

# Helping you balance work, life and everything in between



Daily life assistance can help make your life a little easier and less stressful. Find options for everyday personal, household and family services, including:

- **Child care.** Childcare centers, family daycare homes, summer camps, nanny/au pair agencies, nursery schools, before and afterschool programs, kindergartens, care for children with special needs, pregnancy resources and adoption information.
- **Elder care and care for adults with disabilities.** Home health care, rehabilitation centers, nursing homes, adult day care, transportation services, support groups, meal programs, assisted living, emergency response, independent and assisted living options, Medicare/Medicaid issues and geriatric care management.
- **Caregiver support.** Help with caregiver needs, respite services, community resources, support groups, referrals and long-distance caregiving issues.
- **School and college planning.** Information and referrals to schools and other educational programs from kindergarten through graduate level, private and public schools and schools for students with special needs.
- **Convenience services.** Relocation, home cleaning, lawn and landscaping, plumbing, automotive, travel information, pet care, entertainment and dining.

## There are two ways to access these services:

- **Give us a call.** With one phone call, you can reach a consultant who gathers information about your needs and then starts the research to identify resources for you. You can receive detailed information on referral sources by email, mail and phone.
- **Visit us online.** Through your member website, you can conduct your own search for resources.

We're here to help with your  
everyday needs 24/7.

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