



## Helpful Resources

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

## Caregiving From a Distance

Caring for a loved one is one of life's most rewarding jobs, but it can also be challenging and demanding — especially when you are distanced from your loved one. Caregivers near and far can benefit from resources that provide practical advice and emotional support to help alleviate stress.

## Life



### General Home Safety for Older Adults

Help your relative reduce the risk of injury at home, feel more confident and more able to maintain independence.

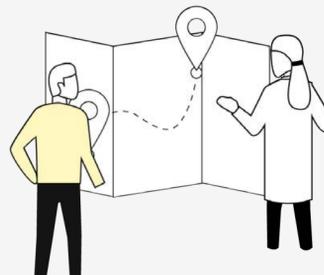
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## Life

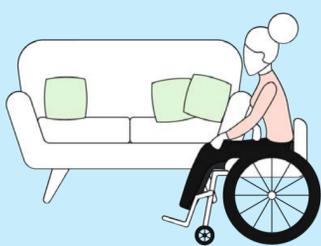
### Long-Distance Caregiving

Read on for some tips on caring for an older relative or dependent adult, when you live far away.

[Read More](#)



## People Leader's Corner



### Supporting Working Caregivers

It's likely many members of your team are caring for a loved one. Here are some ways to offer support.

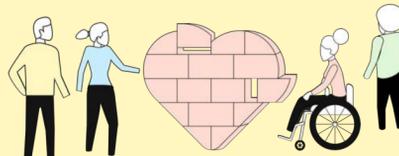
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## Recommended for You

### Video

Sibling Support: Working Together to Care for a Parent

[Click here](#)



[Heartbeat Newsletter Homepage](#)



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