



Helping hands

Caregivers find support, information and resources Aetna Resources For LivingSM

Mary's a bank employee who cares for her 80 year-old mother. In recent visits she's noticed her mother sometimes forgets to take her medications. Her mother also seems to be quite confused at times. Mary now worries about her mother living alone. But with a full-time job and two children, how can she possibly manage finding help?

Caregivers must balance many demands

Americans are living much longer these days, so Mary's situation is not at all uncommon. Consider these facts:

- About 43.5 million adults in the United States have provided unpaid care to an adult or a child in the prior 12 months.¹
- About 34.2 million of their care recipients are 50 years old or older. That means about 9.3 million are under age 50.²

- Caregivers are more likely to retire early. Those aged 50 or above who quit to become full-time caregivers will miss out on over \$300,000 in income and benefits.²

We can help you manage the challenges of caregiving

You can call on an adult care specialist to do the legwork to find options that can help. Our specialists can:

- Complete an in-person assessment of your loved one's personal needs. Our staff can meet with you anywhere, even at your work. Employees receive up to six hours per year at no cost for the assessments.
- Provide pre-screened referrals to adult care facilities, in-home caregivers and other resources. Or, you can use our easy "Find a Provider" search tool online.

¹National Alliance for Caregiving in collaboration with AARP. [Caregiving in the United States](#). Accessed on December 14, 2017.

²Family Caregiver Alliance. [45 Facts on Family Caregivers from Research in 2011](#). Accessed on December 14, 2017.

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- Connect you with a free legal consultation and discounted rates for legal services.
- Give referrals for services like home repair, home modifications and lawn care.
- Offer tips on coping with aging issues such as driving concerns and communication.
- Find information on senior housing options.
- Identify opportunities for older adults to get involved in the community.
- Provide information and resources on how to encourage healthy habits.
- Get tips on caring for aging loved ones living far away.
- Connect you with free online groups to talk about caregiver issues.

Around the clock support

Dealing with the challenges of aging and health care issues can be stressful for both caregivers and elderly loved ones. We can help you find greater balance with information and resources to help manage your daily life.

Call any time for support with handling emotions such as stress and anxiety, relationship issues and other challenges. It's confidential and free for employees and their household members, as well as their adult children under age 26 whether or not they live at home.

You're not alone when caring for aging loved ones. We're here to help 24/7.

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