

# VITAMIN

Vital health information in a minute



## Caregiving support

### Resources for you and your loved one

Being a caregiver for a family member or friend who's sick or has a disability is a tough job. It can be especially challenging if you're still in the workforce. About 1 in 4 Americans is a caregiver, and most of them have other jobs, too. They spend an average of 24 hours a week caring for a loved one.<sup>1</sup>

The responsibilities of caregiving can be both rewarding and exhausting. That's why it's important to build a network of support for caregivers. Tap into the following resources to help you navigate the demands of caregiving.

#### Meet with your health care team

Connect with the health care providers involved in your loved one's medical care. They can help assess the level of care needed and refer you to helpful resources.

#### Lean on friends and family

Take your friends and neighbors up on their offers to help. Often, they want to help but don't know how. Delegate specific tasks, such as making a meal, shopping for groceries or making trips to the pharmacy.

#### Hire some extra help

Consider bringing in a home health aide to fill gaps with caregiving or household tasks. You might hire a cleaning or lawn service to keep up with chores around the house and yard. Or, enlist a neighborhood student or friend of the family to help for a few hours a week.

#### Source:

1. U.S. Department of Health and Human Services. Get Support if You Are a Caregiver. <https://health.gov/myhealthfinder/topics/everyday-healthy-living/mental-health-and-relationships/get-support-if-you> (last reviewed/updated January 24, 2020).

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