

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.

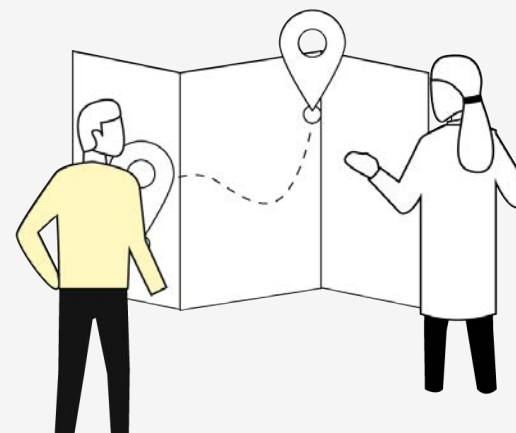
[Read More](#)

Life

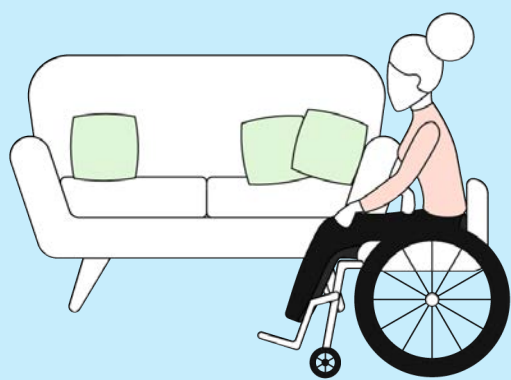
Long-Distance Caregiving

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.

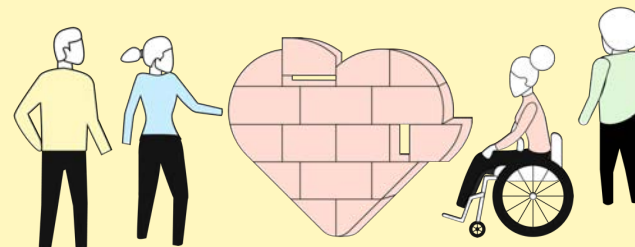
[Read More](#)

Recommended for You

Video

Sibling Support: Working Together to Care for a Parent

[Click here](#)



[Heartbeat Newsletter Homepage](#)



895 Don Mills Road, Tower One, Suite 700
Toronto, ON M3C 1W3

© 2021 LifeWorks Inc.