When you are facing the challenges of caring for children, older adults, or both, turn to your EAP for compassionate, comprehensive assistance. Your EAP can connect you with Child and Elder Care Consultants, whose research and referrals are focused on results.

Care Consultants assist employees in identifying resources to meet their needs. Consultants contact the service providers to confirm availability, and callers have confirmed referrals in their hands within 12 business hours—the fastest turnaround time in the industry.

In addition, callers receive appropriate tip sheets, brochures and handbooks that are pertinent to the area of requested service. And, a follow-up is done with the caller to assure their needs have been met.

**Elder care services**

**Active Adult / Mature Transitions**
- Adult retirement communities
- Adult education / degree / career options
- Financial and legal options
- Health and wellness
- Leisure time pursuits
- Lifestyle changes
- Planning for life’s next stage
- Retirement housing options
- Volunteerism

**Elder and Adult Dependent Care**
- Acute/Post Acute Rehabilitation Programs
- Adult Day Care
- Alzheimer’s Support
- Assisted living
- Cancer Care Centers
- Chore and Companion Services
- Community Services
- Dependent Adult under 65 Resources
- Developmentally Delayed support services
- Disease Management Programs
- Geriatric Case Management Gerontologists
- Home Health Agencies
- Home Medical Equipment
- Hospices
- Independent Living Centers
- Insurance
- Medicare/Medicaid
- Respite Care
- Retirement Communities
- Senior Centers
- Skilled Nursing & Assisted Living Facilities
- Transportation Services
- Volunteer Organizations

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# Child care services

## Prenatal Preparation
- Healthy pregnancy
- Parenting education classes
- Community resources
- Lactation information
- Optional birthing methods
- Lifestyle change
- Financial considerations
- College financial strategies

## Becoming a Parent
- Infertility / surrogate
- Pregnancy
- Twins and multiples
- Second families
- Loss of baby
- Birth complication
- Loss of sleep
- Quality time for new parents
- Maternity leave
- Preparing for baby’s arrival
- Physician selection criteria
- Job re-entry after maternity leave

## Adoption
- Searching for birth parents/relatives
- Discussing adoption with children
- Financing an adoption
- Public / Private adoption
- Adoption attorneys / legalities
- Adoption support networks
- Post-adoption information
- The Adoption Resource Book

## Care Management
- Choosing a care option
- Affordability
- Tax implications
- Separation anxiety
- Provider relationships
- Quality monitoring
- Investigative tools
- Reporting care concerns

## Child Development
- Safety
- Security
- Protection
- Earthquake and disaster preparedness
- Seatbelt consumer information
- Nutrition
- Biting
- Temper tantrums
- Sibling / new baby relationships
- Physical functioning
- Cognitive functioning

## Child Care / Schools
- Family child care homes
- Child care home networks
- Child care centers
- Variable schedules
- Prime-time care
- Nursery schools
- Montessori
- Pre-K / Kindergarten
- Before and After-school programs
- Public schools
- Private schools
- Parochial schools
- Military schools
- Boarding schools
- Nannies / Au Pairs
- Baby-sitters
- Contingency care (mildly ill and/or emergency back-up care)

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Child care services

Parenting Skills
- Positive discipline strategies
- Erikson’s Psychosocial Development
- Piaget’s Cognitive Development
- Infants
- Toddlers
- Potty training
- Coping with the “Terrible Two’s”
- Understanding biting
- Understanding children’s tantrums
- What to Expect When You’re Expecting (series of three books)
- Young children
- Older children

Children’s Wellness
- Physical fitness
- Instilling a love of reading
- Interactive family resources

Children’s Illness
- Vaccinations
- Infectious diseases
- Hospitalization

Special Needs
- Support and advocacy
- Financial guidance
- Testing and assessment
- Interventions
- Therapeutic programs
- Residential programs
- Recreational programs
- Educational programs
- Gifted and talented
- Attention Deficit Disorder
- Attention Deficit Hyperactivity Disorder
- Birth disabilities

Emergency Care Services
- Community resources
- Nanny and baby-sitting agencies
- Long-distance care giving
- Home health agencies
- Professional care managers
- Mildly ill
- Contingency (emergency) back-up care
- Shift changes
- Weekend / holiday / temporary care
- Hospitalization and discharge planning
- Hospice

Loss / Grief Information
- Support and advocacy
- Stillborn children
- SIDS
- Ronald McDonald House
- Make-a-wish Foundation
- Childhood leukemia
- March of Dimes resources
- Congenital birth issues
- Camps for children with cancer (and their families)