

# Elder and Family Care



**Balancing career responsibilities with family responsibilities is the reality for most of us and generally we can manage just fine. But if you take on the extra demands of caring for an elderly or ill relative, or find you are carrying a particularly heavy load, having a professional point you in the right direction may be all that you need to relieve your stress and anxieties.**

## **Be in control of your work-life responsibilities!**

- **Need to resolve an elderly loved one's housing problem?** We do the research and work with you to develop a viable plan.

- **Worried about your parents' future?** Our eldercare specialists work with you to ensure you've planned for all possibilities.
- **Coordinating distant care?** We will track down the information you need whether your loved one lives across the country or across the world.
- **Need palliative or respite care?** We can source appropriate qualified care to help you out.

## **One call is all it takes to get started.**

Plan Smart empowers you with the information and support you need to help your elderly or ill loved one and help you maintain work-life balance. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

Call us to get started (translation to other languages available.)  
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :  
1-866-398-9505 International (Call collect) : 604-689-1717

[www.homewoodhealth.com](http://www.homewoodhealth.com)



**Homewood**  
Health | Santé



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1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our caregiving specialists to call you and walk you through the types of support that you could benefit from—written materials, Internet resources, and printed materials, personalized for you.
3. We'll be in touch with you as much as you need when you're using the materials and help you build the confidence to solve almost any caregiving challenge.

**If you ever feel too overwhelmed by your work and family responsibilities, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).**



**Plan Smart can help you achieve work-life balance!**



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