Caring for an Elderly Parent or Relative?

LifeMatters® can help.

Start the Process

- Go to mylifematters.com to access articles on:
  - Healthy aging
  - Medicare
  - Assisted living options for seniors
  - Alternatives to nursing home care
  - Communicating with aging parents
  - Caring for caregivers
  - Senior health issues
  - Long-term care

- Utilize interactive tutorials for guardianship decisions for elderly loved ones

Review Financial Concerns

- Consult with the LifeMatters Financial Consultation Service about:
  - Budgeting
  - Accessing retirement savings
  - Insurance and benefit claims
  - Planning for health-related costs
  - Estate planning
  - Developing a trust

Assess Legal Issues

- Access LifeMatters Legal Consultation Services to consider:
  - Power of Attorney
  - Living will
  - Guardianship information

- Go to mylifematters.com to access:
  - Elder care agreement form
  - Will forms
  - Elder law articles
  - Power of Attorney forms

Determine Care Options

- Utilize LifeMatters’ online locators or contact LifeMatters directly to screen:
  - Adult day care
  - Assisted living and nursing homes
  - Transportation
  - Senior centers
  - In-home services

- Receive information on:
  - Screened and available providers or resources in your elder’s area
  - Elder care tip sheets

- Speak with a LifeMatters professional about:
  - Transition issues
  - Talking with elderly parents
  - Balancing work and family
  - Stress management
  - Couples issues
  - End of life issues

Visit LifeMatters on the Internet at:

mylifematters.com

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.