

# Employee Assistance Program *Tip Sheet*

## Work/Life Consultation and Referral Services



Do you find yourself distracted by personal matters that need attention? Expending energy and time researching solutions to these issues cuts into valuable free time and can also impact our ability to be fully present at work. The next time you need to locate an electrician, find a new apartment, select a preschool, or find a dog walker, turn to your Employee Assistance Program (EAP). These are just a few examples of the types of issues we can help solve.



### What You Can Expect from the Program

Work/life Specialists provide guidance, referrals, and resources depending on your area of need, all at no cost. For example, if you want to make your home safe for your aging parent, an eldercare specialist will discuss your goals, provide information for consideration, and match you with a list of up to three services that provide in-home evaluations and recommendations. Supplementary materials such as checklists and tip sheets are also provided.

### Consultation and Referral Services Available

Services are available for a wide range of work/life concerns, such as the following.

#### Caregiver Resources

- Classes and support groups
- Prenatal care, fertility, adoption
- College planning
- Caring for a loved one with special needs

#### Wellness

- Locating doctors and specialists
- Information about health conditions
- Nutrition
- Fitness
- Information about medical procedures

#### Child Care

- Group, family, in-home or after school care
- Summer camps (resident, day, specialty)
- Parenting classes and support groups



#### Daily Living

- Home improvement/maintenance
- Locating housing and apartments
- Travel and leisure
- Volunteer opportunities
- Pet services
- Consumer information

#### Adult Care

- In-home, companion, and respite services
- Independent living resources
- Legal and financial issues
- Assisted living and nursing home options

#### Education

- K-12 public and private schools
- In-home and center day care
- Preschools
- Post-high school education
- Financial aid, scholarships, tutoring

In addition to the consultation and referral service, you have access to thousands of practical, relevant, and reliable materials related to work/life topics on the EAP website, including webinars, articles, podcasts, calculators, assessments, and resource locators.

**Anytime, any day, you have access to no-cost professional work/life consultation and referral services to help you live your best life. Call or log on today to get started.**

**24/7/365 PHONE:**

1.800.833.3031

**WEBSITE:**

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

Code: IOWA