

*Living Healthy
Working Well®*



The Caregiving Journey

Coping With Caregiving

Life changes in a big way when you become a family caregiver.

A caregiving role can often seem overwhelming. But by carefully managing your caregiving resources, while remembering to take care of yourself in the process, you can better manage the daily challenges of caregiving.

Access your program to find practical caregiving information and resources for your family.



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

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