



Caring for an aging loved one

Looking after an elderly parent, spouse, partner or close friend can be a rewarding experience, but it also presents challenges that can leave caregivers anxious, overwhelmed and/or intimidated by their duties. Your program provides free, confidential benefits and resources to help caregivers with a variety of issues.

What can your program help with?

Identify the issues you need help with such as grief, stress, relationship issues, difficulty sleeping, setting boundaries, work-life balance, etc.

Find senior care providers in your area as well as articles and guides on topics such as long-distance caregiving, how to avoid caregiver burnout and more.

Access discounts on everything from prescription medications to home care services, grocery and meal delivery and more.

Guidance with financial issues, budgeting and planning for the future.

Help with elder law issues such as wills, trusts, elder rights and end of life planning.

Learn how to combat compassion fatigue, sleep better, manage stress and improve your emotional health.

What resources are available?

» **Counseling:** Your program offers 4 visits per issue, per year. Counseling is available to you and your household members in-person, by text message, live chat, phone or video conference.

» **Work-Life Web Services:** Webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges.

» **Discount center:** Hundreds of deals on nationally recognized, brand-name products and services.

» **Financial wellness:** Meet with a Money Coach for 30 minutes up to three times per topic, per year.

» **Legal services:** One free 60-minute consultation with an attorney and find out more about these issues on the member website.

» **Digital emotional wellness tools:** Interactive, self-paced programs on dozens of life topics.

Help is available. Contact your Employee Assistance Program by phone at 1-800-327-6754 (TTY 711) or go online to MagellanAscend.com to get started.