

# Caregiving Solutions to Support Returning to the Office

**Family First works with caregivers to solve the caregiving challenges causing them stress and heartache, so they can return to work with peace of mind.**



## A Holistic Approach

Family First approaches caregiving challenges holistically. Our Expert Care Team works closely with caregivers to identify and solve for the root cause of caregiving challenges and how they impact the whole family. We then find a long-term solution that includes addressing the stress, anxiety, and guilt associated with balancing caregiving and work responsibilities so you can perform your best when you return to the office.

### Family First Helps Caregivers:

- + Develop a Caregiving Blueprint
- + Match loved ones with home care assistance
- + Cope with exhaustion and stress
- + Assess safety issues
- + Address mental health and prevent caregiver burnout