Senior Wellness Assistance Program

Aiding seniors and their family members by maximizing their overall mental health and well-being

The Senior Wellness Assistance Program is a free personal 24/7 phone careline counseling service provided by Charles Nechtem Associates, Inc (CNA). Think of this Assistance Program as your professional and counseling support system. Whatever your concern or worry might be, CNA counselors are here to help. Your careline is completely confidential and is a benefit for you and your family members. In addition, all Counselors must possess a master's degree or Ph.D. in the counseling field and have five or more years of experience providing both English and Spanish services (other languages upon request).

The Amwins Senior Wellness Assistance Program offers the following services:

- Navigating responses to age-related physical and physiological changes
- Discovering a wise and successful approach to aging
- Issues related to changes in life roles and job status
- Consultation about nutrition, diet and exercise
- Discovering rewarding activities and creative outlets
- Grief and loss related to life transitions or the death of a loved one
- Day-to-day stresses of living and caring for themselves, a spouse, children or loved ones
- Optimizing leisure time
- Anxiety, depression, loneliness and/or feelings of isolation
- Finding and building community and social connections
- Improving self-esteem, autonomy and confidence
- Substance abuse issues

- Our skilled counselors can also assist in finding referrals for:
  - Financial planning and decision-making
  - Community services and senior activity centers
  - Retirement homes, assisted living facilities or nursing homes
  - Information about home care agencies and hospice care
  - Transportation, driving and mobility-related concerns
  - Alzheimer's and dementia resources and support
  - Medicare, Medicaid and Supplemental Security Income
  - Legal issues associated with aging, power of attorney, living wills, living trusts
  - Adult day care information
  - Meals on Wheels service

A benefit through your
CONCORDIA PLANS

For additional information or assistance, call the Amwins Senior Wellness Program at 800-531-0200

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