

November is...

National Family Caregivers Month

There are more than 65 million family caregivers in this country who fulfill a vital role of caring for a loved one. National Family Caregivers Month is a time to thank, support, educate and empower family caregivers. Celebrating Family Caregivers during National Family Caregivers month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers



Did You Know?

Through your EAP you have free access to **Eldercare Resources and Family Support** to help assist you in the job of a Family Caregiver.

Eldercare Resources: Assistance in finding solutions to the aging needs of older adults and the family members caring for them. Information is sent to the caller within 48 hours of intake assessment.

Assistance with issues such as:

- Housing
- Alternative Living
- Home Health
- Community Services
- Legal Concerns
- Medical Issues



Family Support: Education, parenting, adoption and childcare resources and information is available for infant to college-age children. Information is sent to the caller within 48 hours of intake assessment.

Services Include:

- Consulting to assess needs and preferences
- Gathering information on appropriate facilities and providers
- Verifying state licensure and registration
- Contacting facilities for space and availability
- Providing up to three options when available



How to Access Your EAP:

- Call Cascade Centers, Inc. toll free at: **1-800-433-2320**
- Email: esupport@cascadecenters.com
- Visit: www.cascadecenters.com for more information