

# ELDER CARE PROGRAM

## Faculty *and* Employee Assistance Program

1224 Jefferson Park Avenue, Suite 777  
Charlottesville, VA 22903  
(434) 243-2643  
(434) 924-5483



### Components of this Elder Care program include:

#### \*Brown Bag sessions available on the following topics:

Long Distance Caregiving  
Family Dynamics in Eldercare  
Getting Organized for Elder Caregiving  
Housing Options for Elders  
Understanding Medicare and Medicaid  
Caring for the Caregiver  
Elder Caregiving and Work  
Community Resources for Eldercare

Communicating with Healthcare Providers  
Home Safety  
Estates, Trusts and other Elder Law Issues  
Advanced Directives and Living Wills  
Fall Prevention  
Nutrition and the Elderly  
Depression in the Elderly  
Substance Abuse in the Elderly

**\*Individual/family assessment, information and referral, and problem-solving with a LCSW experienced in all aspects of eldercare. These free and confidential appointments can be used for consultation or counseling with employees and their families. Multigenerational sessions are welcomed.**

**\*Telephone consultation for specific questions, concerns or referral needs.**

#### \*Handouts on the following topics are available from the FEAP Eldercare specialist:

Advanced Directives and Living Wills  
Elder Law Attorneys  
Caregiver Tips  
Continuing Care Retirement Communities  
Planning for Eldercare: Checklist  
EAP Eldercare newsletter and brochure  
Elder Resource Guide for Charlottesville  
Alzheimer Resources in Charlottesville  
Getting Organized for Eldercare  
Records and Information Tool  
Home Finance  
Home Safety

Housing Options for Elders  
Long Distance Caregiving  
Medicare and Medicaid Facts  
Guide to Choosing a Nursing Home  
Communicating with Healthcare Providers  
Durable Power of Attorney  
Estates, Wills, Trusts  
Long Term Care Insurance  
Area Assisted Living Options  
Paying for Assisted Living  
Area Nursing Facilities List

Brenda Wilson is a Licensed Clinical Social Worker with over 20 years experience in health related social work delivery, management of social work, disability, long term care and elder concerns. She is a Certified Employee Assistance Professional and as such provides brief counseling, information, consultation and referral assistance to employees and their families. For a free and confidential appointment, call 243-2643.

