



*LifestageCare*

# Your family care resource locator for eldercare & childcare solutions

Each day, many working Canadians begin their morning with a “second shift” of caregiving – helping aging parents, helping a family member recover from illness or surgery, or managing their children’s routines. In fact, roughly 15 million Canadians provide unpaid care for children and older adults, and about 70% of families have two working parents. As chronic illnesses rise and the population ages, the demands of managing a career, raising children and/or caring for loved ones can quickly become overwhelming.

## Balancing Work and Care

That’s why your **Employee and Family Assistance Program (EFAP)** includes *LifestageCare* — a national, bilingual, and comprehensive service designed to help you find trusted care and support for your family, from infancy to eldercare.

## Access

Log into **Homeweb.ca** or the **Homewood Health™ APP** and access the **Eldercare and Childcare Resource Locators**.

## What’s Included

Through an online portal, caregivers can tap into an extensive database of vetted providers across Canada. You can compare your options and make informed decisions. You will also find up-to-date information on programs, services, and information that suit your busy family’s needs, from financial assistance programs and checklists for evaluating daycares to choosing a Nanny or exploring residential care.

Whether you’re managing daily responsibilities, exploring long-term options, or you just don’t know where to start, this resource helps you save time, make confident care decisions and reduce stress.

Need more information or assistance? All calls are completely confidential.

1-800-663-1142 | International (Call Collect): 604-689-1717

Numéro sans frais - en français : 1-866-398-9505

**Homeweb.ca**

14<sup>years</sup> Homewood  
Health

Experience the power of care

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## Support for Parents of Children and Teens

Find childcare or special needs services, ask an expert, and access reliable information.

### Services From Infancy to Teen Years.

- Customize your search in a national directory of licensed childcare providers, Nanny care, summer camps, or special needs services for children and teens.
- Search by need, age, and location.

### Find Financial Support

- Provincial and federal financial support resources and links to government programs are provided.

### Expert Advice and Information

- Expert guidance on parenting, child development, and navigating family supports
- “Ask an Expert” where you can ask questions about childcare or special needs parenting
- Articles, newsletters, and trusted links to help you stay informed
- 24/7 online access and phone support
- No fees — just personalized, objective information and resources you can trust

## Eldercare Solutions

Access reliable information, find services, and ask an expert.

### Services From In-home Supports to Residential Care Homes.

- Customize your search in a national database of services including homeware, community-based services, assisted living, retirement residences, nursing homes, respite care, and more.
- Search by need, age, cultural preference, and location.

### Find Financial Support

- Provincial and federal financial support resources and links to government programs are provided.

### Expert Advice and Information

- Expert advice from specialists in senior care and aging
- Information on government financial aid, public programs, and tax credits for caregivers
- A 10-question Family Needs Inventory to help clarify care options
- 24/7 online access and phone support
- No referral fees or obligations — just impartial, reliable information



This service is included at no cost to you as part of your Employee and Family Assistance Program.

Log into **Homeweb.ca** or the **Homewood Health™ APP** to get started.

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