



Help with caring for a loved one is closer than you think.

As part of NALC HPB benefits, you can get help caring for a relative or friend in need.

To learn more, contact:

1-877-468-1016

www.liveandworkwell.com

Code: "877-468-1016" to enter

Solutions for Caregivers can:

- **Counsel you** on your loved one's individual, medical, financial, safety, emotional and social needs.
- **Conduct an on-site assessment** and develop a personalized care plan.
- **Connect you with professionals**, including home health aides, nurses, lawyers and financial advisors.
- **Offer assistance in crisis situations** when you don't know where else to turn.



Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.