



Elder Care

Receive the Support You Need to Care for a Loved One



There often comes a time when an older relative begins having difficulty in getting around or experiences significant hearing, vision or cognitive problems, and we wonder how best to provide them with the care they need. Fortunately, [LifeWorks](#) is here to provide support. Read about how calling LifeWorks has helped others, and how they may be able to help you:

Samantha called with concerns that her 89 year old mother with a degenerative disease was losing some of her speaking and cognitive skills.

Her mother lives across the country, and Samantha was worried about her mother's quality of care, financial health and legal situation. Samantha called LifeWorks and her counselor identified local Senior Centers and Adult Day Care near the mother's home. Just as importantly, the counselor discussed self-care with Samantha, and gave her the support she needed to balance life and long-distance caregiving.

Jason's 87 year old father has recently been diagnosed with Stage 4 dementia.

He has had a doctor recommend that he perform "brain exercises" for 30 minutes every day, but he hasn't done that. Jason spoke with a counselor on how to approach his father's changing mental status, and how to motivate him to engage in "brain exercises." The counselor and Jason created an easy to follow plan so that Jason could engage with his father in meaningful and productive ways. They also discussed in-home services, such as Meals on Wheels, to provide his father with further help.

The realization that an aging family member requires some level of assistance can raise many questions and concerns. LifeWorks is here to offer support through counseling, articles and other online resources. Call today to see how [LifeWorks](#) can help.

Visit us online:

User ID:

TTY:

Call us, toll-free, 24/7:

Password:

En español:

Download the app now, just search for "LifeWorks."

