

# Your Health and Well-being Matter

## Help for people caring for older adults

The pandemic is challenging many of us, especially people carrying a large amount of stress as unpaid caregivers. You may not even think of yourself as one. You are supporting your parent or sister or friend because it's the right thing to do. You may be helping with bathing, dressing, paying bills, shopping, transportation, emotional support, or other needs. You may be helping them manage their chronic disease or disability.

**You are not alone.** There are 48 million people, nearly 20 percent of the U.S. population, providing unpaid care to an adult family member or friend.

As you experienced, providing care can be rewarding. It can also be very challenging, especially during a pandemic. It is stressful to balance helping your friend or family member and managing your own personal needs, like your job, family, and health. We know that caregiving can lead to mental health challenges such as increases in stress, depression, anxiety. Caregiving can also lead to difficulties in maintaining a healthy lifestyle such as eating healthy and getting exercise.<sup>i,ii</sup> This caregiver burden, stress, or burnout is normal. However, during the pandemic, the burden can feel even heavier due to added factors such as social isolation and financial hardships.

It is essential that you receive the mental, emotional, and social support you need, especially during times like this. Most caregivers are searching for resources to help their friend or family member but rarely take time to help themselves too. Many resources are available for you such as support groups, workshops, and strategies for dealing with the stress of caregiving.

NORC, on behalf of the National Foundation of the Centers for Disease Control and Prevention (CDC Foundation) using funds from its donors and with technical assistance from the CDC, conducted a nationally representative survey, focus groups, stakeholder interviews and stakeholder survey, secondary data analysis of existing surveys of U.S. caregivers, and social data listening, to understand the needs and concerns of older adults and unpaid caregivers during COVID-19. An environmental scan was also conducted to explore strategies and interventions to support unpaid caregivers.



## Resources for caregivers

**AARP** provides information for caregivers, connections to local resources, as well as an online caregiving community and a caregiving support line (1-877-333-5885).

<https://www.aarp.org/caregiving/>

**The Family Caregiver Alliance®** National Center on Caregiving's FCA CareNav™ is an online service for information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.

<https://www.caregiver.org/>

**Eldercare Locator**, a public service of the Administration on Aging, an agency of the U.S. Administration for Community Living, can help you find your local Area Agencies on Aging. Area Agencies on Aging can provide information on in-home care support and other local caregiving services. The service is available online or by phone (1-800-677-1116).

<https://eldercare.acl.gov/>

<sup>i</sup> Associated Press-NORC Center for Affairs Research. 2018. Long-Term Caregiving: The True Costs of Caring for Aging Adults. <https://www.longtermcarepoll.org/wp-content/uploads/2018/10/Long-Term-Caregiving-2018-Report.pdf>

<sup>ii</sup> Centers for Disease Control and Prevention. 2019. Alzheimer's Disease and Healthy Aging, "Caregiving: A Public Health Priority". <https://www.cdc.gov/aging/caregiving/index.htm>

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