

A photograph of an elderly couple. The woman, on the right, has short, wavy white hair and is wearing a light blue button-down shirt. She is looking towards the man on the left with a gentle smile. The man is partially visible, showing his profile and white hair. The background is softly blurred, suggesting an indoor setting.

## RESOURCES FOR ELDER CARE GIVING:

### Making elder care management more manageable

Combined with daily work and life responsibilities, providing care for an elder can be a lot for one person to manage. That's why you and your family have free access to support from professional elder care consultants who can help identify area resources, locate useful information, and provide referrals for matters related to these and other topics:

- Community resources for seniors
- Emergency care services
- In-home care, assisted living, and skilled nursing
- Insurance issues, legal and financial matters
- Caregiver stress
- Support groups

You and your family have free, confidential access to the service any time, any day by calling the toll-free number or logging on to the work-life website and entering your username and password.

**TOLL-FREE:**  
**800-833-8707**

TTY/TTD: 866-228-2809

**WORK-LIFE WEBSITE:**  
**[www.myccaonline.com](http://www.myccaonline.com)**

**USERNAME:** national healthcare