

November is National Family Caregivers Month

Show caregivers you care

More than 1 in 6 working Americans report assisting with care for an elderly or disabled family member, relative or friend. Millions of people juggle caregiving with their jobs and other personal responsibilities. Caregiving requires sacrifice and can lead to burnout, fatigue, anxiety and depression.

Here are some ways to show appreciation for caregivers:

- 1 Say thank you.** Share gratitude with heartfelt words or handwritten, thoughtful notes.
- 2 Offer compassion.** Many caregivers can become isolated from friends and family. Simply listen to them talk about how they are feeling and let them vent their frustrations, worries and fears.
- 3 Give them a break.** Babysit, run an errand or take something else off their plate.
- 4 Encourage self-care and support groups.** Remind them to take breaks to address their physical and mental health needs. It is vital to their wellbeing to do so.

Visit your member website for more information.