

Caregiver's Corner

Finding Your Way As A Caregiver

(NAPSA)—Living in Texas far from her ailing father in Michigan, Pamela Curry was looking for the best way to help him.

When her 78-year-old father, James, became ill, Pamela placed a call to her company's employee assistance program. "I had no idea what kind of resources I had through my employer. The first call I got back was on home agencies and then another call on the kind of care he needed," Pamela says. "I felt like I had people on 'Team Dad' and on 'Team Pamela.' I could figure out the options that were best for Dad and they provided a basis for me to make decisions."

Solutions for Caregivers helped put Pamela at ease by helping her find ways to address her father's health needs. "It has been an ongoing support process. If I have more questions or other needs, I am confident I could call and get the support I need," Pamela stresses.

"It is almost like a road map through the various steps that I might go through to care for my dad. It is as though I have a guide, instead of me trying to blindly find my way. There is



Caring for an older family member far away can be easier with the right resources.

someone providing me guidance, not telling me what to do, as my family and I decide what will work best for my father and our situation," Pamela adds.

Solutions for Caregivers provides care planning and care coordination services designed to support the overall well-being of the person receiving care and help alleviate stress for you and your family. Services are available in all 50 states and can be tailored to your needs. You can get the support you need today.

You can learn more at www.WhatIsSolutionsForCaregivers.com or by calling (877) 765-4473.