



*Aging with Grace*TM
Your solution to eldercare stress

The stress of caring for an elderly loved one can be overwhelming ... *or not*

Aging with Grace relieves caregiver stress with resources and support

- ◆ We **educate** caregivers so they understand all of their options.
- ◆ We **coordinate** the search for appropriate services in your area.
- ◆ We **facilitate** connections to needed services at discount prices.

Aging with Grace offers a comprehensive eldercare assistance program that places resources and support just a click or a phone call away. Members can access online resources 24/7. For personalized help they can call our eldercare experts, who provide compassionate guidance and clear answers to the complex questions and challenges of eldercare.

The high costs of caregiver stress

Personal costs...

- Feelings of being overwhelmed
- Reduced energy
- Emotional strain
- Withdrawal
- Difficulty sleeping
- Weight loss or gain
- Drug or alcohol abuse
- Eating disorders
- Mood swings
- Chronic fatigue
- Depression, especially for caregivers of dementia patients

Professional costs...

- Lack of concentration
- Lack of productivity
- Increased absenteeism
- Late arrivals and early departures
- Work interruptions
- Increased sick days or unpaid time off
- Shifting from full-time to part-time
- Reluctance to take on new responsibilities or accept a promotion
- Quitting the job

How the Aging with Grace eldercare assistance program helps members and families

Help is a phone call away! Members call a toll-free number to speak with experienced eldercare advocates who help with immediate needs and long-term planning.

Resources are available 24/7. Our website collects vital caregiving information in one easy-to-use Internet location, linking members to a wealth of eldercare resources.

Emotional support is key. Members benefit from joining a community of caregivers where information and support are freely shared in a e-newsletter, a blog and an online forum.

Locate quality providers nearby. Members type in a Zip code, choose a mileage limit, and find everything from home care to adult day care to assisted living communities.

Get discounts from top providers. Aging with Grace has negotiated exclusive member discounts from high quality providers of senior housing, eldercare programs and services.

Identify resources to pay for eldercare. Our eldercare advocates help members review financial options, including Medicare, Medicaid, veterans benefits and Access loans.

“Our mission is to educate, coordinate, and facilitate individualized eldercare options one family at a time.”

Learn more about this affordable program at www.agingwithgrace.net