

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