



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 GuidanceResources Employee Assistance Program for help.

Our experienced clinicians, financial experts and staff attorneys 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 your household members and are available 24 hours a day, seven days a week online or by calling a toll-free number.

Here when you need us.

Call:

TDD: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceResources® Now

Web ID:

Call anytime for concerns such as:

- Coping with stress
- Finding assisted living, in-home and other care options
- Paying for elder care
- Understanding Medicare and Medicaid
- Estate planning