

# Care giving and elderly parents

Employee and their spouses' shoulder



mounting burdens in providing informal care for aging parents. Initially, they start out

providing small amounts of care and gradually take on more responsibility. These employees face special challenges at home and in the workplace, and as a result, they may be distracted, emotionally drained, and tired.

## A new service feature from your Employee Assistance Program

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A cornerstone of an effective Employee Assistance Program is the ability to objectively assess personal concerns and help arrange for resources to deal with these concerns. When caring for aging parents, the "adult child" employee has a need for a systematic, objective, unbiased means to assess the parent's independent living capability.

Your Employee Assistance Program has developed a new service feature where an employee or spouse can request an "in-home" professional assessment for their elderly parent (s) by simply calling their

Employee Assistance Program at 1-800-433-7916.

## How it works

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1. The employee or spouse contacts the Employee Assistance Program at 1-800-433-7916 to request and arrange for an in-home assessment.
2. A licensed nurse will conduct a home visit and evaluate areas such as nutrition, mobility, health & safety, and social support.
3. A written report is generated to both the employee and the parent that includes recommendations and possible community resources.
4. If requested, the employee can consult with the nurse to discuss the assessment report and review options.
5. Like all Employee Assistance Program services, the in-home assessment and report are free.

Of course, like all EAP services this is also completely confidential.



Chestnut Employee Assistance & Workplace Services  
Your Employee Assistance Program  
1003 Martin Luther King Drive ■ Bloomington, IL 61701  
1-800-433-7916