

Caregiving Q&A: Supporting Wellness for Yourself and Your Loved Ones

Who are Family Caregivers?

- Unpaid family members or friends (informal caregivers), or paid caregivers (formal caregivers)
- Often middle-aged and older adults
- More commonly **women**
- Almost one-third provide care at least 20 hours/week
- Nearly a quarter of caregivers of older adults have young children under the age of 18



***Resources and supports are essential to help caregivers manage the challenges of caregiving**

What Do Caregivers Do?

- Assist with a loved one's social or health needs
- Offer emotional support
- Provide support with activities of daily living
- Help loved ones manage disease or disability



What are Some Benefits of Caregiving?

Caregiving helps care recipients:

- Retain their quality of life and independence in places they call home

Improves mental and behavioral health:

- Reduce depression
- Better self-manage their chronic conditions

Caregiving benefits caregivers by helping them:

- Increase their self-confidence, life satisfaction, and fulfillment from helping others
- Start or add to social networks of friendships associated with caregiving
- Learn and develop new skills



Best Practice Tips

- Take care of yourself: Relax your mind, maintain a healthy lifestyle, and spend time with loved ones to promote health and wellness
- Ask for help: Caregiving supports and resources are available to help manage caregiving duties and challenges
- Talk to someone: Connect with a trusted friend, family member, support group, peer, or faith leader
- Advocate for loved ones: Honor that you are the expert for you and your family. Be curious, ask questions, gather information, and become educated



Resources

- Eldercare Locator – Caregiver Corner **1-800-677-1116** | eldercare.acl.gov
- Alzheimer's Association 24/7 Helpline **1-800-272-3900** alz.org/help-support/resources/helpline
- Caregiver Action Network Help Desk: **1-855-227-3640** | caregiveraction.org



How Can Community Members Better Support Caregivers?

- Help with errands, chores, and other tasks
- Check in or provide emotional and social support
- Connect caregivers with respite care, support groups, and helplines
- Share education and training programs on caregiving strategies
- Encourage caregivers to seek faith supports, community assistance, or mental health services



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For more information: ncea.acl.gov

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