



# NuVantage<sup>SM</sup>

## Employee Resource

Your free and confidential resource for work-life wellness

News from NuVantage

Summer • 2014

## Caring for Aging Relatives

Taking care of aging relatives can be challenging and confusing. Questions about the physical health and ability of the aging relative are not the only things to surface – the caregiver is often faced with financial, mental health, legal and overall well-being and quality of life concerns, as well, such as:

- Engaging in difficult discussions about the ability to continue to drive or live independently.
- Creating a budget to determine what expenses can be supported by retirement or Social Security income.
- Assessing the level of care needed, and how much care can reasonably be provided by family members.
- Identifying community resources that can support independent living or enhance quality of life.
- Establishing legal authority for others to act on behalf of the aging relative or to articulate their desired health care treatments.
- Documenting and clearly defining last wishes to minimize family conflicts or misunderstandings.
- Completing a mental health evaluation to identify conditions such as depression, Alzheimer's disease or the imbalance of important electrolytes.

Initiating discussions about these topics can produce anxiety and be emotionally draining for the caregiver.



### **NuVantage Employee Resource offers services to guide caregivers along their journey.**

- Caregiver counseling can help the caregiver understand their role in the decision making process, work through the emotions they are experiencing, begin discussions with relatives.
- Caregiving support services can help assess the relative's quality of life and locate community resources to assist in providing care.
- Legal services and resources can provide guidance on creating wills and documents to protect the relative's legal and health care interests.
- Financial counseling can provide assistance creating an affordable budget to support the relative's independent living.

If you would like to access any of these services, call NuVantage at 800.577.4727 today.

## Congratulations, Graduate!

Are you or a family member now worried about how you'll pay off those student loans? NuVantage can connect you with a financial counselor to help you explore re-payment options that fit with your income and your budget.

NuVantage Employee Resource is a service of:



## Wellness Benefits of Stimulating Your Mind

Extended daylight hours and warm weather makes summer an excellent time to find activities that improve your mental functioning and well-being. There are many accessible and inexpensive activities in your community and in your home.

- Get informed about a new topic that interests you - Discover the science behind weather patterns or the history of the Rust Belt cities. Grab a book or magazine, tune into the History Channel or PBS, find a documentary, or plug into public radio or a podcast.
- Go for a walk, bike, or run – Exercise has been proven over and over to increase both physical and mental acuity, as well as provide feelings of well-being.
- Stay connected to social issues that impact your community - Subscribe to a blog or e-newsletter to raise your awareness of how honey bees and plastic bags impact the environment.
- Challenge your brain – Find a Scrabble or chess partner, complete a crossword puzzle or Sudoku grid, put together a puzzle, or pull out the Rubik's cube.
- Enroll in a local community education or university extension class - Learn to cook, begin speaking a new language, belly dance, or knit. (Bonus – You can often find free classes for professional development skills such as public speaking or using computer programs.)
- Explore your community – Play tourist for a day and go someplace you've never been. Ask questions and learn the history behind the location.
- Enjoy the warm weather and learn a new sport or card game – Sit outside with a friend or loved one and learn how to play cribbage or bridge. Whatever activity you choose, be sure it brings you out of your comfort zone and stretches what you already know.

If you struggle to find "me" time in your schedule or feel stress or anxiety when trying new activities, a counselor may help you prioritize your time, tackle emotional roadblocks, and find your motivation. Call NuVantage at 800.577.4727



### **NuVantage is a free and confidential resource provided by your employer.**

If you are struggling to cope with the addiction or mental health issues of a loved one, a NuVantage counselor can help you develop effective coping skills and strategies to discuss your concerns with the individual.

Learn more about your valuable EAP benefits!

**800.577.4727**  
[www.NuVantage.org](http://www.NuVantage.org)