



LifeSolutions Corner

May 2015

My parents are both elderly and their health is failing. They are relying on me more and more for day-to-day care, errands, doctors' appointments and just general support. I love my parents and want to be there for them, but it is becoming a challenge to balance their needs with those of my family, let alone what I may need at times. I think I could use someone to talk with to get a better handle on this caregiving "job." Can LifeSolutions help?

Providing care for a family member is a centuries-old act of kindness, love, and loyalty. For many caregivers, the lack of caregiving services has made this selfless act a burden. The need for caregiving continues to rise with increased life expectancies and medical advances. A major cost for caregivers is their own compromised health — increased levels of stress hormones in the blood and far lower levels of illness-fighting antibodies — threatening long-term wellness. Caregivers are at increased risk for diabetes, high cholesterol, hypertension, pulmonary disease, heart disease, kidney disease, and depression.

Isolation and withdrawal from pleasurable relationships occurs so slowly that caregivers tend not to notice it. When you are a caregiver, finding time for positive, nurturing interactions with others might seem impossible, but you owe it to yourself — and the one you care for — to find time for you.

The good news is that *LifeSolutions* can help. Using our individual coaching and counseling services, whether by phone or in person, is a positive step in the direction of taking care of yourself. You are reaching out to someone who will listen and provide support and advice. Our knowledge of community resources may help you share the caregiving burden. We can connect you to valuable, time-saving options. Gaining the skills and strategies to coordinate caregiving responsibilities with other family members is another way to use *LifeSolutions*.

Call **1-800-647-3327** to schedule an appointment with a counselor at a time and location that's convenient for you. All our services are free and confidential.

You can also find a variety of helpful articles about caregiving on our website at **www.lifesolutionsforyou.com** (call us if you don't know your company code).

Click on the green arrow that says, Visit our *WorkLife* portal. Under the category, Aging (under the girl with the puzzle), click on Caregivers.

Nothing in this information is a substitute for following your company's policies related to information covered here.

Support in life. Success at work.