

# Support for Caregivers

Although caregiving can be stressful and exhausting at times, you don't have to do it alone. Get the support you need from Coastline EAP.



## Services for caregivers:

- A comprehensive assessment of needs and referrals to qualified providers and/or educational and support services.
- Tips on selecting the best provider, including suggested interview questions and information on conducting background checks.
- Parenting and/or caregiver educational materials.
- Professional, confidential counseling for emotional and challenging life transitions.



## Parenting and Childcare:

- Referrals to licensed childcare providers
- Types of childcare
- Referrals to summer camps
- Referrals to tutors
- Guidelines for choosing quality care
- Homework challenges
- Backup care or other special needs
- Parenting concerns
- Discipline
- Blended families

## Eldercare Resources:

- Independent and assisted living resources
- Home health care
- Nutrition programs
- Support groups
- Community assistance
- Hospice providers
- Nursing homes
- Respite care providers
- Health and wellness
- Caregiver support

Call for a confidential consultation today.

