

# CAREGIVER AWARENESS

Am I a **Caregiver?**

**Caregiver**  
Guides

Starting Your  
Caregiver Journey

The Senior  
Alliance

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Developed especially for family and informal caregivers, The Senior Alliance Caregiver's Guides Series covers every aspect of caregiving.

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# Am I a Caregiver?

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“

*There are only four kinds of people in the world:  
**those who have been caregivers**, **those who are currently caregivers**, **those who will be caregivers**,  
and **those who will need caregivers**.*

- Rosalyn Carter

”



If you regularly provide any form of assistance to someone, such as helping with **personal care**, **managing medical tasks**, **preparing meals**, **assisting with mobility**, or **offering emotional support and companionship**, then you are a caregiver.

Caregiving encompasses a range of activities and does not require you to fulfill every possible care task. Your contributions are valuable and classify you as a caregiver whether your role is large or small.



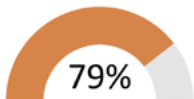
# Caregiver Guides

Developed especially for family and informal caregivers, The Senior Alliance Caregiver Guides Series covers every aspect of caregiving. Check back soon for these guides on specific topics.

Available in Hispanic and Arabic languages.



Nearly 1 in 5 American Adults (53 million) are family or informal caregivers...



of them, 42 million (79%) care for someone over the age of 50.



**63% of caregivers are women**



**The average time spent on caregiving tasks is 22.3 hours per week**

**50**

**The average caregiver age is 50**



**The average caregiving duration is about 3.9 years**



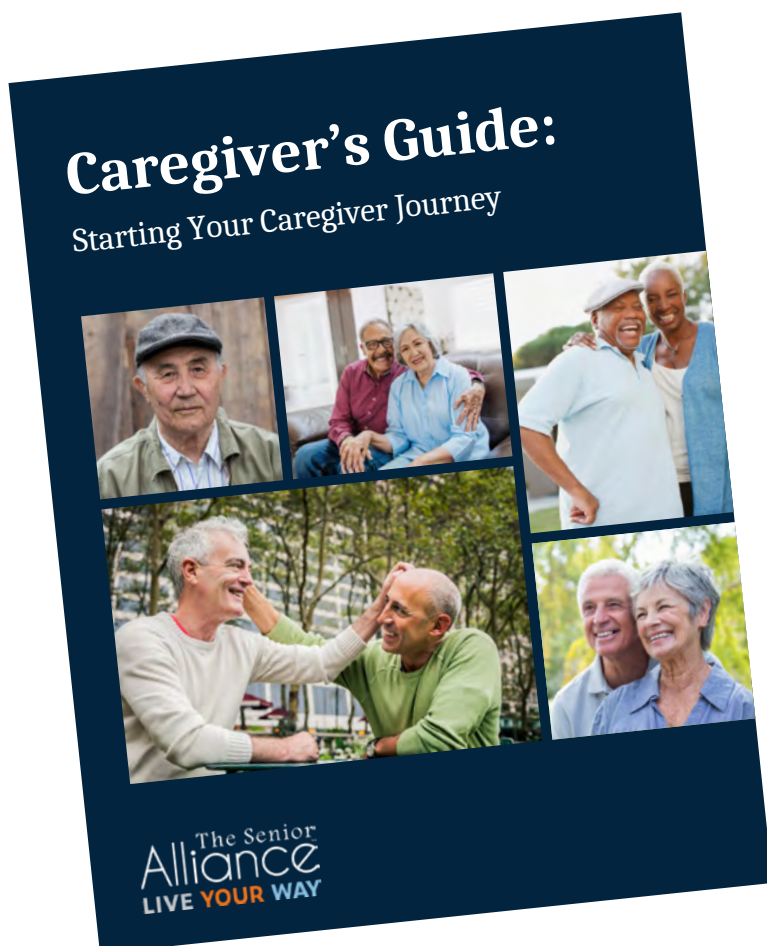
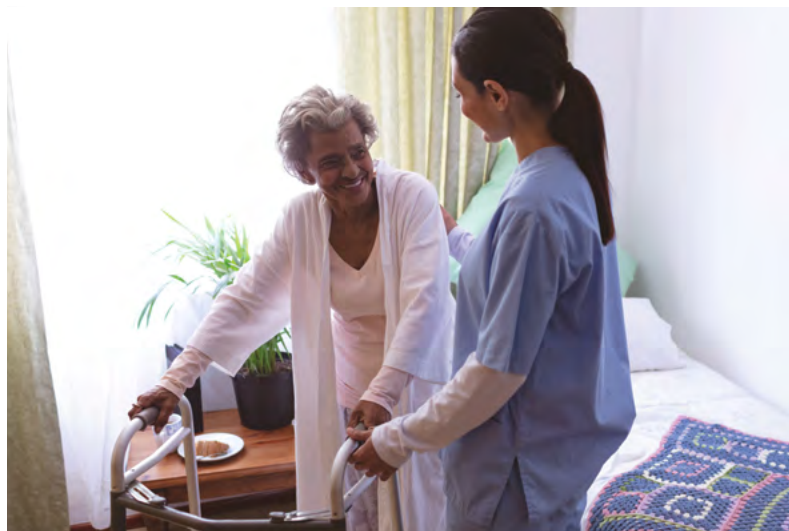
**20% of caregivers say their health is poor**



# Starting Your Caregiver Journey

At The Senior Alliance, we understand the responsibility and compassion that caregiving requires. That's why we're committed to supporting you with resources, guidance, and encouragement, tailored to your specific needs.

The Senior Alliance's *Caregiver's Guide: Starting Your Caregiver Journey* provides invaluable tips and comprehensive information about assessment and planning, wellness and communication, selfcare, and other topics of interest to family and informal caregivers.



Press Play to view or download  
*Caregiver's Guide:  
Starting Your Caregiver Journey*

