Caring for an Elderly Relative?

LifeMatters® can help.

Start the Process

- Go to mylifematters.com to access articles on:
  - Healthy aging
  - Medicare
  - Assisted living options for seniors
  - Alternatives to nursing home care
  - Communicating with aging parents
  - Caring for caregivers
  - Senior health issues
  - Long-term care
- Utilize an interactive tutorial for guardianship decisions for elderly loved ones

Consult with a WorkLife Specialist

- Call 1-800-367-7474 to talk with a WorkLife Specialist who will:
  - Gather information
  - Follow up within two business days with at least three resources that meet your specific needs, such as location, availability, business hours, and specialty
  - Offer tip sheets, booklets, etc.
- Your WorkLife Specialist can provide information, ideas, and guidance on:
  - Adult day care
  - Assisted living and nursing homes
  - Transportation
  - Senior centers
  - In-home services
- Receive information on:
  - Screened and available providers or resources in your elder’s area
  - Elder care tip sheets

Review Financial Concerns

- Consult with the LifeMatters Financial Consultation Service about:
  - Budgeting
  - Accessing retirement savings
  - Insurance and benefit claims
  - Planning for health-related costs
  - Estate planning
  - Developing a trust

Assess Legal Issues

- Access LifeMatters Legal Consultation Services to consider:
  - Power of Attorney
  - Living will
  - Guardianship information
- Go to mylifematters.com to access:
  - Elder care agreement form
  - Will forms
  - Elder law articles
  - Power of Attorney forms

Call LifeMatters® by Empathia toll-free anytime. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
Call collect to 262-574-2509 if outside of North America
Visit LifeMatters® online at mylifematters.com

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.
The above information is for educational purposes only and is not intended to take the place of medical advice.