

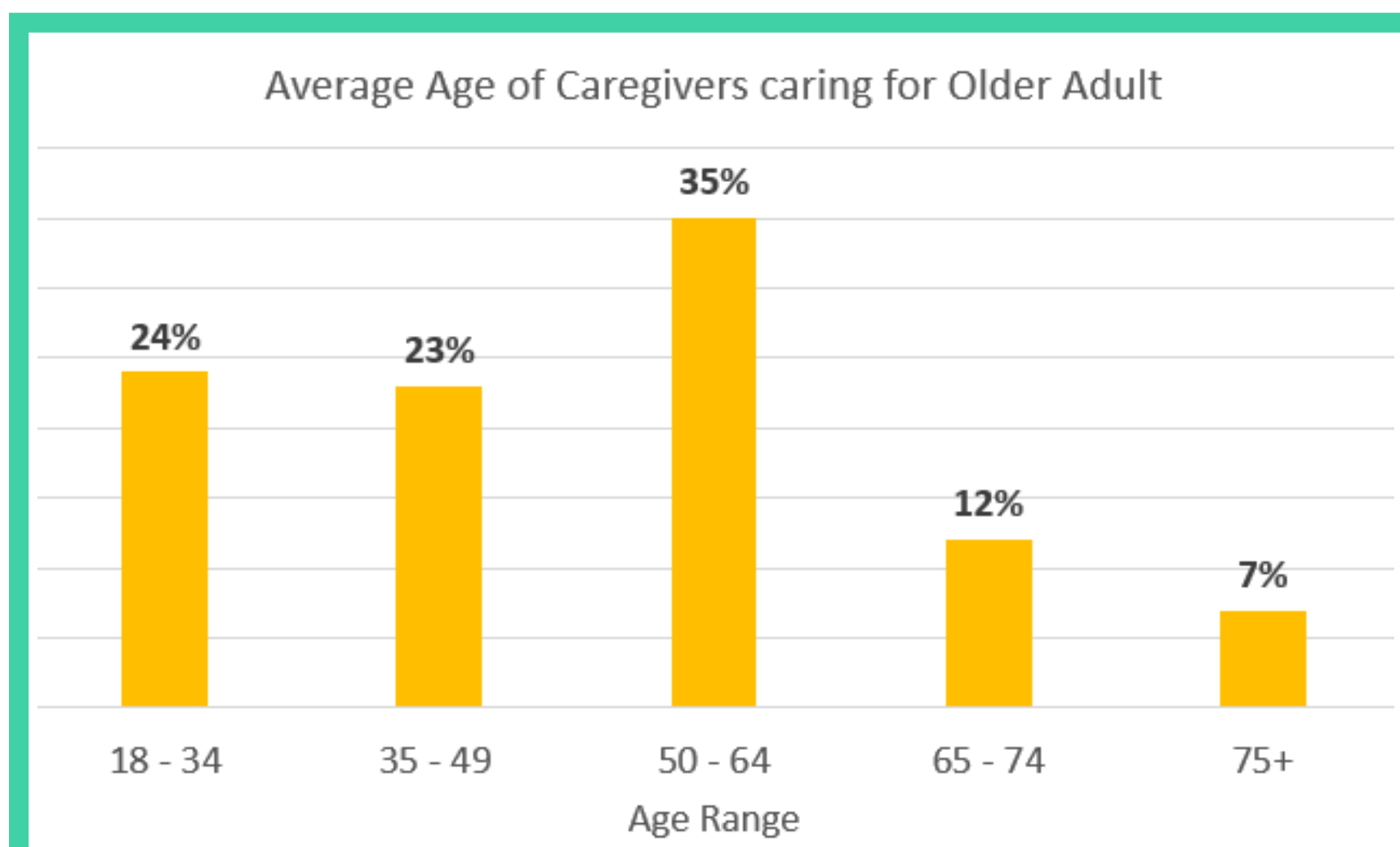
Informal, Family Caregiving: Keeping Us Together At Any Age

The NH Alliance for Healthy Aging (NHAHA) is committed to making New Hampshire (NH) a great place to live as we age by creating communities that support older adults and their families, and where NH's culture, policies, and services advance health, independence, and dignity for all of us as we get older. Ensuring that informal/family caregivers have access to needed services and supports is key to this vision.



Informal/family caregivers provide essential daily supports for loved ones. They take on a wide range of responsibilities 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 also vital to our health care system. Family members and friends provide \$2.8 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 stop small problems from getting worse, preventing or postponing placement in assisted living or skilled nursing facilities.

DID YOU KNOW?



168,000
Caregivers in NH



\$2.8 BILLION
in unpaid care
annually in NH



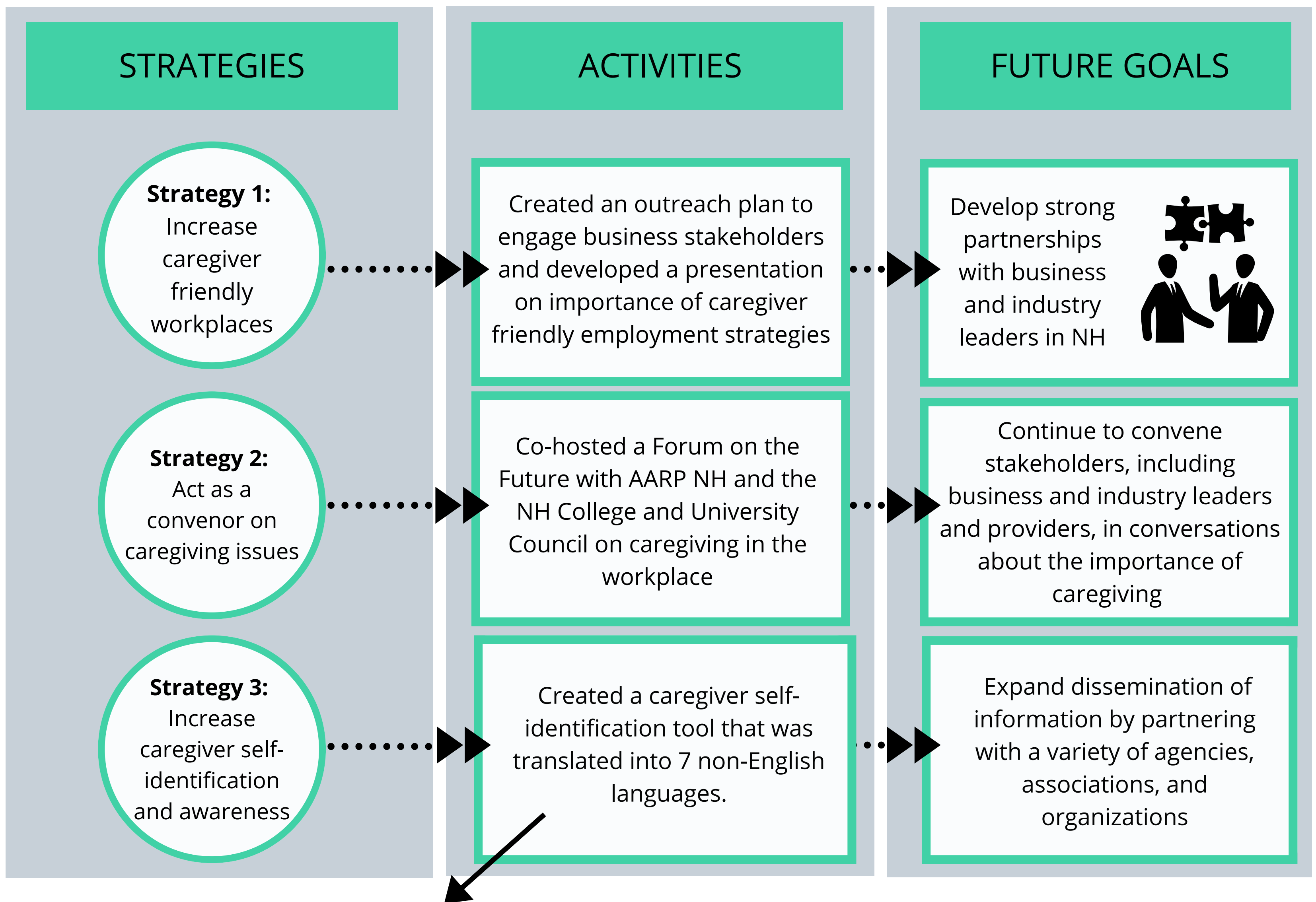
24%
of caregivers
are under the age
of 35



30%
of all caregivers
are caring for two
generations

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

NHAHA 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 37.1 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

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
- 2 Follow us on social media!**



- 3 Contact us!**
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