

EAP BENEFIT

# Older Adult & Eldercare Resources



wellspring EAP

your older adult services benefit includes

unlimited calls and instant messaging anytime for older adult and eldercare information or referral requests

**1-800-553-7798**

**WELLSPRINGEAP.ORG**

USERNAME:

## RESEARCH, RESOURCE & REFERRAL ASSISTANCE

When you need to talk to an older adult and elder care consultant, there are a variety of resources that we can help you with. Some of examples include information and referrals around adult day care/senior centers, assisted living, community resources and programs, facility selection, family support, federal and state programs, food/nutrition, grief and loss, hospital care, Medicare/Medicaid, mental/emotional issues, mental health, recreation, respite care, retirement facilities, socialization, Social Security, support groups, transportation, and more.

In addition, you can also get help with researching information on specific topics related to symptoms or the progression of a particular disease.

### Some of the concerns we can help with:

- Adults With Disabilities
- Aging Well
- Planning the Future
- Government Programs
- Housing Options
- Home Care
- Health
- Caregivers

### Examples of ways we can help:

- Providing fire safety information
- Understanding Social Security benefits
- How to choose an Assisted Living Facility
- Locating services, facilities or resources for older adults
- How to choose an Adult Day Center

## WEBSITE ACCESS

You have access to resources on the website for caregivers, seniors, adults with disabilities, and everyone who is proactively planning for the future. Information about *Government Programs* for the elderly is included, as well as the essentials regarding *Housing Options* and *Home Care*. The *Health* section takes a look at some of the common side effects of growing older and what one can do to minimize his or her impact. *Aging Well* focuses on the positive with suggestions for seniors about keeping mentally and physically fit and having fun.

The website also offers a self-search locator for elder care services, access to Live Connect where you can chat online with a consultant, and also access to send in a referral request—through an online form—to receive a call back within the next business day.