

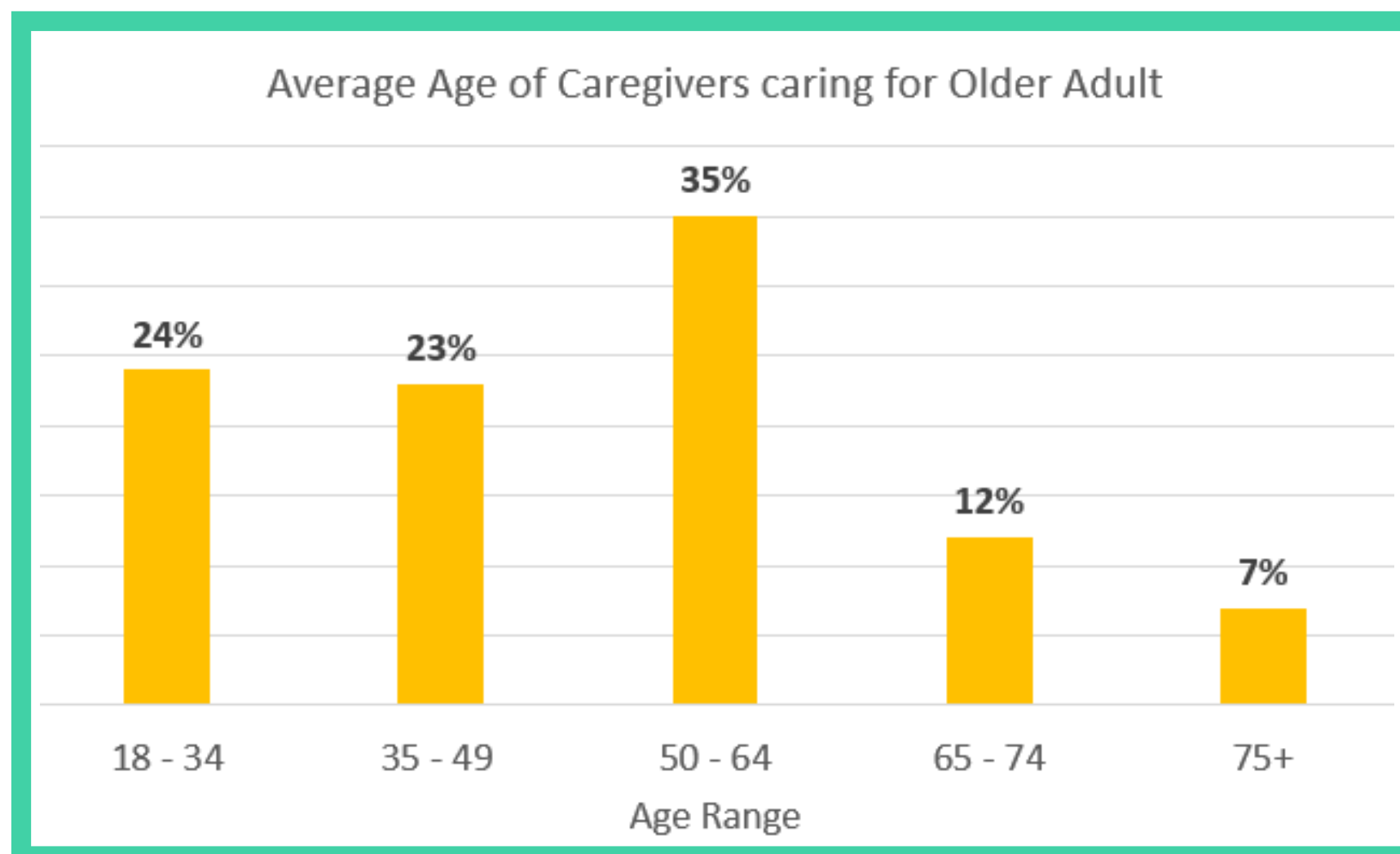
## Informal, Family Caregiving: Keeping Us Together At Any Age

This strategy brief is brought to you by the NH Alliance for Healthy Aging (NH AHA). We are committed to creating communities that support older adults and their families and where New Hampshire's culture, policies, and services advance health, independence, and dignity for all of us as we get older.



Informal caregivers are the glue that holds many families together. They take on a wide range of responsibilities for loved ones such as managing finances, providing transportation, or preparing meals.

Caregiving can be rewarding for caregivers, but it can also be hard. Many caregivers, young and old, make personal and financial sacrifices that lead to higher levels of stress, depression, and serious health care challenges of their own.



Source: Caregiving in the U.S. 2020 Report. AARP and National Alliance for Caregiving



Informal family caregivers are absolutely essential to our health care system. Family members and friends provide \$2.3 billion of unpaid care every year, often delivering complex and technical support such as monitoring IVs or managing medications. They serve as the eyes and ears of clinicians and help prevent small problems from getting worse. And, during the Covid-19 pandemic, they have become even more important, as assisted living and skilled nursing facilities are unable to take new residents.

### DID YOU KNOW?



**170,000+**  
Caregivers in NH



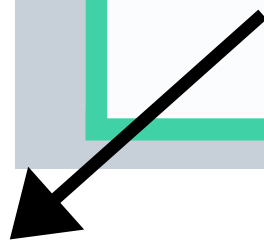
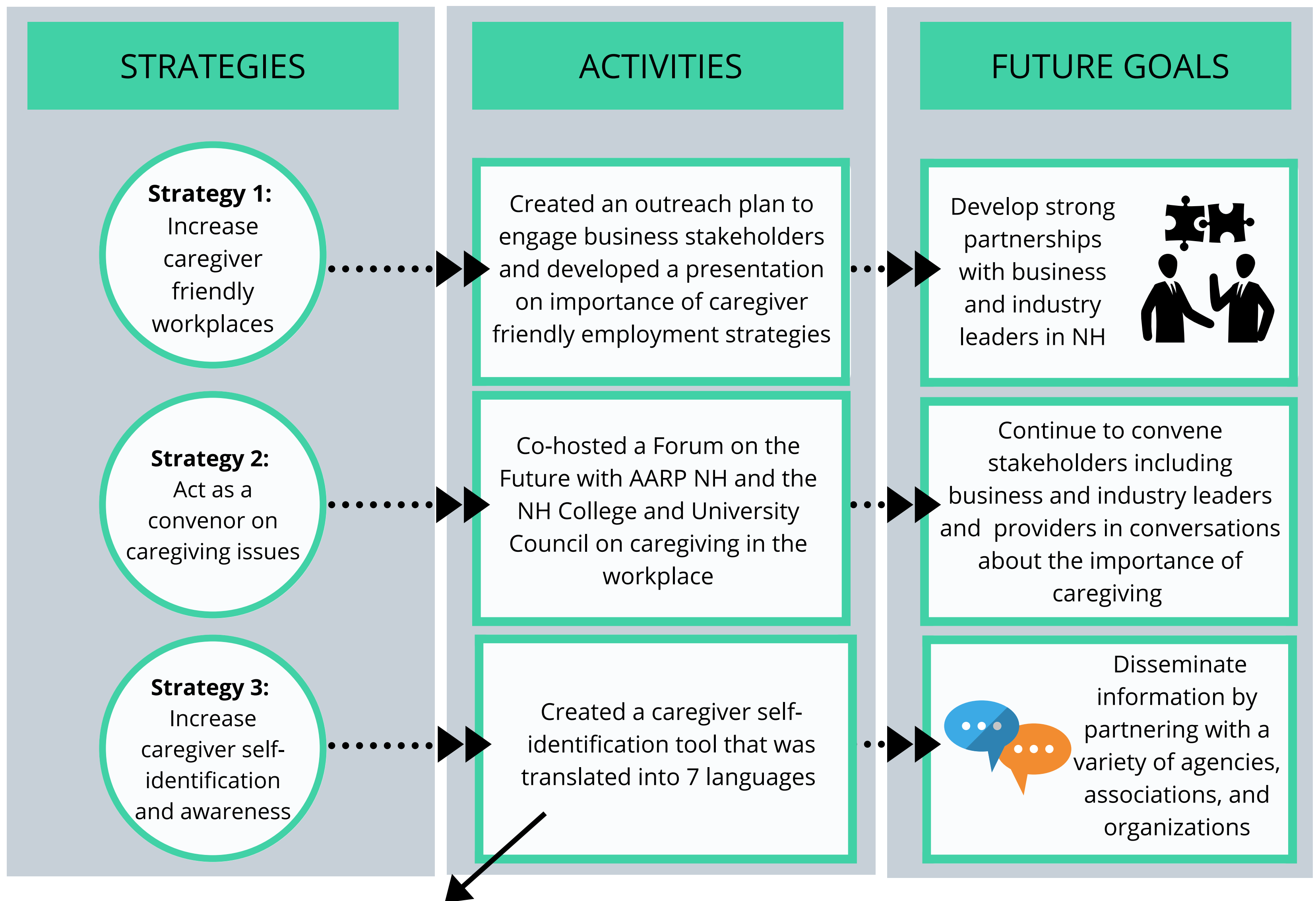
**\$2.3 BILLION**  
in unpaid care  
annually in NH



**25%**  
of caregivers  
are under the age  
of 35



# AHA Caregiving Activities



## DO YOU CARE?

Are you helping a loved one or friend?  
Do you regularly:

- Help someone with household chores, such as meal preparation, cleaning and grocery shopping?
- Make meals for someone?
- Drive a family member, friend, or neighbor to appointments?
- Make phone calls to check in on a loved one?
- Assist someone with their personal business affairs, such as bill paying?
- Provide hands-on care, such as bathing or assistance with eating?
- Help someone make decisions about healthcare?

If you answered "Yes" to one or more of these questions, then you are a Caregiver. At least 17.7 million individuals in the United States are family caregivers of someone aged 65 and over.

MOST PEOPLE WHO PROVIDE CARE FOR A FRIEND OR LOVED ONE DO NOT THINK OF THEMSELVES AS A CAREGIVER AND DON'T KNOW THAT **THERE IS HELP.**

For more information and resources, contact:

**ServiceLink**  
1-866-634-9412  
[www.nhcarepath.org](http://www.nhcarepath.org)

This flyer was created by the NH Alliance for Healthy Aging and was adapted with permission from the National Hospice and Palliative Care Organization's "It's About How You LIVE: At Work" Campaign

## Want to Learn More?

1

**Visit our website!**  
[www.nhaha.info](http://www.nhaha.info)

2

**Follow us on social media!**



NH Alliance for Healthy Aging



#NHAHA603

3

**Contact us!**

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