



Genesee County Health Department

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FOR IMMEDIATE RELEASE

Date: November 16, 2015 **End Date:** November 30, 2015
Contact: Suzanne Cupal, M.P.H.
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Re: Caregiver Awareness Month

Caregiving starts out as a labor of love, but can quickly grow into an expensive obligation. Caregivers struggle with heavy financial responsibilities, especially if they've had to quit their jobs to provide care. According to aarp.org, more than 34 million unpaid caregivers provide care to someone age 18 and older who is ill or has a disability. An estimated 21% of households in the United States are impacted by caregiving responsibilities (NAC, 2004). To help cover home care cost, some long-term care insurances provide payment to family members who are caregivers. If you are experiencing financial hardship, here are some options to consider:

- See whether your family member is eligible for programs that send an outside caregiver
- Try working from home or find a job that allows the flexibility needed to be a caregiver
- Discuss sharing the financial burden with other family members
- Research state programs such as the local Medicaid office that may provide payment to caregivers

Please visit www.aarp.org to see this and additional information regarding caregiver needs. For services provided by the Genesee County Health Department, please visit www.gchd.us. Genesee County Health Department wishes you "Better Life Through Better Health."

Better Life Through Better Health

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