Who can use the FEAP services?

All employees, their family members, dependents and partners.

How can I access FEAP?

• The FEAP staff are located in the 1224 JPA Building at the corner of Jefferson Park Avenue and Main Street on the 7th floor.

For FEAP appointments:

• Call (434) 243-2643 and specify that this is an Elder Care concern.

What other services can help?

FEAP works closely with the Jefferson Area Board for Aging (434) 817-5222 and other community agencies. FEAP will help you access any of the agencies you prefer.

The Faculty and Employee Assistance Program Services are FREE and CONFIDENTIAL.

For more Information contact:

Brenda Wilson, LCSW, CEAP
(434) 924-5483
Eldercare, work/life, parenting, disability

Ida Perea, LCSW, CEAP
(434) 982-1764
Eldercare, finances, grief and loss, disability

HOW DO I CONTACT FEAP?

FEAP can be reached by calling: 434-243-2643

Visit our website at: http://www.uvafeap.com
The FEAP staff are professionally trained consultants who understand the dynamics of the aging process and know how to identify and help you connect with pertinent resources.

The FEAP Elder Care services can include:

- Consultation and assessment of the employee’s caregiving situation by looking at the physical care needs, family supports, financial resources, legal needs and emotional issues raised
- Problem-solving, short and long term planning and identification of the most pressing concerns
- Providing concrete information about local, state and national resources
- Clarification and emotional support
- Brief individual and/or family counseling around these issues
- Informational seminars or discussion groups on various Elder Care giving topics

What can we do now to prepare and plan?

At any point in the process of elder caregiving, the parties involved can review the status of several financial and legal items. An attorney and/or a financial planner who has a specialty in elder issues may be needed for more specific assistance. At a minimum, the following items should be evaluated:

- Are wills established?
- Is there a Living Will or Advance Directive and do the family members know what the elder person would want done in certain medical or life threatening situations?
- Is Durable Power of Attorney (POA) already established?
- Is property deeded to people who can sell, buy or maintain the property if no POA exists?
- Does the person have a reliable supplemental health insurance policy?
- Is it time to have co-signatures on basic checking and savings accounts?
- Is the current housing arrangement likely to suffice in the event of physical frailty?
- What are the possible resources we could use at different steps along the way?

Discussion and planning ahead can lessen the stress and enhance the quality of life for both the elder and the employee.

What if my elder loved one lives far away?

Long distance caregiving presents special challenges both in terms of stress and in finding resources. The FEAP staff are connected nationally and internationally to other Employee Assistance Programs and can help put you in touch with services and resources in other areas.