



Helpful Resources

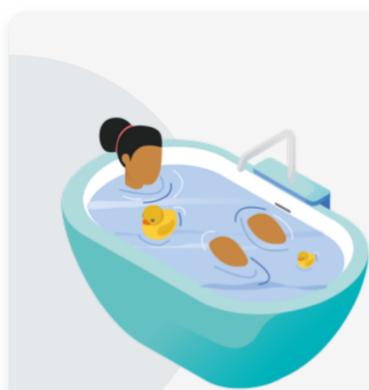
Check out [Workplace Learning Solutions](#) to help support you with training during the COVID-19 pandemic.

Join the [Heartbeat Webinar Series](#) for this month's topic — [Continuing the Conversation: Equity, Diversity and Inclusion in the Workplace](#), Wednesday, Nov 18, 11:00 am EST. Also available to view anytime beginning on Nov 19.

Caring for Loved Ones

Caring for a loved one can be both rewarding and challenging. Putting practical measures into place can help you if you're caregiving and working, and finding emotional support can help you manage stress.

Life



Avoiding the Caregiver Crunch

If you are caregiving for a loved one, you may find yourself feeling stretched thin with all of your responsibilities. It's important to carve out time for yourself and avoid caregiver burnout.

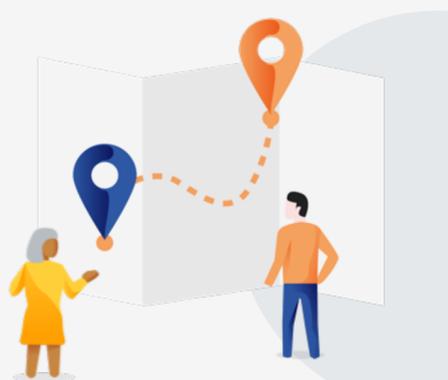
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Life

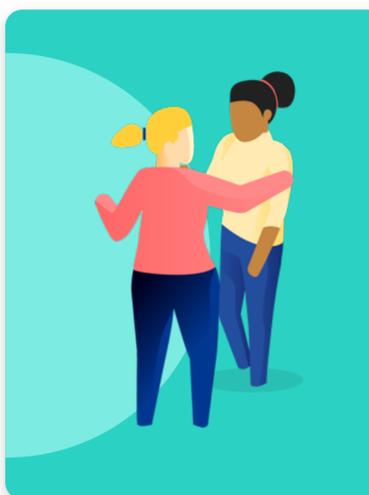
Long-Distance Caregiving

Taking care of an older relative or dependent adult can be challenging when you live in the same home or community. It can be that much more difficult when you are unable to visit.

[Read More](#)



People Leader's Corner



Supporting Employees Who Are Caring for an Older Relative or Friend

It may not be obvious to you in your role as a manager, but many of the employees you supervise are likely caring for an older relative or friend.

[Read more](#)

Recommended for you

Video

Caregiving in an Emergency

[Click here](#)



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