

# Collaborative Caregiving

## WORKING TOGETHER FOR AGING ADULTS

Caring for an aging adult requires a variety of duties like food shopping, transportation to appointments, grooming, housekeeping, and bill paying. Caregiving can bring with it a great deal of stress, especially if the caregiver has other family commitments or is working outside the home. A collaborative effort between family members and service providers can lighten the burden. Let your Employee Support Program help your family work together to care for an aging adult.

## ONLINE SEMINAR

Available on demand  
starting August 16th

### Changing Relationships: You and Your Aging Parent/Relative

Learn how to access care options and communicate productively with aging adults who can no longer live independently.

Online seminars can be found on your home page, or you can search for them by title.

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.

