



EMPLOYEE ASSISTANCE  
PROGRAM

## **It's Time for Help**

**September 2022**

### **Senior Management Services**

There are so many reasons you may be considering increasing help for your older loved one who lives at home or independently in a community. Here are some to consider:

#### **1. Not safe alone**

This could be due to a cognitive decline or recent dementia diagnosis or maybe that their partner/caregiver has passed or can no longer provide the supervision necessary. Increasing support in the home could be a bridge to a long-term solution or could be the long-term solution.

#### **2. Need more daily engagement**

Older adults can become isolated quickly. A close friend or two passes away, their social circle stops doing things together, or their friends need to increase their support due to caregiving needs. Whatever the reason, social engagement can be difficult to secure and plan. Inviting companion care into their home can increase their engagement in activities and benefit them cognitively as well.

#### **3. Change in condition or upcoming procedure/surgery**

Planning for a procedure or having planned or urgent surgery can increase care needs rather quickly. This could be a time to look for outside help that can be brought in during the recovery period.

#### **4. Current plan is not working**

As the primary caregiver you may be hitting roadblocks with the current plan. Other family members schedules are busy or your loved one's needs have increased. If the current plan is not working, it could be time to consider some help in the home-short term or long term-while a new plan is made.

**For additional information about Eldercare, please contact Quest at 1-800-364-6352.**

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