LAURA'S STORY

A plan for Mom. Support for her daughter.



Laura worked full time while caring for her mother, Rose, who lived with her and whose dementia was progressing. Rose sometimes resisted bathing, using a walker, and accepting outside help. Recent falls added to Laura's concerns about caring for her mother at home.

A dedicated Generations Advocate helped Laura:

- Plan for daily care
- Understand dementia
- Address home safety
- Explore care options
- Care for herself

Personalized guidance. Practical help.

Over five weeks, Laura's Advocate:

- **Developed a personalized care plan** addressing safety, daily routines, and future needs, with room to adapt as circumstances changed.
- **Shared dementia education and care strategies,** including presenting bathing as a "spa day" to help Rose feel more comfortable accepting care.
- **Suggested home safety measures,** such as installing grab bars and keeping an alert device within reach.
- **Researched local assisted living options** to help Laura prepare if her mother needed more care than she could provide at home.
- **Provided caregiver resources and encouragement,** acknowledging Laura's stress and reminding her to make time for her own needs.
- **Stayed in touch by phone and email,** scheduling follow-up around Laura's responsibilities.

Why having ongoing support matters

For Laura, the help went beyond a care plan and practical resources. Her Advocate listened when days were difficult, helped her consider care options, and answered questions about her mother's needs.

With her Generations Advocate available as new concerns arose, **Laura didn't have to figure everything out on her own.**

Get support on your caregiving journey, just reach out:

866.799.2728
answers@HealthAdvocate.com
HealthAdvocate.com/uswlocal286

Registration code: 84PPKYK

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