

How Homethrive Helped a Company Leader Manage Time and Stress in an Emergency

Industry: Management Consulting • Position: President

The Situation

The day before an important meeting, Ben Stroup received a call that his 81-year-old mother had suffered a car accident.

As President of Velocity Strategy Solutions, Ben was responsible for running a business and managing a challenging client load.

As a father and husband, he was responsible for two children at home, and an increase in housework while his wife was recovering from a recent surgery.

As a son, it was also now up to him to help his mother navigate an emergency room stay, intensive care, and finding a rehab facility.

In the space of one day, Ben found himself overwhelmed with his warring responsibilities and new position as caregiver.

"[I had an] advocate that allowed me to ask questions, process information, and help me understand. I just can't imagine going through that experience alone because it's emotional, it's intellectual, and it's coming at you fast."

*~ Ben Stroup, President,
Velocity Strategy Solutions*

The Solution

Ben was in free fall. Doctors and nurses came and went as shifts changed, research needed to be done on attorneys and insurance, and **Ben asked questions only to come away with more.** Everything had happened so fast, and it was already becoming clear that the process would be a months-long endeavor.

Luckily, Ben had access to Homethrive, a wellness benefit that caters to caregivers by offering them curated resources and dedicated support for their unique situation.

Homethrive provided relevant information for Ben's scenario, based on what he shared about his mother's and his own situation during signup. It helped him simplify and curate the vast amount of new information he needed to know for understanding risk situations and making the best healthcare decisions for his mother.

While looking for an elder care attorney, Ben also connected with a Care Guide for one-on-one support. ***Homethrive's Care Guides, experienced professionals in eldercare and healthcare navigation, provided Ben with expert recommendations and hands-on support.*** She took the reins on the research, finding attorneys in Ben's area that were well-reviewed, and writing a custom report with relevant information on their practice and specialties. **With her support, Ben finally had his questions answered and his time restored.**

Case Study

Employee Outcomes

Homethrive allowed Ben to:



Save hours per week
researching and coordinating care



Understand the language
and world of healthcare



Feel less stressed

Summary

The need for a wellness benefit is not obvious until it happens to you personally. Most caregivers do not publicize the fact that they are responsible for the well-being of an aging or disabled family member, and so the struggle that affects one out of every five Americans becomes an invisible one.

Homethrive helps manage the load for employee caregivers, including those in leadership positions.

"[The Care Guide] really helped me keep the focus on the main picture, put the pieces together, and helped it make sense so that I could have confidence in our decision-making and the care that we were arranging."

*~ Ben Stroup, President,
Velocity Strategy Solutions*

