

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

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

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

LifeMatters® is available to provide assistance with a variety of lifestyle issues. Call anytime.

1-800-367-7474

Toll-Free U.S., Canada, and Puerto Rico

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.