Need help caring for your loved ones?

Caring for others, especially during the pandemic, can be exhausting as well as challenging. That's why this email focuses on caregiving (child and elder care) resources available to you and your family, and how to access them. We want you to know that no matter what you are dealing with, we're here for you. **If it matters to you, it matters.**

IF YOU'RE CARING FOR SOMEONE, YOU'RE NOT ALONE:

1 in 5 Americans are **caregivers.**[1]

41.8 million

41.8 million U.S. caregivers **provide care to someone over the age of 50**.[1]

Caregivers are more likely to have **depression, anxiety, reduced quality of life, and chronic stress** that can lead to other health problems.[2]

[1] *Caregiving in the U.S. 2020 - AARP Research Report*
[2] *Beacon Health*

The EAP provides more than just counseling

In addition to connecting with counselors, the EAP offers online resources via Guidance Resources, including search tools to help you find child or elder care locally. Each UNC constituent institution has an assigned Web ID (go here and scroll down to find yours). Have a question about caregiving resources? Call your assigned EAP phone number anytime (go here and scroll down to the contact chart to get the right number for you).

Shari Gunaka
ComPsych
0:02 / 3:20

Finding child care and elder care resources are two of the top five questions ComPsych gets in their work/life department Click here to learn more about resources for these questions as well as the other top questions.

Beacon Health has caregiver resources too

If you are enrolled for medical coverage under the NC State Health Plan, you have access to Beacon Health. Explore "Family Care and Education" under the Topics section of the site to find parenting tips for children of all ages as well as child care resources designed to help you choose quality care and establish a back-up plan. Have a child returning to school? Access "Resuming school during COVID-19: A Resource Guide for Parents" under Resources for valuable information about the ins and outs of sending your child back to school.

Explore resources related to adult care, including articles like "How Much Care Does Your Elder Need?" or "Finding the Right Nursing Home for Your Elder."

Need to make a change to how you work?

The UNC System supports parents with school-age children with several work/leave options available during COVID-19.

REMOTE WORK
With approval from their supervisor, employees may continue to work remotely if their responsibilities allow.

FLEXIBLE SCHEDULING
Employees can talk with their supervisors about adjusting their work start or end times to provide childcare coverage, virtual school assistance, or other support.

REQUEST REDUCED SCHEDULE
Employees can talk with their supervisors about reducing their work hours for a period of time. Although this would affect the employee's paycheck and benefits, it may be an option for some.

COMMUNITY SERVICE LEAVE
The State has provided increased flexibility to use Community Service Leave for school-related issues, including virtual school needs. Supervisors must approve leave in advance.

ADVANCE OR MAKE UP LEAVE
Some institutions may allow employees to make up leave used for continuing absences, or may provide vacation or sick leave in advance of its accrual. Talk with your supervisor or Human Resources office.

LEAVE BANK
Institutions may offer a leave bank for employees who have child/elder care issues. Check with your institution's Human Resources department for availability.

STAY STRONG

The **COVID-19 Resilience Website** offers a series of web-based resources to help you build your resilience.

childcare/
eldercare

family
issues

anxiety/
stress

finances

If it matters to you, it matters.

health

Resources to help you support your
well-being and build resilience.

depression