

**KGA ELDERCARE OUTREACH PROGRAM<sup>SM</sup>**

**Are you worried about an older relative but live too far away to know how to help? Do you have a parent who is faced with the reality that they can no longer drive? Is your loved one acting angry or depressed? Are you unsure of how to talk to your parents about their future and their options? Have you been wondering what you can do to help an elder who is grieving a recent loss?**

**Care giving, whether we are around the corner, or across the country, is not easy. Most experts say that the best way to provide support and care for our loved ones, is to explore options and plan ahead, rather than wait for a crisis to get involved. The EAP offers employees information, support, and resources to help plan for the future care of our loved ones.**

**The EAP may...**

Help with research and connect you with local resources that are specific to your needs.

Send you an Elder Care information booklet.

Provide you with access to counselors who can support you and your loved ones as you adjust to changes along the way.

Research and provide information on Nursing Homes and Assisted Living Communities, as well as geriatric case managers and in home care providers.

Offer ideas of how to talk to loved ones about options and support them in making difficult decisions.

Provide you with resources specific to elders on issues related to finances, depression, anxiety, or alcohol abuse.

Consult regarding estate or other legal issues.

**Contact the EAP at any time at 800.648.9557 or email us at [info@kgreer.com](mailto:info@kgreer.com)**

**KGA, INC.**

*EMPLOYEE ASSISTANCE, TRAINING AND WELLNESS*

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