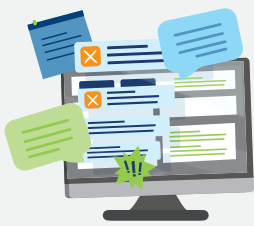


CAREGIVERS: At a Glance

Caregiving spans across all generations, including Boomers, Gen-X, Gen-Z, Millennials, and Silent. An estimated 53 million adults in the United States are caregivers.



61% HAVE
FULL OR PART TIME
OCCUPATIONS



CAREGIVERS
REPORT HIGH LEVELS
OF EMOTIONAL, PHYSICAL
AND FINANCIAL STRAIN



1 IN 3
REPORT FEELING
DEPRESSED

TIPS ON AVOIDING BURNOUT



TAKE CARE OF
YOURSELF



ESTABLISH
A CIRCLE OF SUPPORT OR SEEK
PROFESSIONAL HELP



GET ENOUGH
SLEEP

IT'S OKAY TO SET
LIMITS

EXERCISE, FIND A HOBBY,
OR CONNECT WITH FRIENDS
RECHARGE

EAT HEALTHY
FOODS

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