Overtime: Working Caregivers

Are you working and caring for an aging family member? If so you’re not alone. Close to 60 percent of those caring for an older adult are employed and most of them full-time.* How do you balance both the requirements of your job and those of a family member in need?

Let us help. Read one of our featured articles: Sandwich Generation: Caregivers in the Middle, Better Communication with Older Adults or Providing Care to Older Adults. Use our self-search locator to find resources in your area such as support groups and community-based transportation or meal services. Get cash back for caregiving products you may already be using with Caregiver’s Marketplace. Or listen to audio on a variety of topics such as Talking to Parents About Their Finances or Listening to Elderly Parents. All of our caregivers’ resources can be found in the Older Adults section under Family and Caregiving.

www.HealthResourcesEAP.com

User Name: Brandeis  Password: Employee

*MetLife Mature Market Institute, & National Alliance for Caregiving, 2006