

Issue no. 3

# CAREGIVER AWARENESS

Understanding The Unique  
**Needs of Diverse  
Caregivers**

**Caregiving In The  
Black Community**

**Starting Your  
Caregiver Journey**

The Senior  
Alliance

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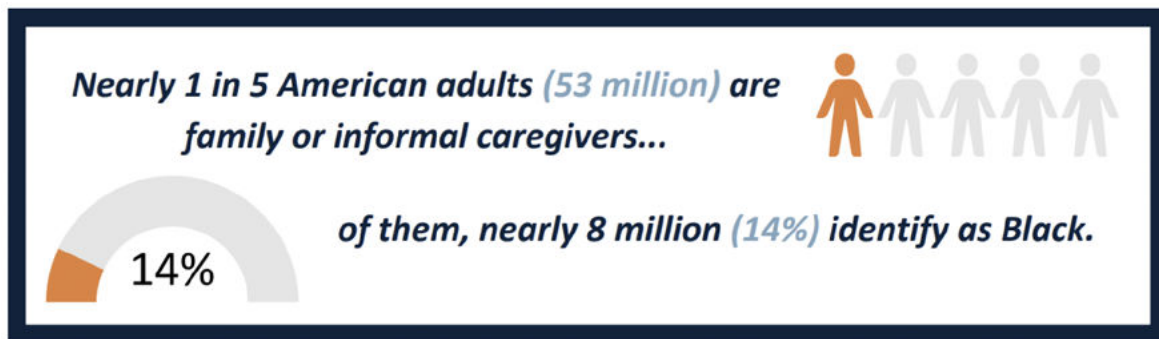




# Understanding the Unique Needs of Diverse Caregivers

Caregivers in diverse cultures often carry a heavier load—balancing caregiving duties with the impact of systemic barriers, financial strain, and a long history of healthcare inequities.

By recognizing the influence of cultural heritage, history, and systemic issues like racism and discrimination, we aim to empower all caregivers with knowledge and resources needed to navigate care systems, thus making the journey less challenging.



If you regularly support a loved one, whether that means helping with meals, managing medications, getting to appointments, assisting with mobility, or simply being there with emotional support, you are a caregiver.

In many communities of color, caregiving often happens without a formal title, woven into daily life as a natural expression of love and responsibility. No matter what you call it or how much you do, your time, energy, and presence make a real difference.

Are You a Caregiver?

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# Caregiving In The Black Community

- **Black caregivers** spend about 1.3 more years in caregiving roles and are over 2 years younger than the national average.
- **They devote** over 9 extra hours per week to caregiving tasks, and the percentage of Black women in caregiving roles is 6% higher than the national average.
- **While the percentage of Black caregivers** caring for a relative matches the national average, these relatives are 25% less likely to be parents.

These differences highlight the significant time and emotional investment required from Black caregivers and the importance of extended or chosen families in the community.



“  
*31% of Black caregivers agree that caregiving had negative effects on their physical and emotional health*  
”

Diverse Elders Coalition

Self-Care QUICK CHECK: In the last week have you...

Slept enough?

Engaged in a hobby?

Practiced mindfulness?

Talked to someone about your feelings?

Exercised?

Spent time with friends?



66% of Black caregivers are female.



Average caregiving duration is 5.2 years.



Average Black caregiver age.



31.2 hours per week are spent on caregiving tasks.

In many diverse communities, caregiving is not a solo journey. It's often shared among family, extended relatives, close friends, and faith communities. Whether it's called "fictive kin" or just being there for one another, this collective support helps ease the emotional and physical weight caregivers carry.

From support groups and local programs to spiritual guidance and community events, there are safe spaces where you can find connection, comfort, and practical help. It's not a sign of weakness to seek support—it's a powerful way to sustain your strength and honor the values that shape how we care for one another.

Get the  
*Caregiving in the Black Community Guide*

Click here

# Starting Your Caregiver Journey

The Senior Alliance is developing new caregiver guides that reflect the unique experiences, values, and needs of diverse communities. These resources will offer culturally relevant support, practical tips, and trusted guidance, designed to help all caregivers feel seen, supported, and empowered. Stay tuned!

Finding the support you deserve.

[Click here](#)

Caregiver support groups, podcasts, and online communities can offer safe havens for sharing advice and receiving empathy and support from fellow caregivers.

Family and friends often find themselves in a caregiving role unexpectedly. Taking care of yourself first is essential for caregivers to remember. If you don't look after your own health, you may find yourself unable to care for your loved one.



## Caregiving in the Black Community

INFORMATION AND RESOURCES TAILORED TO THE BLACK CAREGIVING EXPERIENCE



The Senior Alliance  
LIVE YOUR WAY

## Caregiver's Guide:

Starting Your Caregiver Journey



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