

Caring for an aging parent? EAP can help.

Providing care and support for an elderly family member is a big responsibility. Often, only one family member provides the care, leaving that person with the task of making challenging decision and providing care on their own.

Frequently asked elder care questions

- How will I know additional care is needed?
- What if my family member lives in a different city or state than I do?
- What kind of in-home care is available?
- What if my parents won't allow me to bring help into the home?
- How will elder and financial laws affect the choices we make?
- What if we need a full-time care facility?
- How can I get the rest of my family to help me?
- Who can I talk to?

EAP Elder Care resources

- Assessment of elder needs.
- Information about the world of elder care.
- Referrals to appropriate elder resources.
- Consultation with an elder attorney if needed, which includes a free 30-minute legal consultation and 25 percent discount if you choose to retain that attorney for ongoing services.
- EAP counseling and consultation to help you manage the personal challenges and stress associated with elder care issues.

***Aurora EAP services are free and confidential.
Simply call 800-236-3231.***