

CAREGIVING WHEN YOU WORK

Talk with your manager.

Have a conversation with your manager if your caregiving tasks are affecting your work. Your manager may be able to adjust your responsibilities and know of helpful programs offered by your employer to help you juggle your work and caregiving needs.



Consider hiring a geriatric care manager.

A geriatric care manager can help with caregiving tasks that your job may leave you little time to do, such as coordinating medical appointments or interviewing home health aids.



Use timesaver tools and apps.

Lotsa Helping Hands has a secure online group calendar that lists the services your relative needs and allows friends and family to sign up to help. CareZone offers a way to track doctors' appointments, reminders for prescription refills, and more.



Take care of yourself.

Caregiving affects your physical and mental health. That's why it's important to eat a healthy diet, exercise regularly, and get seven to nine hours of sleep a night. Look into respite care if you feel burned out. Use your vacation time to recharge.



LifeWorks

Call toll-free:

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These tips were adapted from the LifeWorks article *Caregiving When You Work*.

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