



If you've taken on caregiving responsibilities during the pandemic, there is the question of whether family members and pets will be able to take care of themselves or whether new arrangements will need to be put in place when you return to the office.

SUPPORT FOR WORKING CAREGIVERS

As a reminder, you and your family members have 24/7 access to CCA@YourService—a free, confidential program offering information and referrals to assist in all areas of caregiving and family support.

The services can provide custom research matching local resources and providers to your specific needs:

- In-home care
- Day care centers and family day care
- Nannies and babysitters
- Back-up care
- Assisted living
- Skilled nursing facilities
- Transportation services
- Meal preparation and delivery
- Pet sitters and pet care centers
- Dog walkers



CCA@YourService can also provide in-the-moment support and referrals to counseling to help manage any stress or challenge you're facing:

- Separation anxiety
- Trauma
- Depression
- Adjustment to change
- Bereavement and loss
- Addiction and compulsive behavior
- Parenting and relationships

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

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