

IS IT TIME

KNOWING
WHEN YOUR
AGING RELATIVE
NEEDS HELP

You can learn to recognize the signs that an aging family member needs assistance.

Your Employee Support Program can help with:

- Articles and tips sheets with important information on caregiving and healthy aging
- Resource links to caregiver organizations and support
- Locators for elder care services
- Checklists to evaluate senior day care and elder housing

TOLL-FREE: **800-777-9376**

WEBSITE:

www.CAEAP.com

USERNAME: **Riverside**

PASSWORD: **Riverside**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

