

# Caregiver Support

Caregiver burnout can present itself physically, mentally, and emotionally. It is important to recognize when you are overworked and ask for help. For more information on caregiver burnout and other resources for aging in place, visit [AgingInPlace.org](https://www.aginginplace.org).

## Statistics



Over the past 5 years, 40 million adults spent 37 billion hours providing care for a loved one.



At least 20% of adults are taking care of a parent.



Nearly half of all caregivers have problems balancing work and providing care for a loved one.



85% of caregivers in the U.S. do not receive any outside assistance when providing care.



Caregivers experience more stress when caring for Alzheimer's and mental-health conditions than physical ailments.



20-40% of caregivers will struggle with depression.

## Resources for Caregivers

### Alzheimer Foundation

[The Alzheimer's Foundation](#) provides on-line tips, a toll-free hotline, educational and social services, as well as a link for teens to connect, educate others, and support caregiving teens.

### American Cancer Society

[The American Cancer Society](#) offers caregiver and family resources including, a [Caregiver Resource Guide](#).

### ARCH National Respite Network and Resource Center

[ARCH](#) helps to find services and programs that allow caregivers to get a break from caring for a loved one.

### Caregiver Action Network

[The Caregiver Action Network](#) offers practical lists for immediate help with caregiving.

### Military Caregiving Guide for Veterans and Service Members

This [guide](#) helps caregivers meet the unique challenges of caring for a wounded, ill, or aging veteran or service member.

### VA Caregiver Support

[VA Caregiver Support](#) provides support and services for family caregivers of veterans.

### Nursing Home Compare

[Medicare.gov](#) allows you to search and compare nursing homes within your designated area.

### Well Spouse Association

[The Well Spouse Association](#) provides peer support and education about the special challenges and unique issues facing "well" spouses.