

November 2009

# HERE'S TO you.

Provided by LifeWorks

November is National Caregiver's Month. You may be caring for an aging relative or making decisions about another loved one's health care needs — LifeWorks can help you find the support you need. Being a caregiver can be emotionally and physically draining, yet rewarding at the same time. It is important to recognize the signs of stress as you manage the everyday pressures of caring for your family.

You can call anytime, day or night, to get expert help from a consultant on how to:

- Talk with an older relative about his health or living situation and decide whether a change is needed
- Find support for your child with special needs
- Learn how to select and evaluate different support services and living arrangements
- Understand the physical or mental health problems your loved one may be facing

You can also order the Time Together CD. On this recording, Arthur Kornhaber, M.D., president and founder of the Foundation for Grandparenting, shares advice on how to strengthen family ties with loved ones across the generations. You'll also hear stories of people young and old talking about their best times together with extended family.



Life *cares*

You can also go online to read or download articles including:

- [\*The Sandwich Generation\*](#)
- [\*Talking with Friends and Family About Your Child's Special Needs\*](#)
- [\*Holding a Family Meeting About an Older Relative's Care\*](#)
- [\*When You Become Your Partner's Caregiver\*](#)
- [\*Long-Distance Caregiving\*](#)
- [\*Support Groups for Caregivers\*](#)

Are you or your spouse serving in the military? Military OneSource is available anytime, anywhere for all active-duty, Guard and Reserve and their families, at no cost. [www.militaryonesource.com](http://www.militaryonesource.com)  
Stateside: 1-800-342-9647

Call LifeWorks at 888-267-8126 anytime.  
En español: 888-732-9020, TTY/TDD: 800-346-9188  
Visit [www.lifeworks.com](http://www.lifeworks.com)