



EXTENSION COMMUNITY

Are You a Family Caregiver?

Do you call to remind your mom to take her medication?
Drive your uncle to the doctor? Help your wife get dressed?
Pay bills for your father?

If you answered yes, then you're a caregiver. When questions arise, the eXtension Family Caregiving website is there for you. We can help!

28.8 Million Americans are Family Caregivers

As America ages, more individuals will find that they are caring for a spouse, partner, parent, family member or loved one. The high cost and shortage of trained caregivers combined with the desire to provide individual and personal attention has resulted in more people learning new skills and making adjustments in their personal, family, and work life in order to care for a family member.

According to recent estimates by the National Family Caregivers Association and Family Caregiver Alliance, family members and friends in the United States provide about eighty percent of long-term care services, totaling approximately 30.8 billion hours per year. The monetary value of these services has been estimated to equal more than \$306 billion.

Caregiving experiences are just as unique as the people involved. Each caregiver has different needs, feelings, challenges and rewards. These experiences will also change over the course of what is called *the caregiving journey*.

Research has shown that there are differences in how the caregiving journey is experienced. For example:

- Men tend to think about and approach caregiving differently than women.
- Husbands and wives differ from adult children or other relatives in what they do, how they do it, how long they do it, and when they consider allowing others to help.
- Each individual forms personal expectations as a caregiver. These expectations are shaped by past experiences and observations, rules from society, their cultural heritage, and immediate family.
- Caregiving can affect people in multiple ways. It may cause changes in physical and emotional health, finances, and free time to participate in other family, social, work, leisure or community activities.
- Caregiving can be stressful. Caregivers experience different types and levels of stress over time.

Help for Caregivers

Whether you are anticipating becoming a caregiver for a family member in the future, or are in the middle of your caregiving journey, the eXtension Family Caregiving website has information to help you. The site provides valuable information to assist you with a variety of needs, including health, nutrition, housing, employment, and finances. Visit us today!

AN INTERNET RESOURCE YOU CAN **TRUST**

Find real answers in real time based on objective,
peer-reviewed, scientific results from www.eXtension.org

With eXtension, you get research-based answers from industry experts in America's largest and oldest university system, land-grant universities. Created by Congress, land-grant universities study subjects relevant to everyday life. Then, they send professional educators, or agents, across their states to bring the results of their research into every community, providing practical education people can use.

Now you, too, can benefit from the best available information (not somebody's best guess) on topics important to you. When you use eXtension you get:

- Credible expertise and reliable answers based upon sound research and field-tested data
- Up-to-date, 24-hour availability from any Internet connection
- Connections to the best, most innovative minds in American universities
- Customized answers to your specific needs
- Searchable knowledge base and "Ask the Experts" options
- Contact to over 3,000 local Cooperative Extension offices with professionals who can help you in your own neighborhood
- Community-building features including blogs, online chats, content evaluation and rating, and more

What people are saying about **eXtension**:

"I am excited that you offer a resource site for those of us who have innovative ideas for markets in rural and urban communities. The **one-stop resource** will be excellent for many who need a great deal of information, guidance and assistance..."

"Glad it is created by the Cooperative Extension Service, because it is science based, **reliable** unbiased information and you are not trying to sell something."

"This is an informational and educational site where I can get objective, **unbiased information**... much better than [other leading search sites] where you don't know how accurate the information is."