



# IS IT TIME

KNOWING  
WHEN YOUR  
AGING RELATIVE  
NEEDS HELP

When events such as a medical crisis impact your parents or older relatives, their need for assistance is obvious. But sometimes, family members miss the more subtle day-to-day signs that an older relative needs help. Your Employee Support Program can help you learn what to look out for.

TOLL-FREE: **800-346-0110**

WEBSITE: [www.inova.org/eap](http://www.inova.org/eap)

USERNAME: **UMBCEAP**

PASSWORD: **360231**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

## WEBINAR

**Caring for an Aging Relative**  
Sept 16 — 12 pm, 2 pm ET

According to the National Council on Aging, 29% of the US population will need to care for a chronically ill, disabled, or aging relative in the coming year. Learn how to determine the type of care needed, options typically available, and where to turn for help.

