



Support for Family Caregivers: Brought to you by the Aurora EAP

Aurora EAP is also here to help: 800.236.3231. Give us a call if you would like to talk. We are able to provide confidential support, a kind listening ear, and assistance in finding resources in your community.

Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease.

Visit CAN at <http://www.caregiveraction.org> to receive support whether you:

- Recently realized you're a family caregiver
- Have been a family caregiver for years
- Don't live by your family but are a caregiver
- Have a job and are the caregiver for a loved one

Caregiver Action Network offers the following on-line support:

- Top 10 Tips for Caregivers: Helpful advice for caring for a loved one
- Care Community: Share and talk with other caregivers
- Rare Disease Caregivers: Caring for those with rare diseases
- Alzheimer's Caregivers: Caring for loved ones with Alzheimer's disease
- Cancer Caregivers: Help for cancer caregivers