

Caregiving Tips

ARAG



4 OUT OF 10

U.S. adults are now caring for a sick or elderly family member


10% increase in number of caregivers between 2010 and 2013¹


Most caregivers spend an average of 20 hrs per week caring for family, friend or neighbor²


36% of U.S. adults said they provided unpaid care to an adult relative¹

Caregivers give so much to help care for family members and friends. The following are 10 considerations for caregivers to help make their jobs just a little bit easier.

1. Communication

Talk openly with your loved one about how they would like to be cared for, particularly if you have the legal power and responsibility to make the decisions.

2. Family

Sit down with siblings and extended family to discuss how everyone can contribute on your caregiving journey. Confirm next steps.

3. Employment

Consider all your options before leaving a job to care for a loved one. What will you do for benefits? Can you go part-time?

4. Finances

How might your financial future be affected by caring for a loved one? Assess your costs/spending and create a budget.

5. Legal Counsel

Consult with an attorney for more complex issues related to estate planning, such as a Will, a Trust and Powers of Attorney.

6. Support

Look into a geriatric-care manager if your loved one requires additional support and medical attention.

7. Medical

Keep current records of all medications, doctors and medical history. Be mindful of drug interactions if your loved one takes several medications.

8. Benefits

Explore free or low-cost government benefits that provide support with caregiver tasks. Understand your loved one's Medicaid and Medicare coverage.

9. Housing

Think about relocating your loved one to move in with you or live closer. Knowing friends, neighbors and people in their area is important to their well-being.

10. Self-Care

To be the most help to your loved one, eat well, make sleep a priority and take time off to do the things you most enjoy.

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¹ Pew Internet Health Tracking Survey, August 07 - September 06, 2012.

² Caregiving in the United States; National Alliance for Caregiving, Washington, DC. November 2012.