

NAVIGATING THE BALANCE OF WORK & CARING FOR AGING PARENTS

Training by:

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1



- Employee Assistance Programs (EAP)
- Critical Incident Stress Management (CISM)
- Career Transitions
- Custom Training Solutions
- Coaching Services
- Health and Productivity Services
- Human Resource Consultation
- Organizational Development
- Employee Surveys
- Workplace Mediation

2

THE BUSINESS *bite* 



FIND YOUR SUMMER BALANCE WITH *purposeful boundaries*

JUNE 13



3

OBJECTIVES

- Supporting aging family members and the tolls it takes in both personal and work life
- Strategies for coping with new and often unexpected realities and ways to help find balance
- How employers and co-workers can give support to caregivers



4

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5

RESOURCES FOR CAREGIVERS

- Village Employee Assistance Program (EAP)
 - <https://www.thevillagefamily.org/services/village-business-institute/eap>
- Alzheimer's Association of Minnesota – North Dakota
 - <https://www.alz.org/mnnd>
- Local home care agencies
- Local hospice agencies
- Regional Veterans Affairs
- "40 Resources for Caring for Aging Parents"
 - <https://www.seniorlifestyle.com/resources/blog/40-resources-for-adult-children-caring-for-aging-parents/>



6

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www.VillageEAP.com

7