

# Fast Facts

# 49

Average age of a caregiver in America



# 19%

Proportion of caregivers who care for more than one person



# 15 hours a week

Average amount of time spent caregiving

Source: AARP, Caregiving in the U.S. 2020 Report



## Contact Us

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Mon-Fri, 8am-5pm or by appointment

Click here to visit our website



Visit our website for an accessible version of this info



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# You wear a lot of hats



# ...one of them might be a caregiver.

# Am I a Caregiver?

Many people hesitate to call themselves a caregiver, not realizing how common it has become in the U.S. today.

Do you....

- Prepare meals or meds for a parent?
- Handle an adult child's finances?
- Support a friend with mental illness?
- Do chores for your elderly neighbor?
- Manage appointments for a spouse?

Caregiving isn't limited to caring for elders. Many Americans are caregivers to spouses, siblings, children or friends of all ages, but they may not call it caregiving. Caregiving is a spectrum - some people may require weekly support while others need 24/7 care.

In fact caregiving is so common that it's estimated that 1 in 4 Idahoans provide support for someone with a physical, intellectual, cognitive disability or mental health condition.

## A change in plans

Sometimes a diagnosis or accident can change a life in seconds. Other times the change is slow and gradual as it is in aging. Either way, it has a long-term impact on the life of the caregiver, often in unexpected ways.



The shift that is required to care for another can be stressful at times, and require lifestyle changes.

Family Caregiver Navigator is a free service with the goal of supporting well-being and reducing stress and burnout for caregivers. Research shows that by supporting caregivers, we also improve the life of the person they care for (Montgomery, 2014).

Contact us today and we'll help you build a sustainable plan for the years to come.

# How it works

## Get in touch

- We focus on caregiver well-being - not the care recipient. Navigators can refer you to Idaho-based resources that can support your caregiving journey.
- Visit our website to learn more about the role of a Navigator, or call now to get directly connected.

## Complete the assessment

- A research-based survey is conducted to assess your overall wellbeing as a caregiver
- Factors include relationship management, stress burdens and existing supports and services

## Take action

- An individualized care plan highlights recommended resources. You determine your priorities for follow-up.
- Text surveys keep the Navigator updated on your progress. Amend your plan at any time.