

# I'm caring for an elderly parent

## resources for U.S.-payroll employees



[Chevron Care Spot](#) is an internal peer-to-peer online space to connect you with other Chevron families who have similar caregiving needs. Submit a care request to locate help for eldercare, errands and more.



The [Employee Assistance and WorkLife Services](#) is a free, confidential consulting service that can help you locate elder care resources.



Join [Worklife WorkPlace](#) for online peer support and ideas.



[Family Care Benefit](#) may be available to provide you with up to one week (40 hours) of paid time off per year to care for an ill or injured family member, including parents (including in-laws) or grandparent.



[meQ resilience program](#) is an app-based program that can teach simple skills to help you navigate stress and build greater resilience to times of challenge and change.



Through Chevron's partnership with Bright Horizons, with the new [Family Supports](#) website you can access a needs assessment, resource library, and search tools to find elder caregivers and facilities.

If you are struggling to balance work and home requirements, don't struggle alone. contact your supervisor and [HR business partner](#).

