

You might be a caregiver if...

...you provide any kind of extra support to a family member, friend, or neighbor.

You may think of it as just:

- Driving your friend to an appointment
- Advocating for your child at an IEP meeting
- Picking up your dad's prescriptions
- Bringing dinner to your neighbor



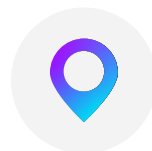
But all of these ways you support your loved ones make you a caregiver—and in that, you aren't alone.



There are currently 53 million caregivers in the United States, which is an increase of almost 10 million in just the last 5 years.¹



Nearly 1 in 5 Americans provide unpaid care to an adult with health or functional needs.¹



61% of caregivers also work outside of the home.¹

There are benefits of being a working caregiver beyond financial stability and insurance. Working can help caregivers maintain a sense of identity, and a space and purpose outside of the home.²

However helpful, those benefits don't erase the truth that balancing your caregiving role and your work life can be challenging. In fact, 26% of caregivers report having difficulty coordinating care, and 23% say that caregiving has made their own health worse.²

Take a moment today to ask your employer if it offers employee benefits that may support your caregiving role now and in the future.



**Author:
Allison
Breinger**

has been a caregiver for her husband since 2011, through a bone marrow transplant and seven cancer diagnoses.

Experiencing firsthand the ways that caregivers are unseen and unsupported, she writes, speaks, and educates on the realities of the caregiving role through her organization, The Negative Space (<https://www.thenegativespace.life>).

References

¹ National Alliance for Caregiving, AARP. Caregiving in the U.S. 2020. <https://www.caregiving.org/wp-content/uploads/2021/01/full-report-caregiving-in-the-united-states-01-21.pdf>. Published May 2020. Accessed October 14, 2021.

² Balancing career and caregiving. Family Caregiver Alliance Web site. <https://www.caregiver.org/news/balancing-career-and-caregiving>. Accessed October 14, 2021.

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