

WHO IS A CAREGIVER?

A caregiver can be a family member, friend or professional who provides physical, financial or emotional support for a relative or loved one whose daily activities are limited by diminished mental or physical function.

Caregivers may live with the elder or live nearby. Some may even live across the country. But no matter where they live, their responsibilities may include providing personal care or finding and managing supplemental care in the local community. They may organize an elder's home health care services, transportation to medical appointments, grocery shopping or other chores, or help manage finances.

People over 85 are the fastest growing segment of our population. And half of them need some help with personal care. For the most part, that care is provided by family members.

Nearly 60 percent of all caregivers today are also employed outside the home. They may lose time at work to cope with health care or other emergencies. It's been estimated that businesses lose upwards of \$11 billion a year due to employees' need to care for a loved one aged 50 or older.

Most adult children do not recognize themselves as caregivers. They accept additional responsibilities as a natural part of their relationship with the older person.

Does this sound like you?



CLICK HERE FOR HELP

People who care for elders face special challenges in their lives. The additional time requirements and stress of coping with a loved one's changing medical and social needs takes its toll. But help is available.

YOU DON'T HAVE TO GO IT ALONE!

Caregivers now have an online resource, linked through the *SeniorConnection* website. Go to www.SeniorConnection.org and click on *Connection for Caregivers*. You'll find a wealth of information and interactive options to support you at home or at work.

HOW CAN I FIND OUT MORE?

Come to the *SeniorConnection* website, click on *Connection for Caregivers*, and keep checking back. It's a fast way to find the answers you need when you need them. New online classes and links to additional resources are added all the time.



www.SeniorConnection.org
Connection for Caregivers

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