

Eldercare Support:

Connecting with Your Life Advisor EAP

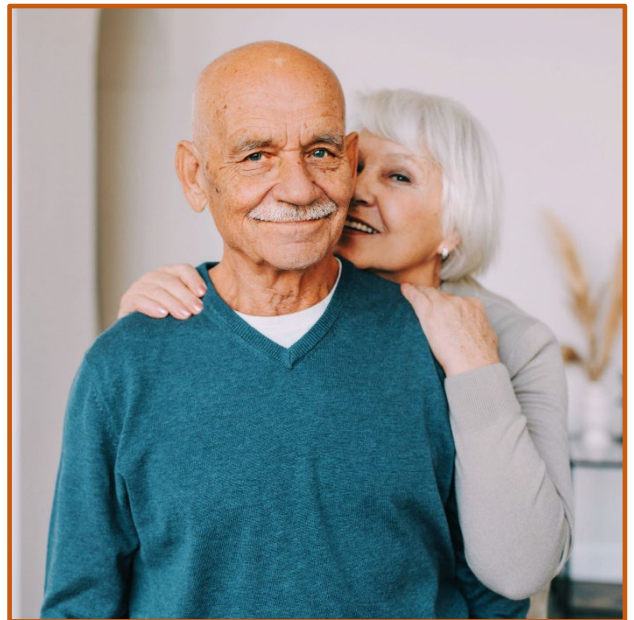
Supporting your loved ones start with supporting YOU – Your EAP is here to help you manage stress, avoid burnout, and feel supported in your caregiving role.

Counseling for Caregivers

Ulliance offers short-term solution-focused counseling for caregiver stress and burnout, grief and anticipatory grief, family tensions related to eldercare decisions, anxiety and depression associated with caregiving and aging, and major life transitions.

Referrals to Eldercare Resources

A Ulliance Life Advisor Consultant can help clarify options, research community resources, provide referrals to local services, and help employees understand “what questions to ask next”.



Legal and Financial Consultations

Free 30-minute consultation per concern. Focused on helping you understand options and next steps on a variety of topics including; advanced directives, power of attorney, estate planning basics, elder law referrals, and financial stress related to caregiving.

24/7 Crisis support

Emotional support can play a crucial role in eldercare, especially during situations such as a sudden health decline, the loss of a parent, significant caregiver distress, or intensified family tensions.

Life Advisor Portal Well-being Resources

Download the Ulliance App or go to lifeadvisor.com – enter your company name and city to log in – create a personal profile – click Well-being Resources at the top of the page - start exploring Well-being coaching, 5 to Thive, Well-being Assessments, Challenges, Health Trackers, and more.

In 5 to Thrive, thriving means having enough support to keep going, even when things feel busy, stressful, or uncertain. It's about sustainability — being able to meet life where it is and still take care of yourself. Thriving isn't about doing more — it's about supporting yourself better. Explore one area, one habit, or one resource at a time, based on what feels most relevant to you right now.

National Resources

[Public Benefits – Senior Assistance – Government Assistance – AARP](#) Government Benefits: Programs include healthcare coverage, disability coverage, military veteran assistance, and more.

[BenefitsCheckUp | Money-Saving Programs for Healthy Aging](#) Benefits Checkup: Discover any benefits or programs your parent may be eligible for, nationwide and close to home.

[Caregiving and Direct Care Workforce | ACL Administration for Community Living](#) provides information on programs, grants, research, and services that strengthen community-based supports and caregiving networks.

www.n4a.org/ provides resources, policy advocacy, education, and tools to help older adults, people with disabilities, and caregivers age with independence and dignity in their homes and communities.

www.nlm.nih.gov/medlineplus/caregivers.html offers guidance on caregiving roles, daily care tasks, stress management, and links to reliable support tools and services.

[Services By State - Family Caregiver Alliance](#) Including eldercare services.

[Aging | HHS.gov](#) Services for older adults and their carers (The U.S. Department of Aging).

[Find a Respite Provider | ARCH National Respite Network & Resource Center](#) Services in both the U.S. and Canada.

[Caregivers: MedlinePlus](#) includes guidance on caregiving responsibilities, managing stress, and links to reliable support and educational tools

By engaging with the Life Advisor Employee Assistance Program, employees can more effectively navigate the stress, emotions, and complexities of eldercare.

Ulliance is here to support you, reach out today for support and resources!

**For more information, tools, resources—call your
Life Advisor Employee Assistance Program!**



**Ulliance provides no cost, confidential, short term
counseling for you & your family.**

Call us- we're here to help 800.448.8326