

Fw: Educators' EAP | Caring for the seniors in our lives

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To: RHCS D Global Distribution List <rhcsdglobaldistributionlist@rhcsd.org>

Please see the information below from EAP.

From: Educators' EAP <clientservice@theeap.com>

Sent: Thursday, May 11, 2023 1:00 PM

To: Janet Warden <jwarden@rhcsd.org>

Subject: Educators' EAP | Caring for the seniors in our lives

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Please Share with Your Employees!

Hello,

Did you know that the two fastest growing age groups in the U.S. are people over the age of 85, and people aged 100 and over?

With baby boomers also getting older, most of this aging population will eventually become reliant on their adult children. Juggling both work and eldercare responsibilities is a daunting challenge, but your EAP can help.

Here are eldercare resources that we offer:

In our online Self-Help Center:

- Elder Care Locators to help you source assisted living facilities, nursing homes, and in-home care – Find in **“Connections/Work-Life”**
- Elder law resources on power of attorney, advance directives, wills, estates, and more – Find in **“Legal”**
- Healthy life aging and information on the physical aspects of aging – Find in **“Wellness Center & Physical Health”**
- Caregiver and elder care support resources – Find in **“Connections/Work-Life”**

To access online Self-Help Resources, simply log in at www.theEAP.com/Educators-EAP.

For one-to-one telephonic services:

- Counseling and coaching, including stress management – Call toll-free 24/7 to talk to a counselor: 800-225-4555.
- Assistance in finding the right resources – call 800-225-4555 to speak with a Personal Assistant.



800.252.4555

www.theEAP.com/Educators-EAP

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