

# EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

## CHILD CARE AND ELDER CARE SERVICES

Many people are part of the “sandwich generation” and balance their time caring for their own families and their aging parents. Finding the right resources for a child or an older adult can be a challenge. The Employee Assistance Program (EAP) can provide guidance and referrals, and to help you understand your care options.

No two families are the same, and no two caregiving situations are the same either. Many children will spend part of their day in some form of child care setting, and finding high quality, affordable child care is an important concern for working parents. EAP can assist with providing resources and referrals for child care, including:

- In-home and out-of-home child care.
- Child care options for non-standard schedules.
- Before- and after-school care, and summer care.
- Child care facility accreditation and state licensing requirements.
- Evaluation of providers.
- Resources to assist with adoption, educational options, and special needs.

EAP can also provide you with personalized resources for older adults. While caring for an aging parent or loved one can be tremendously rewarding, it can also be physically, financially, and emotionally demanding. Resources and referrals include:

- Caregiving resources and support.
- Community-based services and resources.
- Attorneys specializing in elder issues.
- Insurance issues.

Elder care experts can help:

- Evaluate living arrangements, health care, legal rights, and financial concerns of aging loved ones.
- Identify public and private resources, such as skilled nursing, assisted living, residential housing, home health care agencies, senior centers, adult day care providers, and more.
- Obtain referrals and learn how to evaluate the quality of elder care settings and providers.
- Assess and monitor the care of loved ones as time goes on and individual needs change.

