

2021 CAREGIVING & WELLNESS SERVICES

CAREGIVING & WELLNESS RESOURCES FOR EVERY LIFE STAGE



PRIMARY COMPONENTS



Caregiving Services



Caregiver's Guide to Self-Care



Health & Wellness Services

THE IMPORTANCE OF CAREGIVING, HEALTH & WELLNESS

As the world prepares to move into the next phase of the COVID-19 pandemic, individuals and businesses alike are becoming empowered to focus on improving family caregiving, health, and wellness.

STATISTICS ILLUSTRATE THE NEED FOR MORE SUPPORT



1 in 5 Americans reports assisting with the care of an elderly or disabled family member, relative, or friend.

Source: AARP/NAC



44% of Americans desire more guidance and support for practicing self-care during the pandemic.

Source: Healio



29% of Americans report difficulty sleeping or exercising.

Source: Healio

A MULTIDIMENSIONAL, HOLISTIC APPROACH TO CAREGIVING, HEALTH & WELLNESS

Our **2021 Caregiving and Wellness Services** provide individuals and families with **on-demand access to caregiving and wellness tools** and resources for all life stages from childhood through sunset. Learn how to organize caregiving responsibilities, the importance of making time for self-care, and ways to reduce caregiver stress. Explore evidence-based resources, fitness programs, nutrition handouts, grocery guides, and a collection of supportive resources for every life stage.



GLOBAL INSTITUTIONAL SOLUTIONS

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2021 CAREGIVING & WELLNESS SERVICES

CAREGIVING & WELLNESS RESOURCES FOR EVERY LIFE STAGE

Our 2021 Caregiving and Wellness Services provide individuals and families with on-demand access to caregiving and wellness tools for each of the eight life stages.



Caregiving 2021

Access extensive information and educational resources that help caregivers with organizing day-to-day caregiving responsibilities organized across 8 life stages. Includes:

- Caregiving Tools
- Foster Care
- Medicaid & Medicare
- Searchable Resources
- Statutes & Guidelines



The Caregiver's Guide to Self-Care

Navigate the caregiver journey with resilience-building, evidence-based resources that enhance the caregiver's journey. Addresses stress, self-care, and resilience in bite-sized bits with easy to read guides. All sections feature:

- Self-Care Recommendations
- Caregiver Resources
- Caregiver Activities



Health & Wellness Services

Find age-appropriate, evidence-based information to support your health and wellness journey while improving your physical and emotional health and mental wellbeing! Available across 8 life stages:

- Emotional & Behavioral Health
- Exercise
- Nutrition
- Relationship Health
- Self-Care for Singles through Sunset

