

# ATTENDING TO AGING LOVED ONES

A stylized icon in a dark purple color showing a person on the left leaning forward to assist an older person on the right. The older person is depicted with a larger head and a slightly hunched posture.

Caring for an older family member isn't always easy,  
**BUT YOU DON'T HAVE TO DO IT ALONE.**



**Your Employee Assistance Program (EAP) is here to offer support, guidance, and resources whenever you need them.**

The EAP is a voluntary and confidential employee benefit available to federal employees at no cost.

**EAP**  
FOH4You.com

**PSC** |  **Federal Occupational Health**  
U.S. Department of Health and Human Services