

Duke Employee Elder Care Consultation Service



The Duke Employee Elder Care Consultation Service is one of [Duke's family-friendly benefits](#), designed to help employees facing elder care decisions and offer ongoing support. Established in 2000, the Consultation Service operates through the [Duke Dementia Family Support Program](#), part of the [Duke Aging Center](#).

Any Duke employee or family member of an employee is eligible for a free, confidential consultation with one of [four masters-level social workers](#). Consultations can take place in person in the Consultation Service's Duke South Clinic offices, or by Zoom, phone or email.

Consultations

Employees typically seek out consultations when they are facing a key decision, or during a transition or a crisis. Although caregiver situations vary greatly, common questions include:

- My father isn't safe living alone. What are the options?
- My mother was just diagnosed with dementia. Now what?
- How will we pay for assisted living?

Consultations provide help navigating care decisions, finding resources, creating strategies for challenging behavioral symptoms, and coping with emotions around caregiving. Employees typically leave with greater confidence, relief at knowing they are not alone, and with a roadmap for next steps.

Ongoing Support

Employees may continue to work with the Consultation Service after the initial consultation as needed. Employees may get additional support, and learn about resources from peers facing similar challenges, by attending any of the program's eight [support groups](#):

- African American Dementia Caregivers
- Daughters Concerned for Aging Relatives
- Duke Dementia Evening Care Partners
- Duke Dementia Morning Care Partners
- Long-Term Care Community
- Memory Makers Early-Stage
- Person Living with Memory Loss
- Younger-Onset Dementia

Additional Resources

- [Monthly E-Newsletter](#) with information about support groups and educational programs, and curated articles about aging, caregiving, dementia, and local resources
- [Caregiver Connections](#) monthly webinars by local experts on topics such as managing caregiver stress, understanding dementia, and paying for care
- Presentations to employee groups

What Employees Say

- *The consultation helped immensely with my stress level.*
- *It's a lifeline. The service is good at normalizing needing help.*
- *The assistance I received made the transition and the decision-making so much easier.*

To make an appointment, call 919-660-7510 or email DDFSP@duke.edu