

# UA Lifework CONNECTIONS



## Lotsa Helping Hands at The University of Arizona

UA Life & Work Connections (LWC) is pleased to offer a new web-based resource for faculty and staff called *Lotsa Helping Hands*.

*Lotsa* is a private, web-based resource where individuals can create 'circles of community' to organize family caregivers, committees, volunteer projects and events, military and veteran's families, and much, more!! To date, more than 60,000 *Lotsa Helping Hands* communities have been created around the world. The program is nationally recognized by organizations including the National Health Council, the Alzheimer's Association and the National Family Caregivers Association. *Lotsa* has also been featured on NPR's All Things Considered.

LWC is offering a unique version of *Lotsa* which has been designed especially for the UA community with links to other pertinent campus resources and additional technical support from *Lotsa* if you have questions.

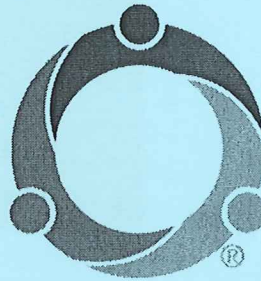
Coordinate activities and manage 'community members' with an easy-to-use, intuitive group calendar. Communicate and share information using announcements, messages boards, status updates and photo galleries. Post tasks that are needed with easy-to-use templates or send well wishes. With *Lotsa*, everyone knows what to do and when to do it. Energy is spent on communicating and helping, not scheduling.

And, *Lotsa Helping Hands* is private and confidential. Really! When you create your own 'community,' only the individuals you invite will have access to information.

There are many ways that *Lotsa* can help you care, and cope with life's challenges and opportunities. We hope this service is helpful, supportive and keeps you connected to the people and activities that mean the most to you – at work and at home! Please remember, *Lotsa Helping Hands* is an additional resource that complements the current services and program offerings provided by Life & Work Connections for UA employees. We still want to meet with you in person!

**Are you a caregiver?**

Are you caring for an aging parent, or someone who is ill? Coordinate meals, organize rides to medical appointments, manage logistical tasks that come with caregiving, keep track of vital information – medical, legal and financial, and stay connected to family, friends and helpers – whether they are close by or far away.



**Lotsa Helping Hands**  
**create community**

**Are you a parent?**

Coordinate child care, or create a network of support for new parents and families.

**Are you a committee member?**

Manage committee activities and projects in your department, coordinate volunteer events at the U of A.

**Do you know military personnel who have been deployed?**

Help a spouse or other individuals who have full responsibility for the daily tasks of child care, or provide moral support for recovering veterans and their families.

To view the November 1st webinar describing how to use *Lotsa Helping Hands* at the University of Arizona, go to <http://www.lotsahelpinghands.com/webinar/lifeworks/>

Getting started is easy! To start your own *Lotsa* community, go to [http://lifework.arizona.edu/wls/lotsa\\_helping\\_hands](http://lifework.arizona.edu/wls/lotsa_helping_hands) and click on the green button at the bottom of the page.

Questions? Email Jan Sturges, Caregiving Coordinator, UA Life & Work Connections at [sturgesj@email.arizona.edu](mailto:sturgesj@email.arizona.edu)