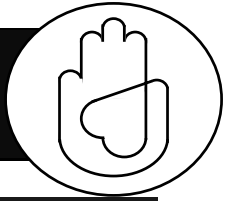


# ELDERCARE UPDATE



*Partnership for Eldercare: Partnering with Con Edison to help you with the needs of your aging loved ones.*  
AUTUMN 2005

## **Juggling Career & Caregiving: OCTOBER IS NATIONAL WORK AND FAMILY MONTH**

As National Work and Family Month draws to a close, it is a good time to examine the unique issues facing those who are juggling career and caregiving. And they are everywhere—every office, every workplace. In fact, almost 2 of 3 caregivers for older people are employed and 42% of employees expect to assume eldercare duties within the next 5 years.

It can be daunting to think about how to balance your caregiving responsibilities with your career. **Partnership for Eldercare** is here to help. Below are some strategies you may find useful.

### **Ask for Help at Home**

You don't have to do it alone. Finding help—from family, friends or community resources—can be a lifesaver for working caregivers. There are many services available to assist your older relative at home and give you some peace of mind:

- Personal Emergency Response Systems [PERS], so that your parent can summon help in a crisis
- Home health care and homemaking services
- Meals-on-Wheels
- Transportation
- Adult Day Programs

Aside from these more formalized services, accept help from friends, neighbors and siblings when offered. Keep a list of tasks handy so that when someone says, "Is there anything I can do to help?" you'll have a concrete answer available. Don't think that if you ask for help, you are a failure as a caregiver; in fact it shows just how dedicated a caregiver you are.

### **Ask for Help at Work**

In addition to asking for help at home, you may want to evaluate your situation to see if flextime or telecommuting are options for you. This flexibility may enable you to be more productive and less stressed--both at work and home.

### **Manage Time Wisely**

As a working caregiver, it is important to prioritize and budget your time wisely. Look critically at your different commitments. Which are most important? Which take the most time? Which can you do without?

After you figure out which responsibilities are most important, you can budget your time. Make a time budget just as you would a financial budget, allotting day/time segments for all of your commitments. This process will help you to break down your life into manageable parts you can organize to achieve some balance between career and caregiving.

Just remember to incorporate flexibility into your schedule for those unexpected things that come up at work and at home.



### **Don't Expect Perfection**

Remember that no matter how much you try, you will not be perfect. Caregiving is not an exact science; when you are juggling a number of different balls you may drop one. Forgive yourself and move on.



NYC CAREGIVERS:  
MARK YOUR CALENDARS!

**The 21<sup>st</sup> Annual Mayoral Conference  
on ALZHEIMER'S DISEASE**

will be held on  
**THURSDAY, NOVEMBER 10, 2005**

**JACOB JAVITZ  
CONVENTION CENTER**

*For information and registration, please contact:*  
Dianne Nelson at 212.442.6349  
or go to:

[http://www.nyc.gov/html/dfta/pdf/  
AlzConf2005\\_brochure.pdf](http://www.nyc.gov/html/dfta/pdf/AlzConf2005_brochure.pdf)

**Take a Break**

Don't forget to take a break. With all the commitments you face, you will need rest. After all, you can't care for anyone if you are exhausted and run down. Take care of yourself first, and then you will be able to care for all the other people in your life.

This might be a daily break—taking a walk or a warm bath, for instance—or a more prolonged vacation. Or it can mean attending a caregiver support group. However you do it, you need to refresh and renew yourself.

**Call Partnership for Eldercare**

**Partnership for Eldercare** is just a phone call away. We can help you find resources in your older relative's community—anywhere in the country. We can help you locate a convenient caregiver support group or secure respite care while you are on vacation.

Let us provide the information, support and advice you need to care for your elderly relative while you're on the job. Our counselors are available from Monday through Friday, 9am – 5pm EST. Please call us at 800.94.ELDER [outside of NYC] or 212.442.3113 for a confidential consultation.

## Partnership for Eldercare

**A resource and referral service  
provided to employees of  
CON EDISON...**

*Our experienced counselors  
can help you with:*

Home Care  
Assisted Living Facilities  
Senior Housing  
Nursing Homes  
Advance Directives  
Elder Law Referrals  
Long Distance Caregiving  
Medicaid  
Medicare  
Medigap Insurance  
Alzheimer's Disease  
Meals on Wheels  
Transportation Services  
Hospice  
Mental Health Services  
Home Modification Resources  
Long Term Care Insurance  
Adult Day Care  
Caregiver Stress  
Emergency Response Systems  
And More!!

◆◆◆

**Please call us for a  
confidential telephone consultation.**

**☎ 1.800.94.ELDER**

**212.442.3113** [in NYC]

[www.partnershipforeldercare.org](http://www.partnershipforeldercare.org)