



## Adult Family Care

Support. Just When You Need It.



*“My mom was having a hard time staying at home alone. Since I can’t be there 24/7, I reached out to Concern to determine the best services for her, now and down the line. They quickly helped me find just the right professionals to work with.”*

Maybe it started slowly over time. You visited your parents and started to worry about them living alone. Maybe it happened all of a sudden. Dad slipped and broke his hip. No matter how it began, you are now a family caregiver. You are not alone—there are 55 million family caregivers across the country.

You want to provide your loved ones with the best care you can. In this new role, you may feel overwhelmed and hardly know where to start. Concern is here to help.

Concern’s Adult Family Care resources is about getting the right help and information to manage day-to-day challenges and enable aging parents to stay active and independent for as long as possible.

**Our experienced adult care consultants can provide the following services:**



**Assessing Your Needs.** We engage each caregiver in an initial evaluation to determine the most pressing adult care needs, and together we set caregiver priorities



**Ongoing Support.** You’ll receive confidential support and follow up at week one, week three, and at six months



**Education.** Learn more about aging conditions like Alzheimer’s and others



**Referrals.** Our consultants can refer you to information and pre-screened local and national services, like:

- Medicare and state-specific program education
- Assisted living, residential, skilled nursing and adult daycare options
- Meals on Wheels
- Community support groups
- Home health services options
- Adult care attorneys

Call our toll free number and ask for a Consultant who can help take care of you while you’re taking care of the ones you love.

**Call: 800.344.4222**  
**[employees.concernhealth.com](http://employees.concernhealth.com)**