

# Helping you be there for your senior loved ones: Elder Care Resources



Sometimes it's hard to acknowledge that a parent or loved one is aging to the point where additional care is required. When you find yourself becoming part of a senior's caregiving routine, remember that you have free access to supportive resources and information from E4 Health.

- Professional counseling to help manage the stress and anxiety that can result from caring for an aging loved one
- Financial consultation to explore options for covering elder care expenses
- Information, guidance, and referrals for concerns such as:
  - Knowing when an elder needs supportive care
  - Locating elder care options
  - Determining if a senior is able to stay at home
  - Health, nutrition, and safety concerns
  - Transportation and meal delivery programs
- Exclusive savings on home medical supplies, household items, and more at the online Savings Center

E4 Health is a free, confidential service that's available to assist you with any work or life issue that matters to you and your family. For professional counseling and supportive resources, call or log on any time, any day.

**TOLL-FREE:**

**WEBSITE:**

**USERNAME:**

**PASSWORD:**

ALWAYS AVAILABLE  
ALWAYS CONFIDENTIAL