



# Lunch & Learn Series

## Caregivers

**More than 1 in 5 Americans (21.3%) are caregivers for an adult or child with disabilities**

**Nearly two-thirds (61%) of family caregivers work either full-time or part-time**

**49% of family caregivers say their mental health has suffered**

**Psychological Support:** Continuous professional support is critical to help caregivers manage their stress and depression.

**Intervention Programs:** Community-based intervention programs, such as group consultations, can provide emotional support, teach coping strategies, and reduce caregivers' feelings of isolation.

**Policy Recommendations:** Governments and healthcare institutions should develop comprehensive support programs for family caregivers to help alleviate financial and emotional burdens.

**Self-Esteem Building:** Encouraging caregivers to recognize their value and find positive aspects in caregiving can help mitigate stress.

Kim, D. (2017). Relationships between caregiving stress, depression, and self-esteem in family caregivers of adults with a disability. *Occupational Therapy International*, 2017, 1–9. <https://doi.org/10.1155/2017/1686143>

CDC. (2024, December 11). Disability and health information for family caregivers. *Disability and Health*. <https://www.cdc.gov/disability-and-health/about/information-for-family-caregivers.html>

Murphy, N. A., Christian, B., Caplin, D. A., & Young, P. C. (2006). The health of caregivers for children with disabilities: Caregiver perspectives. *Child: Care, Health and Development*, 33(2), 180–187. <https://doi.org/10.1111/j.1365-2214.2006.00644.x>

University, W. C. (2024, February 12). The top 5 caregiver facts everyone should know: Recognizing & celebrating our unsung heroes. *West Coast University*. <https://westcoastuniversity.edu/blog/top-5-caregiver-fact>

Valuing the invaluable 2021 update strengthening supports for family caregivers - AARP insight on the issues. <https://www.aarp.org/content/dam/aarp/ppi/2023/3/valuing-the-invaluable-2023-update.doi.10.26419-2Fppi.00082.006.pdf>



**Statewide Advocates Influencing Leadership (SAIL)** is a community-driven coalition and training project focused on fostering leadership and advocacy among people with disabilities across Pennsylvania. Our group is designed by and for individuals with disabilities, ensuring that the support we provide is both relevant and impactful.