

Caring for the Caregiver

Mark Gibbons
Caregiver Action Network



Caring for the Caregiver

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How did you feel?

Duty-Driven/Obligated
Uncertain
Why Mom? Why me?
Overwhelmed
Stuck
Alone
Numb
Frustrated
Concerned

Mission

...to promote resourcefulness and respect for the more than 90 million family caregivers across the country.

Inspiration, perspective and advice for you from family caregivers of loved ones with Alzheimer's.

Take 5 minutes to watch the videos now!



Get started here! Click one of the caregiving situations below.



I JUST REALIZED I'M A FAMILY CAREGIVER NOW

"I can't believe this just happened!"
"Since he came back from Iraq, he depends on me."
"My wife has been diagnosed with MS."

[We CAN help you be resourceful in your new role as a caregiver.](#)



I HAVE BEEN A FAMILY CAREGIVER FOR YEARS.

"My husband has Parkinson's and I'm his primary caregiver."
"Since my wife's stroke, I handle everything."
"It's been 10 years and I don't know how much longer I can do this."

[We CAN help you manage the many challenges of higher-burden caregiving.](#)



I LIVE FAR AWAY AND I'M ON THE CAREGIVING TEAM.

"How do I know that my parents are OK living alone?"
"Since mom died, I am all dad has."
"It's so hard to make things happen for him when I don't live nearby."

[We CAN help you provide care from afar.](#)



I HAVE A JOB AND I'M THE CAREGIVER FOR MY LOVED ONE.

"I'm what they call a 'sandwich generation' caregiver."
"I care for my mother with Alzheimer's in addition to my three children."
"I can't stop working so how do I manage?"

[We CAN help you be both an employee and a caregiver.](#)

Help for Cancer Caregivers



Help a cancer caregiver. Caregivers play an essential role in cancer care. It can be a rewarding job, but it can also take an emotional and physical toll. Caregivers need support, too. Help For Cancer Caregivers is a new website that helps caregivers take care of themselves while taking care of their loved ones.

Help for Cancer Caregivers offers the information caregivers need:



Getting help



Making a plan



Working with others



Getting things done



Taking care of you



Coping

[HelpForCancerCaregivers.org](https://www.HelpForCancerCaregivers.org)

A collaboration of CancerCare, Caregiver Action Network, Indiana University, Johnson & Johnson, Michigan State University, Millennium: The Takeda Oncology Company, and WellPoint



How To Connect with CAN

www.CaregiverAction.org

www.HelpForCancerCaregivers.org



#WhereIcare



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