



While You're Caring for Others, Who's Taking Care of You?



"Family caregivers" are the focus of a recent report by The American Association of Retired Persons (AARP). The report reveals that while there are many supportive services for the elderly, there is a shortage of such services for the caregivers of the elderly. The conclusion: those on the "frontline" of providing care, aren't receiving the help and care they need!

Here are some telling statistics from the National Alliance for Caregiving and AARP:

- Over 44 million people in the U.S. currently provide care for elderly relatives.
- 57% of family caregivers frequently get to work late, leave early, or take time off to in order to care for their loved ones.
- 51% of family caregivers suffer from sleeplessness and 41% report back pain.
- 6% of all family caregivers quit their jobs because they just can't juggle work and cope with family responsibilities too.

So while doing their best for everyone else, caregivers often become an "at-risk population" themselves!

At Work & Family Benefits, we help caregivers – using our expertise to help find practical solutions for managing care responsibilities. Whether you're a caregiver for an elder, child, or adult, we can help. We can locate and refer you to services for yourself and your dependents.

Call us for a free, personal and confidential consultation. ***Let us help you provide care ... and take care of you!***