

# Impacts of Caregiving

## **Why is understanding caregiver burden important?**

There are an estimated 53 million unpaid caregivers in the United States providing care to aging, disabled, or ill friends and family. Caring for loved ones can be meaningful, but also demanding. These demands can impact caregivers personally, professionally, and emotionally, including their physical health.



## **How does caregiving affect caregiver well-being, health, and work?**

The time demands of caregiving often force caregivers to neglect their own needs, including getting enough sleep, exercising, preparing healthy meals, attending their own doctor's appointments, and tending to other personal relationships. Caregivers who are employed may miss work to provide care. These work disruptions may lead to lost wages and long-term career consequences such as lower future earnings and missed opportunities for advancement.

## **What resources are available to help caregivers?**

Many organizations offer caregiver support. The Jefferson Area Board for Aging (JABA) has a free Helpline at 434-817-5244. The helpline will connect you with a care coordinator at no cost to help you learn about resources available for both you and/or the person you care for. Additionally, the Blue Ridge Health District has an online Community Resource Directory that can be accessed at <https://www.vdh.virginia.gov/blue-ridge/community-resources/>.

**For additional information visit:** [www.cdc.gov/caregiving/index.html](http://www.cdc.gov/caregiving/index.html)



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