



DHA Elder Care Help Line

Eldercare disrupts work/life balance and negatively impacts work performance costing employers billions of dollars each year. Employers not addressing eldercare issues will see a marked decline in their “bottom line” with decreasing return on investments because of the following negative factors:

- Employees providing elder care to family members sometimes quit their job because they are overwhelmed by eldercare responsibilities
- Employees use more sick time administering eldercare or because they are stressed out and fatigued and require time to rebuild themselves
- Employees use company time to contact doctors, home health care aides, insurance companies, decreasing job performance and productivity
- Employees cannot focus on performance creating higher number mistakes, accidents, workers compensation claims. They are unable to meet normal deadlines, thereby decreasing productivity while increasing work related stress on top of their eldercare stress.

DHA Elder Care Help provides the HELP employees need to address these issues through telephone consultations with professionally trained DHA staff. Through our own personal experiences we realize that hospitals and facilities do provide placement services for the elderly, but assessing their offered alternatives can be extremely stressful for your employees. DHA can and will assist your employees who are struggling with these decisions and the overwhelming guilt they may be experiencing by:

- providing caregiver support, balancing work and eldercare giving responsibilities
- developing stress reduction strategies and avoiding burn out
- explaining how to conduct family meetings developing treatment plans
- explaining how to share care giving responsibilities among family members
- explaining how to address eldercare safety concerns, home safety, life line
- providing community caregiver resources with telephone contacts
- identifying types of homes; nursing, assisted living, and geriatric care
- discussing legal and financial help
- providing local Hospice care resources
- providing community referral resource providers



DHA Healthcare Help Line:

DHA Health Care Professionals, (RPA and RN's) can help assist your employees and their families if they should become ill, and have healthcare questions and concerns. A healthy employee is more productive in the workplace. DHA is committed to helping your employees and their families by providing these services promoting employee wellness in the workplace. Employees may call the DHA healthcare help line and will receive the following services:

- Free information regarding healthcare concerns
- Learn about medical conditions that affect them and their families
- Receive healthcare answers to their questions to assist them in making better decisions
- Prepare themselves to make the necessary life changes to improve their health
- Provide referrals services to community service providers
- Provide simple explanations to medical conditions and medications that are easy to understand
- Employees can contact healthcare help line from the privacy of their own home via telephone, email mail, website or in person covered under the company Employee Assistance Program