Call 1-800-367-7474 to talk with a WorkLife Specialist who will:
 - Gather information
 - Follow up within two business days with at least three resources that meet your specific needs, such as location, availability, business hours, and specialty
 - Offer tip sheets, booklets, etc.
- ▶ Your WorkLife Specialist can provide information, ideas, and guidance on:
 - Adult day care
 - Assisted living and nursing homes
 - Transportation
 - Senior centers
 - In-home services
- ▶ Receive information on:
 - Screened and available providers or resources in your elder's area
 - Elder care tip sheets



Review Financial Concerns

- ▶ Consult with the LifeMatters Financial Consultation Service about:
 - Budgeting
 - Accessing retirement savings
 - Insurance and benefit claims
 - Planning for health-related costs
 - Estate planning
 - Developing a trust

Assess Legal Issues

- ▶ Access LifeMatters Legal Consultation Services to consider:
 - Power of Attorney
 - Living will
 - Guardianship information
- ▶ Go to mylifematters.com to access:
 - Elder care agreement form
 - Will forms
 - Elder law articles
 - Power of Attorney forms

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at mylifematters.com

 facebook.com/lifematterseap

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.
The above information is for educational purposes only and is not intended to take the place of medical advice.

