

The Life-Changing Impact of Caregiver Support

Caregivers hold the key to influencing decisions for their loved one, so supporting the caregiver is critical. The Caregiver Support Study measured the impact of a robust program of caregiver support on family caregivers' stress, burnout, feelings of isolation, general wellbeing, and confidence in their ability to care for their loved ones. The results speak for themselves.

STRESS

**43%
REDUCTION**

in participants reporting High or Very High stress



MISSED WORK

**43%
REDUCTION**

in participants reporting work missed in previous 3 months due to caregiving duties



CONFIDENCE

**60%
IMPROVEMENT**

in participants reporting High or Very High confidence in ability to care for a loved one



MENTAL HEALTH

**34%
IMPROVEMENT**

in participants reporting >5 days in the previous 30 in which mental health was "not good"



**50%
IMPROVEMENT**

in participants reporting >15 days in the previous 30 in which mental health was "not good"



ISOLATION

**29%
REDUCTION**

in participants reporting High or Very High feelings of isolation

PHYSICAL HEALTH

**36%
IMPROVEMENT**

in participants reporting "zero days" in the previous 30 in which physical health was "not good"



9%

IMPROVEMENT

in participants reporting ">15 days" in the previous 30 in which physical health was "not good"

KEY TAKEAWAYS

- Having fewer days feeling they were in "crisis mode"
- Feeling like they had critical help handling caregiving
- Feeling more confident they were effectively caring for their loved one

All data from Caregiver Insight Study produced by Carallel in collaboration with the Caregiver Action Network and GuideWell.