



Caregiver Support

Feel the love with our support and guidance



A more human resource.™

Being a caregiver can take a toll on you. And because your loved one depends on you, it's especially important that you make sure you're not overburdened. We're here with 24/7 support for day-to-day challenges and long-term planning.

How do we help? Our specialists do all this and more

- Research and provide referrals to senior housing, community programs, and in- and out-of-home caregiving options.
- Identify resources to help with safety concerns, health issues, diet and nutrition, transportation, and Medicaid and Medicare.
- Provide a sympathetic ear and referrals for counseling, plus webinars, live talks, guides and other resources to help you recharge.
- Answer your questions and explore solutions to any caregiving challenge you may face.

Plus access our [website anytime](#) for our provider lookup, guides, monthly live talks, webinars, and articles. It's your gateway to services and resources to help you take better care of your loved one—and yourself.

Call Toll-Free, 24 Hours a Day

- **1-866-574-7256** (1-800-873-1322 TTY). Please mention your affiliation with ADP TotalSource.
- To access the **LifeCare website**, log in to My TotalSource® select **Myself→Benefits→EAP**.

LifeCare®