

# Next Steps

## Working While Caregiving

Anchor Phrase: I can take steps toward a more balanced life.

[www.thenegativespace.life](http://www.thenegativespace.life)

As you process the content of this chapter, read the action items below and implement the ones that could be helpful to you at this time.

- Check with your Human Resources department to see what employee benefits you have available to you at work that might support you in this season.
- Find out if your employer offers Family Medical Leave Act (FMLA) or Leave of Absence (LOA). If so, consider meeting with your Human Resources representative to learn what's available, when and how you may access it, etc. Even if you don't need or use those benefits now, they may be helpful in the future.
- Consider asking your employer about potential areas of flexibility such as working remotely, flexing hours, shifting responsibilities, etc.
- Reduce responsibilities where you can during this season, such as stepping down from extra committees or roles.
- If you haven't yet, consider telling your employer and/or co-workers about your caregiving role. Use the Reflection Questions from this chapter to support you with this step.
- If changes with your work scenario are not an option at this time, consider visiting the Creating Systems of Support chapter to look at ways your caregiving and household responsibilities could be lightened in this season.