

Programs to Support Working Caregivers

There are programs designed to assist working caregivers, so they can continue to provide care for a loved one and manage their career. The following are two programs you may find useful:

Learn as much as possible about the Family and Medical Leave Act

The FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave.

Reach out to your local Area Agency on Aging

An [Area Agency on Aging](#) (AAA) is a public or private non-profit agency, designated by the state to address the needs and concerns of all older persons at the regional and local levels.

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Access the Caregiver Support Tool

How are you doing? Do you want to better understand your well being? The "Ask Emma" [Caregiver Support Tool](#) is a strength's-based self-help tool, designed to empower you to achieve optimum wellness. Check out the features and benefits of using this valuable wellness tool designed just for you.

Download the Financial Steps for Caregivers Guide

In response to the [financial challenges](#) facing today's family caregiver, this guide provides information, tips and resources for helping caregivers keep their own finances on track while caring for someone else. [Budget worksheet](#)

Reach out to the Compassionate Benefits Society

The first stand-alone workplace financial protection coverage. CFL helps employees reduce financial hardship due to wage loss when extended time off from work becomes necessary to provide caregiving for a family member at home.

Perform the Guided Imagery Exercise for Working Caregivers

By giving your brain time off, you'll be able to better concentrate. Tasks that you once struggled with will be easier. A break can be anything from a 10-minute meditation session to a trip around the world and anything in between. A break needs to take your mind off the everyday tedium of life.

Join Yoga 4 Caregivers

Being a caregiver can be incredibly rewarding but it often comes at the price of your own health and well-being. It can be easy to slip into our caregiving responsibilities to be there for other people so much so that we forget or delay recharging our own batteries and after a while this can really wear you down.

