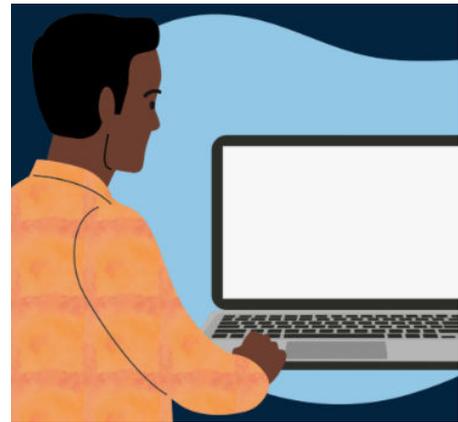


Employed While Caregiving

61% of family and informal caregivers have a full or part-time job outside of caregiving.



Time Management

Focusing on time management helps to **reduce stress** and **improves productivity**. Create a **daily schedule** to manage work and caregiving responsibilities. Use **tools** like planners or digital calendars to stay organized.

Work With Your Employer

Open communication often leads to a more **supportive work environment**. If possible, discuss your caregiving responsibilities with your employer. Explore options like **flexible hours**, **remote work**, or **part-time schedules**.

Seek Support

Build a support network for maintaining balance, reach out to family members, friends, or professionals. **Sharing caregiving duties** can provide relief and prevent burnout.

Self-Care Routines

Prioritizing self-care ensures you are better equipped to **live a balanced life**. Take time for self-care and maintain your health and well-being by leaving your work at home at the end of the day, and **engage in activities** that help you relax and recharge.

Leveraging Employer Resources

Many employers offer resources to help caregivers balance responsibilities, including:

- **Flexible working arrangements** like telecommuting, flextime, or compressed workweeks can support employees.
- **Employee Assistance Programs (EAPs)** offer counseling, stress management, and referrals.
- Paid **family leave** may be offered.
- **Workplace wellness programs** offer health resources.