

# Child to Elder Care Support Service

Learn how best to provide them with the care they need

Let us help

Caring for a child or an adult can be physically and emotionally challenging and rewarding over time. Balancing the demands of work and family is ongoing and with ever-changing tasks such as preparing meals, shopping and cleaning. There may be a need to help with personal care—such as bathing, medication, etc. But caregiving also includes providing and sometimes receiving emotional support. This is the rewarding part—talking, laughing,

and listening. They can also provide a one-on-one telephone consultation to assess, identify and locate caregiving services including provider options, location, current availability and fees—to suit your needs for day-to-day challenges or long-term solutions.

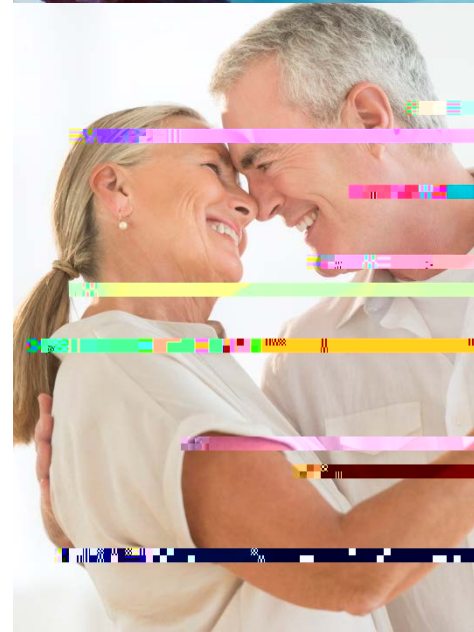
## Services we can help you find include:

- x Parenting classes, daycare centers and after-school programs
- x Schools, educational services and special needs programs
- x Adoption and multiple birth services
- x Emergency home care services
- x Seniors' accommodations/nursing homes and caregiver support groups
- x Rehabilitation and home support programs
- x Companion and eldercare programs
- x Palliative care
- x Outreach and transportation services

## Targeted resource packages available with related article topics:

- x Parenting effectively at all ages and stages
- x Talking to older parents about their changing needs
- x Understanding palliative care
- x Support for older relatives with cognitive impairment
- x Long distance caregiving
- x Other family-related topics

With the support and resources available to you, be sure to take care of yourself as well. You can still take an active role in your loved ones' life, you'll help ensure they're getting the support they need to stay active, healthy and engaged. You'll also benefit from personal leisure time, a closer relationship, and may even learn a lesson or two about remaining young at heart along the way.



Connect with us for confidential support or to learn more



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