

Care For Caregivers

Your Family And You

(NAPSA)—The importance of caregivers cannot be overstated. With over 65 million Americans providing caregiving, it is clear that caregivers are essential to our nation. Whether during National Family Caregivers Month in November or at any time, it's a good idea to honor caregivers, providing them with gratitude for their countless efforts in caring for loved ones.

Caregivers understand that such care often comes at substantial costs to the caregivers themselves and to their families. Family caregiving can also be a stressful and physically exhausting experience.

Caregivers frequently need resources and support to keep their lives running smoothly, and to ensure their own health and the health of their care recipient. Caregivers can have a hard time asking for the help and support they need and many don't know where to begin.

Caring for an elderly or disabled family member can come with a new set of challenges, particularly if the caregiver lives out of state and needs to arrange for in-home



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help, grocery delivery, safety equipment or alternative housing for his or her parent or loved one.

Fortunately, information, strategies and assistance for caregivers are available.

Solutions for Caregivers provides care planning and care coordination services designed to support the overall well-being of the person receiving care and help alleviate stress for you and your family. Services are available in all 50 states and can be tailored to your needs. You can get the support you need today.

You can learn more at www.WhatIsSolutionsForCaregivers.com or by calling (877) 765-4473.



Note to Editors: November is National Family Caregivers Month but this article will be useful to your readers at any time.