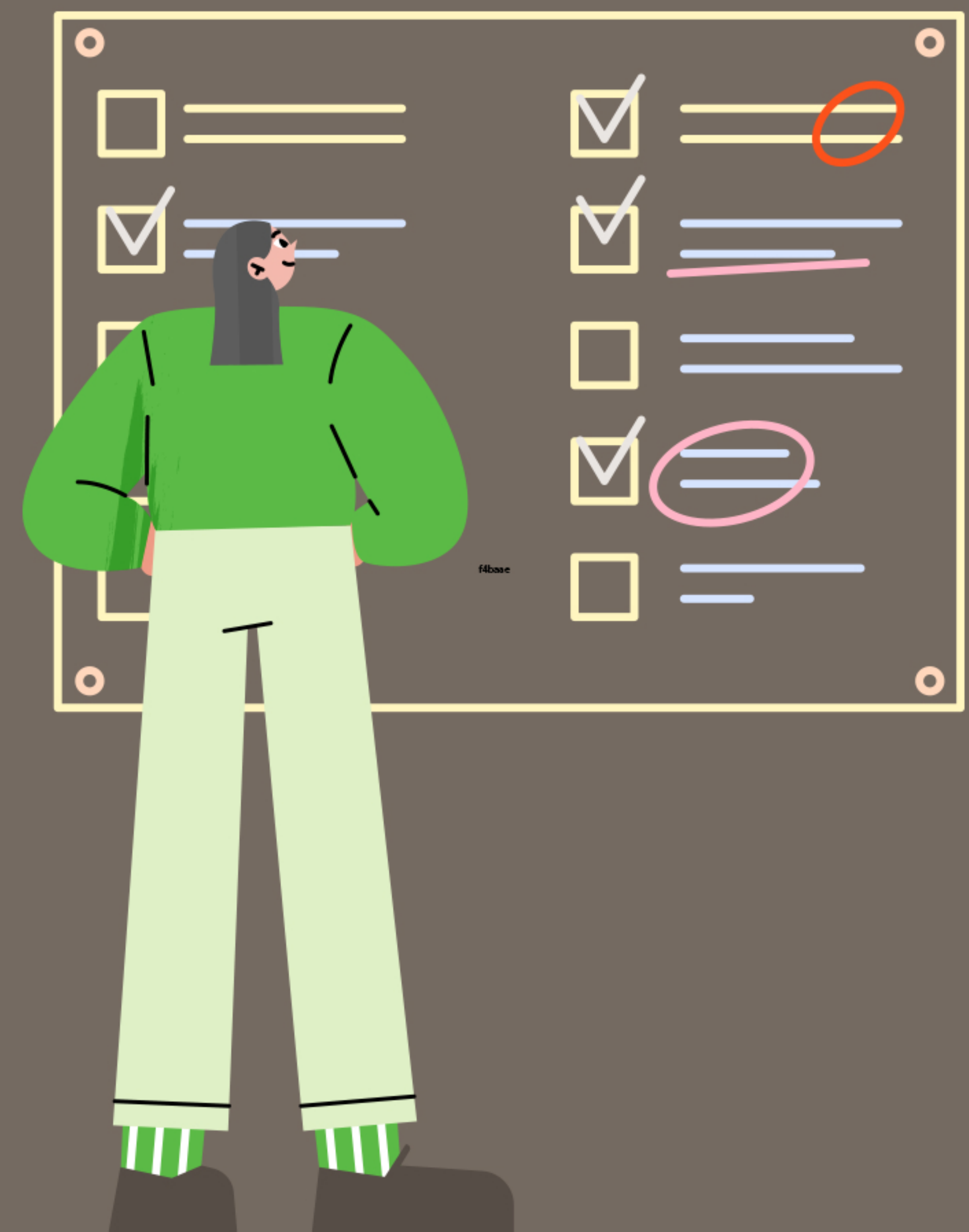


Juggling responsibilities:
Caring for elderly parents
while working full time.



Get organised

Prioritize responsibilities to manage time. Create a to-do list and use scheduling tools to seamlessly mix your caregiving responsibilities with work.



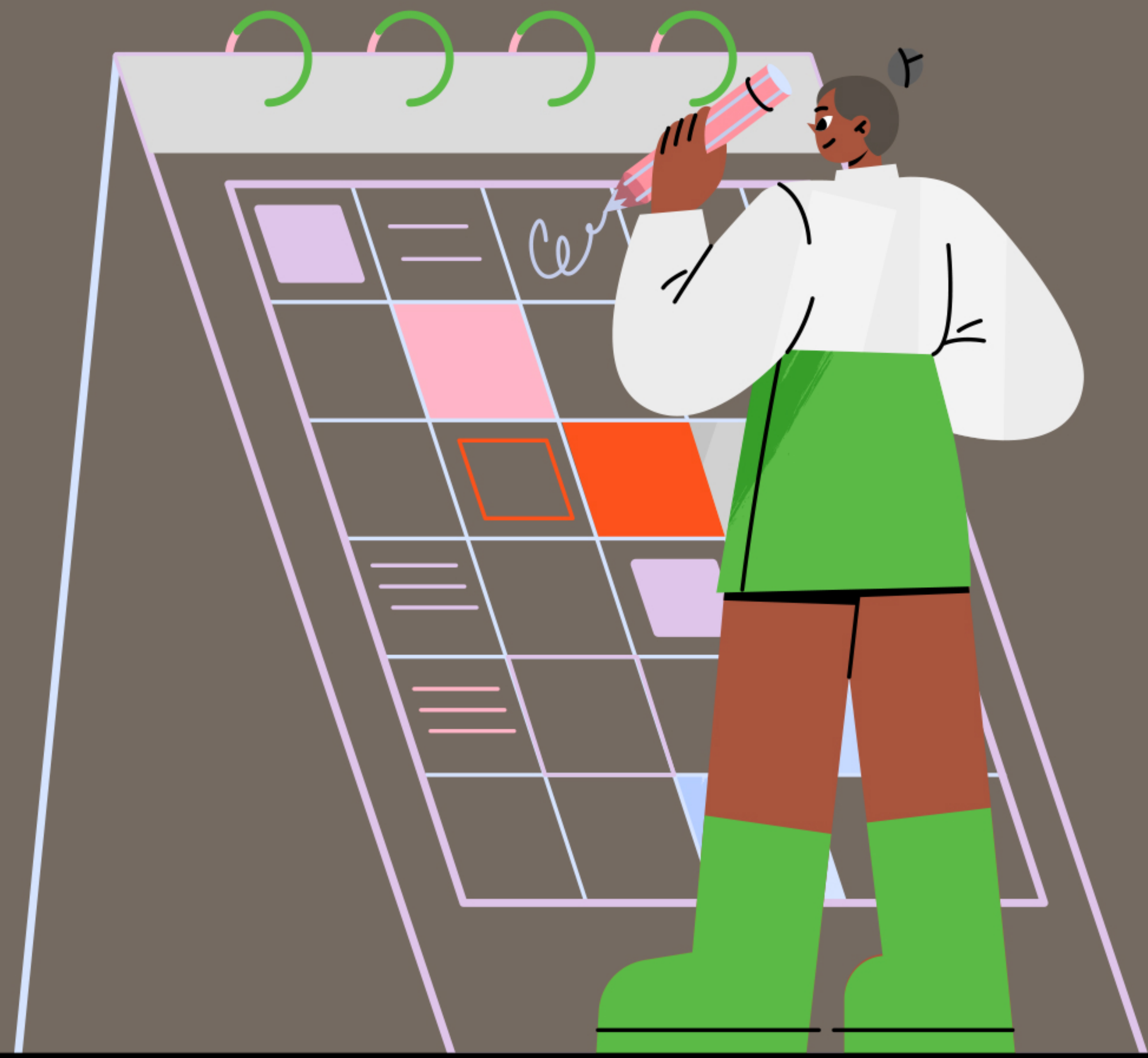
Stay focused

Schedule caregiving duties during your lunch breaks and after work-hours. While at work stay focused and keep your work-life separate.



Create a contingency plan

Always, have a backup plan to deal with unforeseen emergencies.



Get support

Never be afraid to ask for help. Reach out to family, friends when you need an extra hand at home and arrange with colleagues to cover for you when you have to get away.



Inform your employer

Have an honest conversation with your employer to schedule your deadlines and tasks. But make sure to reiterate your commitment to work.



Take a break

Don't skimp on your "me-time". Caregiving can be emotionally and physically draining. Do things that will help you relax and de-stress.



Take care of your employees' emotional wellbeing with Wellbeing on the Web.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars