

Turn to **MyAdvocate** for:

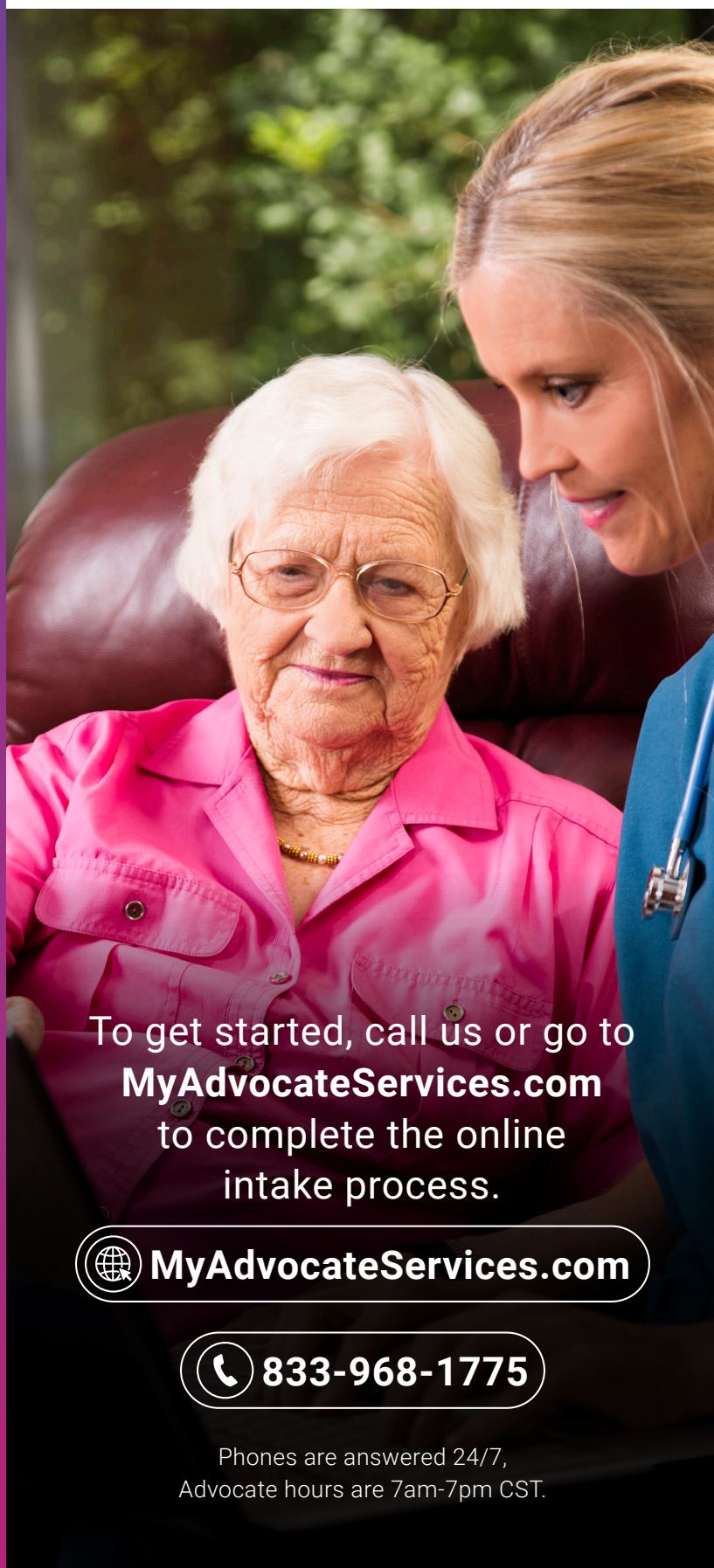
Eldercare Support and Research

As family members age, they can begin to need assistance—from help with cooking and housecleaning a few times a week to an assisted living arrangement or skilled nursing care.

When you contact **MyAdvocate**, you will be assigned a personal advocate who will work with you to understand the situation, answer your questions, research information and options, and guide you through your next steps. Your advocate can even help with appointment-setting and paperwork completion.


How can we help?

Finding resources for short- or long-term support and care at home	Researching adult daycare, assisted living and skilled nursing facility options
Coordinating physical therapy needs	Scheduling appointments
Identifying nearby geriatric care specialists	Addressing senior transportation needs
Exploring financial assistance for medical bills or long-term care	Researching details about home modifications
Connecting with community resources for food insecurity or other types of social issues	Educating about and finding caregiver support groups
Explaining and supporting enrollment in Medicare (Parts A and B), Medicare Advantage, prescription drug plans (Part D) and Medigap plans	



To get started, call us or go to
MyAdvocateServices.com
to complete the online
intake process.

 **MyAdvocateServices.com**

 **833-968-1775**

Phones are answered 24/7,
Advocate hours are 7am-7pm CST.