

Family Caregiver Support by Carallel®

You care. **We help.**

For the daughter **juggling** a full-time job and full-time care for her father with dementia, the person **helping** their best friend through cancer treatment, and the couple **planning** to live independently for as long as possible.

For the wife **trying to manage** their spouse's dialysis and keep their head above water and the son **worried** about his mom's driving and **unsure** what to do next.

For the sisters who **disagree** about their mom's medical care, and the person who **doesn't have time** to research home modification services or know where to start.

You are a caregiver, and Carallel is here for you.

With all you have to shoulder, you can depend on Carallel for support, guidance and easy-to-use resources.

Ask our Care Advocates how to:

- Keep loved ones safe at home
- Afford caregiving
- Plan for what's ahead
- Tackle difficult topics and conversations
- Manage your own health and wellness

24/7 access to digital tools

- Build community and manage tasks
- Access information about caregiving topics
- Watch videos to help you help your loved one
- Find the right resources for you

Call us to get started: 1-888-559-5330

Monday - Friday, 8 a.m. - 7 p.m. ET (TTY 711)

Log in: **app.carallel.com/caritas**

AmeriHealth Caritas
Care is the heart of our work

Carallel®

Frequently asked questions

Am I a family caregiver?

You are a caregiver if you provide care for a spouse, family member or loved one. That could mean helping with doctor visits, medications, groceries, expenses, or planning for the future.

Why use Carallel?

It can be hard to cope with caregiving responsibilities or feel that you're doing the "right things". Carallel's caregiving experts and digital tools make it easier.

How can a Carallel Care Advocate help me?

Care Advocates are caregiving experts. They're here to listen, do research, and chart a path forward that you can feel confident about. They can help you manage your loved one's health conditions, navigate family dynamics, find in-home care providers, and more.

Is there a charge to use Carallel services?

No. Carallel is a benefit for all AmeriHealth Caritas associates. There is no cost to use the service.

Who can use Carallel services?

All AmeriHealth Caritas associates and their families can use Carallel services. Just have the associate's email address ready when you call.