

DO YOU CARE?



Do you regularly do any of these things for a family member or friend:

- Help with household chores such as meal preparation, cleaning, and grocery shopping?
- Drive them to appointments?
- Assist with personal business affairs, such as paying bills?
- Make meals?
- Make phone calls to check-in?
- Help someone make decisions about healthcare?
- Provide hands-on-care such as bathing or assistance with eating?

If you answered "Yes" to one or more of these questions, ***you are a caregiver.***

You are not alone

Caregiving is a rewarding, yet demanding role, and many others share this experience.



Over 17.7 million people in the United States are family caregivers of someone over the age of 65.

The emotional toll of caring for a loved one can easily lead to physical and mental exhaustion.



Take Care of Yourself. Resources are here to help you.

Your role is important and you deserve support. By recognizing yourself as a caregiver you can find resources, training, and support groups.



New Hampshire Aging and Disability Resource Centers
1-866-634-9412

www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers



Get Connected. Get Help.™

Call 2-1-1 for immediate assistance
211NH.org