

# Dependent Care Information & Referral

A service offered through Best Care EAP



## Description of Benefits

Best Care has designed this service to help members identify dependent care resources and information quickly and easily, without clutter and confusion that can distract them from their careers, as well as locating the most suitable dependent care solutions.

Members (eligible employees and family members) have access to a wide variety of options for managing dependent care needs. This assistance includes, but is not limited to:

- Individual consultation and case management by a licensed, professional counselor
- A comprehensive assessment of dependent care needs and referrals to qualified providers and/or educational and support services
- Tips on selecting the best provider, including suggested interview questions and information on conducting background checks
- Parenting and/or caregiver educational and informational materials
- Professional, confidential counseling for emotional and exhausting life transitions

### Parenting and Childcare

- Child care resources
- Types of child care
- Guidelines for choosing quality care
- Homework challenges
- Backup care or other special needs
- Parenting Concerns
- Discipline
- Blended families

### Eldercare Resources

- Independent and assisted living resources
- Home Health care
- Nutrition programs
- Support groups
- Community assistance
- Transportation services
- Residential care facilities
- Health & wellness
- Caregiver burnout

For more information about Best Care EAP's Dependent Care Information & Referral services, please call (800) 801-4182 or (402) 354-8000.



**BEST CARE**  
EMPLOYEE ASSISTANCE PROGRAM

402.354.8000 / 800.801.4182

[www.BestCareEAP.org](http://www.BestCareEAP.org)