



## When's The Right Time to...



It's often said that "timing is everything." Here at Work & Family Benefits, we agree. Timing and planning are **key elements** in taking care of those in your family who depend on you. For example:

- Jane has just learned that she's pregnant; thinking about child care at this early point seems far-fetched. When **is** the right time to start looking into childcare options?
- The Thompsons know they'll need before and after-school care for their kids when school starts again. Is it too early to begin looking now – in the middle of the summer?
- Sara's 80-year old mother is in good health, but her 86-year old father has recently had a disabling stroke. Mom says she can handle Dad's needs at home on her own, but Sara is worried about the stress of caregiving on her mother. Since her mom insists everything's fine at this point, is it too soon for Sara to look into options for help in their home, or even independent or assisted living communities that they might need sometime in the future?
- Stan is a year away from retiring. He and his wife have decided they want to spend their retirement years in another state, closer to their grown kids and grandchildren. How far in advance should they start considering plans about senior housing and other relocation decisions?

The answer to all of these hypothetical situations is "now." It's never really too soon to begin to consider, consult, **and let Work and Family Benefits start to research** your options for your own or loved ones' care. WFB's counselors are always ready to help – all you need to do is call.

Or, you can begin your own exploration on WFB's web platform, **My Life Values**. The site is bursting with information, links, adult and childcare searches. And it's all at your fingertips, whenever you have the time to sit down at your computer. Just go to the member section of [www.wfbenefits.com](http://www.wfbenefits.com) and log in.

It's never too early to be prepared, and you have the resources you need through Work & Family Benefits! Free, easy, and at your service – that's WFB!