



HONORING THOSE WHO CARE FOR OTHERS

Recognizing the care.
Supporting the caregiver.

What Is a Family Caregiver?

A **family caregiver** is someone who takes an ongoing role in helping a loved one whose needs have increased because of aging, illness, disability, injury, or another condition that affects daily life.

That person may be a spouse, adult child, parent, sibling, other relative, or close friend who functions as family. They usually provide care without pay, and many take on the responsibility gradually - without training or ever thinking of themselves as a “caregiver.”

Caregiving reaches far beyond hands-on physical care.

Everyday help: Preparing meals, shopping, cleaning, transportation, and errands.

Personal care: Helping with bathing, dressing, eating, and getting around.

Coordination and advocacy: Arranging appointments, organizing medications, communicating with providers, and helping their loved one understand choices.

Emotional support: Offering companionship, reassurance, dignity, and connection.

Behind-the-scenes responsibility: Managing bills, arranging outside help, checking on safety, and being the person everyone calls when something happens.

A caregiver does **not** have to live with the person or provide care full time. Someone coordinating a parent’s care from another city may carry significant responsibility, too.

At its heart, family caregiving means helping someone you love remain as **safe, supported, connected, and independent as possible** - often while balancing your own work, household, health, and family.

“I’m just helping my mom.” “That’s my husband.”

Many people may not recognize the title, but they are doing the work of a family caregiver. Their care deserves recognition - and they deserve support, too.