



AGING ADULTS When Caregiving Roles Reverse

FOH FEDERAL OCCUPATIONAL HEALTH
U.S. Department of Health and Human Services

Employee Assistance Program

We Care, Just Call

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

Is caring for an aging loved one in your future? Or, are you already caring for an older adult?

As our population ages, caring for an aging family member is a responsibility that many adult children are taking on.

While caring for an aging loved one has its challenges, it can also be one of life's most rewarding times. Contact your program for caregiving tips, information and resources. You'll find out how to give your loved one the best care possible and still take care of you!