

# MIT's new Senior Care Planning benefit through Care.com

Senior Care Advisors help you navigate the ever-changing demands of caring for an aging family member.



Your new comprehensive Senior Care Planning benefit delivers personalized guidance and resources to address your unique short- and long-term caregiving needs, including:

- Professional support and advice through Senior Care Advisors, in-person or on the phone
- Vetted providers across the U.S., including geriatric care managers, elder law attorneys, at-home care services, senior housing, adult day programs, transportation, and Alzheimer/dementia care
- Facilitated family meetings with siblings and extended family
- Short-term in-home backup care for you or an adult or senior family member across the U.S.

## Quality care for your loved ones

Expert advice for you

Experienced Senior Care Advisors provide you and your family with:

### In-depth Individual and Family Consultations

Expert guidance, planning, and support, for you and members of your family

### Customized, Comprehensive Action Plans

Clear, concise, actionable steps for caregivers and their families

### National Networks

Credentialed provider network, plus access to individual caregivers

### Preferred Rates

Negotiation on behalf of clients to obtain best pricing

### Ongoing Education and Consultation

Continuity of support, webinars, caregiving seminars and support groups held on-site at MIT



# Questions?

We've got answers.

## How can Care.com Senior Care Planning help me?

From providing in-depth consultations and sharing caregiver strategies, tools, and resources to facilitating family meetings and generating customized action plans, Senior Care Advisors are available to help you with your unique caregiving needs. Care.com can also provide you with a list of vetted providers in communities across the U.S., including geriatric care managers, attorneys who specialize in elder law, at-home care services, senior housing, adult day programs, transportation, and Alzheimer/dementia care.

We know each situation is unique, and offer personalized, professional information, advice, and support. Senior Care Planning includes an in-depth consultation with an experienced Senior Care Advisor, who can provide information and guidance on service providers, costs and available benefits; facilitate family meetings where every family member's voice is heard, including your loved one who is receiving care; and help you and your family create a personalized plan with clear steps and strategies to address the challenges you face and allow you to enjoy time together and also take care of yourself. Our extensive network of screened providers and resources makes it possible for us to deliver solutions to meet your individual needs.

## Who can benefit from Senior Care Planning?

Whether you are caring for someone nearby or from a distance, addressing short-term or long-term care needs, need a trusted expert to research and locate the right type of service providers to help a loved one living independently, or adjusting to the new responsibility of caring for a parent who can no longer care for herself...Senior Care Planning will be of tremendous value to those who provide physical, financial, logistical, or emotional care for older or infirm family members nearby, or far away.

## To consult with an experienced Senior Care Advisor:

*call:* Care.com: 855.781.1303, ext. 2, Monday-Friday, 9:00 am-6:00 pm EST

*visit:* [mit.care.com](http://mit.care.com)

To learn more about this new Senior Care Planning benefit, visit the MIT Work-Life Center's website at [hrweb.mit.edu/worklife/adult-senior-care](http://hrweb.mit.edu/worklife/adult-senior-care), call 617.253.1592 or email [worklife@mit.edu](mailto:worklife@mit.edu).

