

SEPTEMBER: IS IT TIME TO STEP IN?

Knowing when your aging relative needs help

MONTHLY WEBINAR

Caring for an Aging Relative

Thursday, September 18, 2014
12:00 p.m. - 1:00 p.m.

According to the National Council on Aging, 29% of the US population will need to care for a chronically ill, disabled, or aging relative in the coming year. Learn how to determine the type of care needed, options typically available, and where to turn for help.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

When events such as a medical crisis impact your parents or older relatives, their need for assistance is obvious. But sometimes, family members miss the more subtle day-to-day signs that an older relative needs help. Your NYS-Balance program can help you learn what to look out for.

Call or visit us online to get started.

Please contact your Human Resources Office, EAP Coordinator, or Work-Life Services at worklife@goer.ny.gov for the username and password to access this website or for the toll-free number to call NYS-Balance.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

NYS-Balance is a resource and referral program offered by Work-Life Services with funding provided by the negotiated agreements between the State and CSEA, PEF, UUP, DC-37, NYSCOPBA, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

Copyright © 2014
NYS Governor's Office
of Employee Relations

9/14

life
less complicated