



## Adult & Eldercare Support

Employee Assistance Program (EAP)

**We know that, for many families, making decisions about aging parents is often difficult and emotional. This is especially true for the “sandwich generation”, parents of children who also care for aging parents. Our program aims to alleviate some of the stress associated with such decisions.**

In addition to supporting families through the work life benefits, we also recommend family members utilize the EAP to address concerns they have about making decisions and/or communicating with their parents who need assistance. We also make sure that they are aware of the educational resources available to them.

Our eldercare resources include the following support:

- Identifying assisted living, rehabilitation, nursing home and other living arrangements
- Meal services, such as meals on wheels
- Senior transportation
- In-home support, including housekeeping services
- Medication delivery
- Companionships and assistance with everyday tasks

### Access Adult & Eldercare Support

We are here to help.

**Phone:**

**Website:**

**[uprisehealth.com/members](https://uprisehealth.com/members)**

**Access Code:**

**Password:**