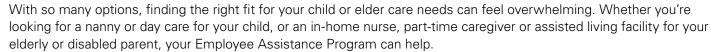
GuidanceResources®

Your GuidanceResources® Program: Caregiving Support



Just call your program's toll-free number. A local work-life specialist will research your options and provide a complete list of referrals best suited to your needs and, especially, the needs of your loved ones. Here are some further examples of how we can help:

Child Care

Talk to us for:

- Finding day care centers, nannies or other in-home caregivers
- K-12 schools
- After-school programs or summer camps
- Tutors or other academic support
- Tips for kid-friendly vacation spots or day trips
- Locating sports programs
- Special-needs support groups and assistance, and more

GuidanceResources® Online:

Guidanceresources.com offers resources, tools and support for you and your busy family:

- Child Care Resources
- Search Local Child Care Providers
- Understanding Child Care Choices

On-Demand Trainings:

- Balancing Work and Life
- No Such Things as a Perfect Parent
- Parenting a Child with Special Needs

Elder Care

Talk to us for:

- Finding assisted living, nursing homes or home health care
- Adult day care or social groups for elders
- Locating prescription assistance or information on Medicare and Medicaid
- Tips for making a home elder-safe
- Locating emergency alert systems, medication reminders and more

GuidanceResources® Online:

Guidanceresources.com offers resources, tools and support for you and your busy family:

- Elder Care Resources
- Basics of Elder Care Planning
- Search Local Elder Care Providers

On-Demand Trainings:

- Talking about Tough Subjects with Elderly Parents
- Keeping Your Senior Loved One Independent and Safe
- The Sandwich Generation







24/7 Live Assistance: Call: 888.225.0215 TRS: Dial 711



Online: guidanceresources.com App: GuidanceNowSM Web ID: TheKey

