

EMPLOYEE ASSISTANCE PROGRAM

# CAREGIVING SPOTLIGHT

Family caregivers encompass more than 1 in 5 Americans. Despite the rewards and sense of purpose many get from caregiving, those in this invisible workforce oftentimes face stress and financial challenges and feel overwhelmed and isolated.

**53 million**

Estimated number of U.S. adults who are caregivers

**61%**

of people have jobs while caregiving

**45%**

of caregivers have experienced at least one negative financial impact

**23%**

of Americans say caregiving has made their health worse

**Turn to  
your EAP by  
Perspectives  
to access  
the support  
you need:**

- 24/7 assistance from Master's level counselors. Call or text anytime.
- Care finder locators for childcare, eldercare, special needs care, military, veterans and even pet resources. Visit our Caregiver Locator.
- Seminars, webinars and vetted articles on caregiver and financial stress, burnout support, stress management, parenting, working + caregiving and more.
- Referrals for support groups, nursing facilities, physical therapists and community resources.
- Adoption education and resources.
- Information about child, adolescent and geriatric health and well-being topics.
- Crisis support with unexpected events and caregiving emergencies.

**When you're there to help them. We're here to help you.**

Visit [perspectivesltd.com](https://perspectivesltd.com) and log in to your WorkLife portal to access caregiving support tools and resources.

[perspectivesltd.com](https://perspectivesltd.com) | 800.456.6327

The Employee Assistance Program (EAP) is a voluntary and confidential employee benefit available to employees and their loved ones at no cost.

Statistics sourced from National Alliance for Caregiving and AARP.



# 5 TIPS

## for New Caregivers

*Here are a few tips to help you adjust to your caregiving role.*

1. **Learn how to care for your loved one properly.** At times, you may need to learn new skills, such as how to give injections or prepare a special diet. Ask your loved one's health care team questions. Some hospitals offer classes for family members.
2. **Don't try to do everything yourself.** Make a list of tasks that need to be done. Then when others offer to help, let them.
3. **Explore options for paid help.** Some people just need a hand with daily activities, such as housekeeping or cooking. Others need home health care services, such as nursing or physical therapy. Your EAP can help locate care support services.
4. **Be realistic about what you expect of yourself.** Try not to feel guilty about those days when you're frustrated and cranky. Share your feelings with someone you trust. Consider joining a caregiver support group. Contact your EAP to connect with a licensed counselor.
5. **Make your personal health a priority.** Stay physically active, eat healthy foods, and get enough sleep. Find time for friends and fun. And don't neglect your own medical checkups and screenings. To be at your best as a caregiver, you need to take care of yourself, too.

## Access Caregiver Support

Visit your **WorkLife** portal on [perspectivesltd.com](https://perspectivesltd.com) to access services and resources to navigate family dynamics, parenting, childcare, adoption, senior services, eldercare, military and veterans, disability care and even pet care.

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