

Senior Wellness Assistance Program

- ▶ Available at no cost through your CHP Medicare coverage.
Aiding seniors and their family members by maximizing their overall 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 mental health 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.

The Amwins Senior Wellness Assistance Program Offers the Following Services:

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

Our skilled counselors can also assist in finding referrals for:

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

* All Counselors must possess a master's degree or Ph.D. in the counseling field and have 5 or more years of experience providing both English and Spanish services (other languages upon request).