

## Life Resources Program

# Your Life Resources Program: Caregiving Support

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](#)



24/7 Live Assistance:  
Call: 844.824.3273  
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