

Caring for the Caregiver



**Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Remember – You are important, too!

Caring for yourself is just as important as the care you provide for others. Use your counseling sessions to discuss your challenges with a licensed counselor. Consult with a specialist about resources to ease your care giving duties. And search our website for information on your particular situation.

We can provide referrals for:

- Adult day care and in-home care
- Senior housing and nursing homes
- Meal programs
- Hospice and rehab centers
- Respite care and caregiver support resources
- Geriatric care managers
- Financial specialists in Medicare and Medicaid

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

**Employee
& Family**

Member Services