



YOUR LOVED ONES.
**Your Caregiving
Resource.**



Employee Assistance Program

We Care, Just Call

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

**Make the most of your caregiving
experience!**

*Empower yourself with knowledge.
Keep a positive attitude. Know your
limitations. Rely on help. Take care of
yourself.*

Caregiving can be a special and rewarding time. Lean on resources available to you so you can provide the best care for your loved one, and still have time for yourself!

Go online to access *Your Caregiving Resource* as well as a wide variety of other helpful topics.