With so many options, finding the right fit for your child or elder care needs can feel overwhelming. Whether you’re looking for a nanny or day care for your child, or an in-home nurse, part-time caregiver or assisted living facility for your elderly or disabled parent, your Life Resources Program can help.

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

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24/7 Live Assistance:
Call: 844.824.3273
TRS: Dial 711

Online: guidanceresources.com
App: GuidanceNow℠
Web ID: UCILRP

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