

November is Family Caregiver Awareness Month



At some point, most of us will help care for a loved one who's aging or disabled.

The fact is that most of us will be caregivers for a family member or friend. For many, the job only lasts a short while. For others, it might go on for years.

If that sounds scary to you, take heart. Many people report finding greater meaning in the role of caregiver than they first expected. But it's important to understand the trials and needs that caregivers face.

Challenges of caregiving

Healthcare costs can add up fast, even with insurance. Some families might also need to pay for services like cleaning, moving and home repairs or modifications. Those who also require home health care, assisted living or nursing home services can find it even harder to manage.

Caregivers can spend as many as 40 hours or more each week helping a loved one. This means that working caregivers often need flexible shifts. Or they end up missing work. And that costs money in lost wages.

Getting or giving help

- **If you're a caregiver**, ask for help when you need it. Don't try to do it all alone. And don't overlook your own needs. You'll be better able to take care of your loved one if you're not sacrificing your own well-being.
- **If you know a caregiver**, ask how you can help. Making a general offer to help is a nice thing to do. Even better, ask or offer to rake the yard, drop off some meals or do other specific tasks.
- **Little things count, too.** It sounds easy to ask how things are going and really spend time listening. But it can make a caregiver's day better. Or, you could run an errand for a caregiver you know. Anything you do will likely be appreciated.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

Resources *for* Living®