**Potential Facebook content:**

If you’re helping to care for an older adult, you probably struggle with questions. How can I keep my loved one safe at home? How can I get them to all their medical appointments? Is there anything I can do to help manage their depression and mood swings? How do I know when it’s time to consider different living arrangements? Talk with one of our Care Consultants to get simple, practical answers to all those questions and more. No obligation – just see what help is available for you and your loved one.

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Why do so many caregivers of older adults dislike asking for help? Getting your loved one to appointments, keeping them safe at home, managing insurance paperwork – it’s all time-consuming, stressful and difficult to juggle. Realistic, practical help is a phone call away. And in most cases, free of charge.

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Are you part of the “sandwich generation?” Someone who is taking care of an older loved one and your own family at the same time? If so, you know all about feeling overworked and stressed. What you may not know is that there is a resource that can relieve some of your burden. Care Consultation can help you find transportation to medical appointments, keep your loved one safe at home, help you understand depression and challenging behaviors – whatever issues you’re facing. Our solutions are realistic and meet your specific needs.

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One of the hardest parts of caring for an older adult is having so many questions and nowhere to turn for answers. How do I get them to all their appointments? What can I do to help with their depression? Do I need to file these insurance forms? Is it safe to leave them alone? The good news is that we can help provide you with the answers you need. Our simple, practical Care Consultation program guides you to proven solutions to your problems and answers to your questions.

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If you’re helping to care for an older loved one in addition to your job, you’re probably stretched really thin most days. What if there was a program that could point you to proven, reliable resources to help reduce some of your burden? Care Consultation is a unique care-coaching program available for free to xxxx that helps people caring for older adults answer questions, find support services and create solutions to virtually any problem they’re facing.