



Andre Hamil
We help our MHN
members get the
support they need.

Childcare and Eldercare Services

Finding the right care for your child or aging loved one can be a challenge. MHN can help.

Our member website is a great first step. Our online library offers tips on returning to work after a new baby and articles to help you understand your aging parents' needs. Our resource directories let you search for childcare and eldercare by location and care setting.

For personalized guidance, call our toll-free line and ask to speak to a childcare or eldercare expert. In addition to a bachelor's- or master's-level degree, our consultants have at least three years' experience in related fields. They'll ask the right questions to understand your unique situation and needs.

Our childcare experts will give you referrals for childcare providers in your area with confirmed openings. They can also help you:

- Understand your care options (and their cost and structure).
- Consider your child's developmental needs when choosing care.
- Learn to evaluate the quality of settings and providers.
- Assess the care of your child once you've made a decision.
- Identify resources to help you with adoption, explore educational options and address your child's special needs.

Our eldercare experts can help you:

- Evaluate your loved one's living arrangements, health care, legal rights, and financial concerns.
- Identify public and private resources, such as skilled nursing, assisted living, home health care agencies, and adult day care providers.
- Learn to evaluate the quality of eldercare settings and providers.



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- Obtain referrals for eldercare providers in your area with confirmed openings.
- Monitor and assess the care of your loved one as needs change.

You don't have to do it all alone! Let us help you find the care you need for your loved ones.

Need help?

Call toll-free, 24 hours a day, seven days a week: 1-800-227-1060

TTY users call 711.

Or visit us at: members.mhn.com

and register with the company code: [cityofsacramento](#)