

Eldercare resources to keep your aging loved ones safe



Whether you are providing hands-on assistance or managing care from afar, Headspace can support you in all areas of elder caregiving.

Contact us via phone for around access to a range of eldercare services:



- Consultations by professional elder care consultants qualified to assess your elder's needs and make personalized recommendations.
- Resources and referrals for in-home care providers, assisted living providers, skilled nursing facilities, community resources, household services, transportation, grocery and meal delivery, and more.

Headspace members also have access to immediate mental health support and meditations including:

- One-on-one guidance from coaches and clinicians who can guide you through challenging emotions and help you reach your goals
- Hundreds of guided exercises for meditation and mindfulness to stress less, focus more, and sleep soundly

Headspace provides confidential mental healthcare and work-life resources to you and your family.

To learn more about your Headspace EAP benefit, visit: [enrollment URL](mailto:enrollment@headspace.org)

