

# Elder Care Resources



**Find helpful resources  
for your loved one.  
Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

## Caring for Aging Parents and the Elderly

There may come a day when your elderly loved one will need help in various aspects of his life. If you are the person to step in and become the caregiver, know that First Sun EAP is a great resource for daily living solutions and elder care services.

A call to our experienced consultants can help connect you with quality resources to match your needs.

*First Sun EAP services are made available to you and your family members by your employer. You may 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.*

### Elder Care Resources

- ❖ Home Care Agencies
- ❖ Adult Day Care
- ❖ Independent Retirement Communities
- ❖ Assisted Living Facilities
- ❖ Nursing Homes
- ❖ Transportation and Meal Services
- ❖ Support Groups
- ❖ Geriatric Care Managers

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

Employee  
& Family

Member Services