



Caring for Family

Family well-being plays an important role in our overall well-being. Whether it is our chosen or biological family, these relationships hold a lot of value and they impact each pillar of well-being - Social, Mental, Financial, Physical and Community. When you have dedicated a part of your life to caring for a family member, life can feel overwhelming and it may be difficult to care for yourself. Please don't forget, you are just as important as the person you are caring for.

Caregiver Self Assessment

Take a moment to check in with **YOU!** Follow the link below or scan the QR code to be brought to a Caregiver Self Assessment.

If you choose to complete the assessment keep in mind that you have additional resources to support you. Consider scheduling a health coaching appt. through the Be Well Health Center to chat through your results.

<https://www.healthinaging.org/sites/default/files/media/pdf/Caregiver-Self-Assessment-Questionnaire.pdf>



Caregiver Resources

Click on the link below to be brought to a page filled with resources available to support you and your family!

<https://www.cretex.com/caregiver-resources/>



Employee Testimonial

"When our mom's health started to decline, my brothers and I were at a complete loss as to how to help her and our dad navigate all the doctor's appointments, making sure she took her medicine, and trying to figure out their medical insurance. When it came to a point that she needed to be placed in an Assisted Living residence, we had no idea where to look for the best one that would be covered by her insurance and county assistance. Luckily, she was assigned a case-worker who was able to give us some direction and information to help make the best decision for her. But we still had to deal with all the insurance red-tape and making sure her care was paid for.

When mom passed, dad's health started to also decline very rapidly. We were once again faced with finding him an Assisted Living residence, making his doctor's appointments, scheduling transportation to his appointments (he was in a wheelchair), and making sure insurance was paying for what they would cover. All of this became a full-time job, that we were able to split between us 3 kids. But we still felt at times like we were drowning in all the responsibilities that come with caring for an elderly parent. We were basically on-call 24/7 in case something came up that the Assisted Living couldn't deal with. We really didn't feel like we had a resource to go to and ask for help.

We came away from this with new-found knowledge of elderly care and what to look for when researching the proper care for your loved ones. We have passed this knowledge along to our friends who are also finding themselves in the same situation. Had we known that resources existed to assist us with their care, it would have been a huge weight off of our shoulders."

By Laura Johnson, QTS Be Well Champion

FEATURED ACTIVITY

View the webinar "Supporting Caregivers in the Workplace" by Heidi Orstad from Marsh McLennan Agency to be eligible for this month's incentive.

How to Participate: Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

Webinar Recording



go.cretex.com/bwcaregiver23

Teams Form



go.cretex.com/bw0323