

Tips for working caregivers



As you go through your workday, do you find yourself checking in with a loved one between meetings, scheduling medical appointments on their behalf, or worrying about their well-being while you're away?

As a working caregiver, you aren't alone.

To balance work and caregiving:

- **Consider telling your supervisor and/or colleagues about your caregiving role.**
 - While some employees like to keep their caregiving life private, being open with your team can provide context for needs that might arise, help everyone plan ahead, and help you get the extra support you need and deserve.
- **Ask about flexibility.**
 - Recent years have shown that work can be done in many ways, in different places, and at any time. Ask for flexibility in your schedule and/or location that may help you more easily balance your work and caregiving responsibilities.
- **Check in regularly.**
 - Once you've told your team about your caregiving role, update them if and when things change so they can modify their support and expectations as needed.
- **Cover your bases.**
 - As much as you can, try to stay ahead of your deadlines, knowing that caregiving emergencies can and will occur. Proactively delegate when possible, and alert your team as soon as you know you'll miss a deadline or will need to step away.
- **Look into your employee benefits.**
 - There are likely benefits that could support your caregiving role now and in the future. Check in with your Human Resources department to learn what's available.

61%
of the family caregivers in the United States also work outside of the home.¹

Nearly
1 in 4
caregivers spends at least 41 hours per week providing care, which equates to a second full-time job they don't get paid for.²



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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 Report. <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 National Alliance for Caregiving, AARP. Caregiving in the U.S. 2015 Report. <https://www.aarp.org/content/dam/aarp/ppi/2015/caregiving-in-the-united-states-2015-report-revised.pdf>. Published June 2015. Accessed October 14, 2021.

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