

EMPLOYEE ASSISTANCE PROGRAM

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. EAP provides free, confidential benefits and resources to help caregivers with a variety of issues.

What can EAP 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:** Counseling is available to you and your eligible dependents in-person, by text message, live chat, phone, or video conference.
- **Work-Life 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.

EAP is here to provide you with compassionate and caring support.

Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.

