

Caring for an elderly loved one

Caretaker. Provider. Advocate.

If you're caring for an elderly loved one, you may be wearing several hats on any day. Whether providing hands-on care, attending doctor appointments as an extra set of ears, or advocating on your family member's behalf, you'd probably welcome support to help navigate.

Did you know

1 in 5

adults are caregivers?



Caregivers are...

58%
women

60%
65 years old or older

37%
caring for a parent or parent-in-law

Nearly **10%**
providing care for someone with dementia



Are **YOU** the

1 in 6

non-caregiver who expects to **become a caregiver** within 2 years?

Statistics based on the latest caregiving studies by the CDC and AARP (2015).



What support is available to my loved ones?

Care.com

From transportation to help with errands to in-home assistance, [care.com](https://www.care.com) offers important—even critical—support for your loved ones.

Simply register for your free membership through [Boston Scientific](https://www.bostonscientific.com) or the care@work mobile app ([Google Play](https://play.google.com/store/apps/details?id=com.care.com); [App Store](https://apps.apple.com/us/app/care-com/id1444444444)). When you call **1-855-781-1303** (press 2 followed by the # sign), a Care Specialist can help you:

- Review qualified care providers.
- Post a job for a family member who may need care when you can't be there.
- Get help with unexpected adult care needs through the [adult backup care service](#).
- Obtain [senior care planning services](#).



3 ways to connect to care@work

➤ Visit: [bostonscientific.com/care.com](https://www.bostonscientific.com/care.com)

☎ Call: **1-855-781-1303**

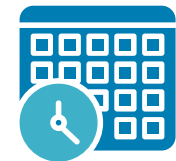
@ Email: careplanning@care.com

Employee Assistance Program (EAP)

Knowing where to start—and how to continue—to provide the best care for your loved one can be complex. Fortunately, the [Employee Assistance Program \(EAP\)](#) through GuidanceResources® can support you on your journey. See the [elder care services and support](#) you and your household members can tap into 24/7, at no cost.

GuidanceResources® Now

As a caregiver, you deserve convenience. Download the GuidanceResources® Now mobile app ([Android](#); [Apple](#)) to find information, resources, providers, and more—all while on the go. Available to all Boston Scientific employees and their eligible dependents.



Family caregivers spend an average of

24.4

hours per week providing care.

National Alliance for Caregiving and AARP, Caregiving in the U.S. (2015)



What support do I have as a caregiver?

Solutions for your emotional wellbeing and more

Caring for an elderly loved one can be challenging. The Employee Assistance Program (EAP) through GuidanceResources® offers a variety of care-related services, including:

- Work-life solutions
- Legal guidance
- Financial resources
- **Elder care resources**

Of course, as the caregiver, you need support too. That means being able to talk with someone who has your needs in mind. The EAP offers confidential counseling with licensed clinicians who will listen to your concerns and refer you to a licensed counselor near work or home for five free face-to-face sessions. If you prefer, phone or video counseling is also available. To get started, call GuidanceResources® at **1-866-812-5303**, company code: **EB3414X**.

What support do I have as a caregiver?

Helping you navigate the road ahead

Ever wish you had a map to guide you on your caregiving journey? [Care.com](#) offers just that through [Important Resources for Caregivers](#)—a comprehensive guide that covers difficult discussions and decisions, and other important topics:

- Help mom and dad stay at home
- Talking about senior care communities
- Cost for senior care
- The importance of estate planning
- Respite care
- Dementia caregiving
- End of life care

Short on time?

View these [Takeaways for Caregivers](#).

Other wellbeing resources

See all the services and resources available to support your emotional health through Boston Scientific's [EAP](#).

Personal Assistant Service... to help you take care of you

You have many commitments—home, family, career, and you. How do you do it all? You need support, and the Personal Assistant Service through GuidanceResources® can help. In addition to finding qualified elder care services, Personal Assistant experts can connect you to the right resources for anything from home modifications and pet care to buying a new appliance or planning a wedding. [Learn more](#).



To get started:

📞 Call: **1-866-812-5303**
(TDD: **1-800-697-0353**)

➤ Online: [guidanceresources.com](https://www.guidanceresources.com)

■ App: GuidanceResources® Now
Web ID: EB3414X



How much time can I take to provide care?

On average, caregivers in the U.S. spend more than 40 hours a week tending to the daily living needs of an adult family member—making it a full-time job that comes with stress. One thing you shouldn't have to worry about is taking time to provide the necessary care.

Time off options (to care for your loved one and you)

Boston Scientific offers employees up to 12 weeks of **unpaid family leave** to care for a family member. You can also receive up to 10 days (increased to 15 days for 2020 in response to COVID-19) of subsidized **adult backup care** each year.

For self-care, full-time employees can take advantage of the **Personal Enrichment Sabbatical**. This unique opportunity allows you to take an extended period of time away from work to pursue something just for you, so you can return to Boston Scientific revitalized.

Ready to initiate a leave?

You can begin the leave process as early as you'd like, but within 30 days of your anticipated leave date. Learn more by reviewing the **Leave of Absence (LOA) Guide**.

How to stay connected

Whether you're at work or taking time away, here are two important resources designed with your overall health in mind:

- **WellBeing SharePoint site**— Read articles, resources, podcasts, webinars, and more across a range of wellbeing topics. Visit the Family and Friends section for various family-related topics, including experiencing grief, entertainment, and how to better connect.
- **WellBeing Yammer Group**—Join a conversation with colleagues to connect and learn from those sharing similar experiences.

 **Nearly 1 in 4** caregivers spends 41 hours or more per week providing care

National Alliance for Caregiving and AARP, Caregiving in the U.S. (2015)

Benefits to *Fit Your Life*
meeting you wherever you are in life.

