




Employee Assistance Program

For a PDF of this Mindful Moment, Click [HERE](#)

Mindful Moment

A photograph showing a caregiver, a woman with short brown hair, smiling and reading a book to an elderly woman with short grey hair and glasses. They are both wearing light pink shirts. The elderly woman is sitting in a wheelchair and looking towards the caregiver.

Caregiving for others can benefit you emotionally and physically.

MYTH or FACT

FACT.

Taking care of loved ones can be emotionally and physically draining, but it also comes with its own rewards. Studies have shown that caregivers can find increased happiness, social connectedness, greater self-esteem, and even more energy if they have the right supports in place to help them take care of their loved ones and themselves.

Are you taking care of a child or an elderly loved one? Call C&FS EAP and take advantage of the following benefits:

Legal Consultation

Access free, confidential guidance and referral assistance from a local law firm or attorney. **C&FS EAP welcomes Elizabeth A. Ingold, Esq. as an affiliate partner in June 2021.** She counsels families and individuals in all stages of life to achieve lifetime and testamentary goals. As an Elder Law attorney, she can help develop plans for older clients and their caregivers who not only need traditional estate planning but also require planning for governmental benefits such as Medicaid and Veteran's Aid and Attendance to pay for care. It is always her goal to develop a strategy which allows for a higher quality of life while at the same time allowing for as much independence as possible.

Childcare Consultation

Get information about available childcare options, support for evaluating providers, and get connected to local childhood development resources.

Eldercare Consultation

Receive support and guidance in identifying the various types of care available, explore home care options, access Caregiver resources and classes, and get connected to Alzheimer's supports. Our affiliates at Erie County Senior Services can help you navigate Medicare, Social Security and other benefits.

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