



Caring

Help with adult caregiving Aetna Resources For LivingSM

Jane was worried. Her mother, who always had a sharp memory, was becoming forgetful. She couldn't recall simple things, like whether or not she'd turned off the faucet or taken her pills. Jane wanted to keep her safe and able to take care of herself.

A lot of people, like Jane, wonder what they can do to help. Your loved one's wellbeing is too important to entrust to an internet search. That's why we're here.

We'll help you find care that fits

Caring for an aging loved one is important work. But it isn't easy. A person's needs can change over time. What if you live out of state? How do you find care to meet your loved one's specific needs?

Regardless of distance, we'll help you locate services that are a good match for you and your loved one. You can explore options, such as:

- Daytime programs
- Meal delivery
- Transportation services
- In-home services

Let us do the heavy lifting and save you time and stress. You'll receive a full report on available services, including details about options and costs.





Caregivers need care, too

Caregiving doesn't happen in a vacuum. You might have to juggle career, family and your own health along with these demands. And you wouldn't be alone. In fact, 70 percent of caregivers who work run into issues on the job from trying to manage it all.¹

Your well-being matters. And caring for yourself makes you a better caregiver. Log on to your member website or call us to find resources just for you. You'll find articles, webinars and support with:

- Aging
- Elder care options
- Balancing work and life
- Managing your stress

If you're like Jane, you might have questions about caregiving. Call us. We'll find the answers together.

*Services for adult care are available to anyone over the age of 18.

¹Family Caregiver Alliance. [Caregiver Statistics: Work and Caregiving](#). Accessed on July 11, 2019.

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