

YOUR SOURCE Balancing Work, Family & Life

Your Caregiving Resource

Caregiving is a rewarding experience. It can also be physically and emotionally challenging. Your family roles may be evolving and you want to make informed choices. Taking advantage of resources available to you during this time is important so that you can get the answers and support you need.

Your FOH program is an important resource for you to consider. When you Click It!, you will be connected to resources and information about your specific caregiving challenges. Access *Your Caregiving Resource* on the *Spotlight* section of www.FOH4YOU.com today!

- **Discover articles** on caregiving ranging from challenges and choices, changing family roles, caregiving from a distance, selecting the right care, comprehensive guides and more.
- All situations are unique. **Take a self-assessment** which will provide specific help and information based on your situation. Topics include housing options, caregiver stress, and balancing work and family.
- **Check out community resources** on topics ranging from national associations to healthy aging to housing for seniors.

Raising Peaceful Children Webinar

Wednesday, August 19, 1-2 p.m. CT

Children today are exposed to more violence than previous generations. So, how do you raise a peaceful child in today's world? It starts in the home. Join this Webinar to learn unique ways to help your children and your family. Simply Click it! and register directly on the Web site under *Tools, On Demand Learning*. You will receive a reminder so that you don't miss this opportunity.



Employee Assistance Program

We Care, Just Call

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

What percentage of homecare services for aging family members is provided by a family member?

- 28 percent 65 percent
 53 percent 80 percent

Check your answer on the bottom.

Now That's An Idea!

Caring for yourself is a necessity, not a luxury. You can't help someone else properly if you're run down. It's vital to get regular, relaxing and healthful breaks.

- Go to the theater and see a comedy. Laughter is a great remedy for relieving stress.
- Saying 'no' can be a good thing. This is a time to know your limits.
- Meet a friend at the local café for a meal. Talking to a good friend can help clear your mind.
- Relieve your stress and aching muscles by taking a warm bubble bath.
- Walk off your cares, even if it is only around the block.

Don't feel guilty about taking a few minutes for yourself—you deserve it and it benefits the people you care for, too.

Correct Answer: According to the National Family Caregivers Association, more than 80 percent of homecare services are provided by family caregivers.