



## Solutions for Caregivers

For members or spouses that are caring for an elderly relative, disabled dependent, friend or neighbor, NALC Health Benefit Plan has made Solutions for Caregivers available to you.

This program provides six hours of Case Management services at no additional cost per calendar year.



### On-site assessments

Have a registered nurse perform an on-site health and well-being overview.



### Caregiver case manager

Let a case manager counsel you by offering advice along with decision-making support.



### Personalized care plans

Get a customized care plan that may address your needs and the needs of your family member, friend or neighbor.



### Coordination of services

Allow us to help you plan and arrange community-based programs and services for your specific needs.

### Do you need extra help?

Seeing a decline in your loved one's health can feel overwhelming. If you find yourself asking the questions below, accessing your service of Solutions for Caregivers could help you get the answers.

- What help do I really need?
- What services will Medicare pay for?
- What community resources could I take advantage of that are available to me?
- Is my loved one's home still clean and safe?

**Note:** We provide caregiver resources and coordination, but we do not pay for supportive services or perform medical treatments.

**If you're a caregiver or anticipate taking on a caregiver role in the future, call us at:**



**1-877-468-1016, TTY 711, 24 hours a day, 7 days a week**



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Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.