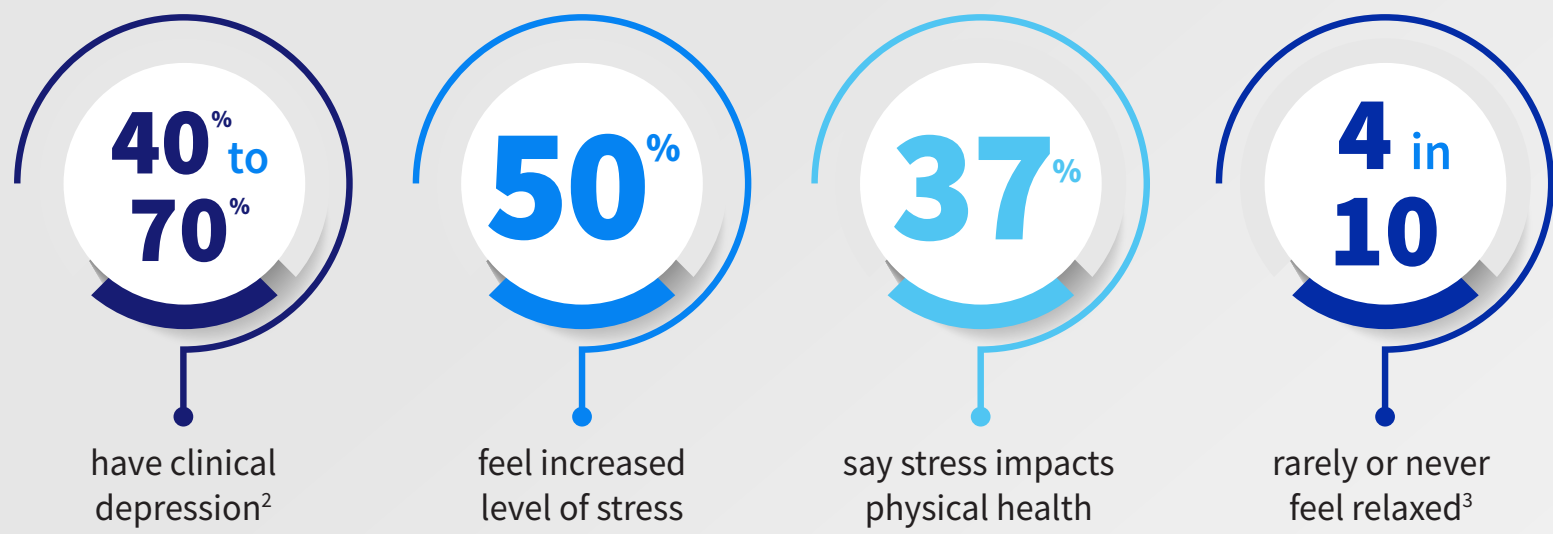


# Caregiver mental health

Caregivers face unique mental health challenges that are not always recognized. More than 41 million Americans provide unpaid care to a relative or friend, and this number continues to grow as the population ages.

**14.5% of caregivers reported experiencing 14 or more mentally unhealthy days within a given month<sup>1</sup>**



## Who experiences stress



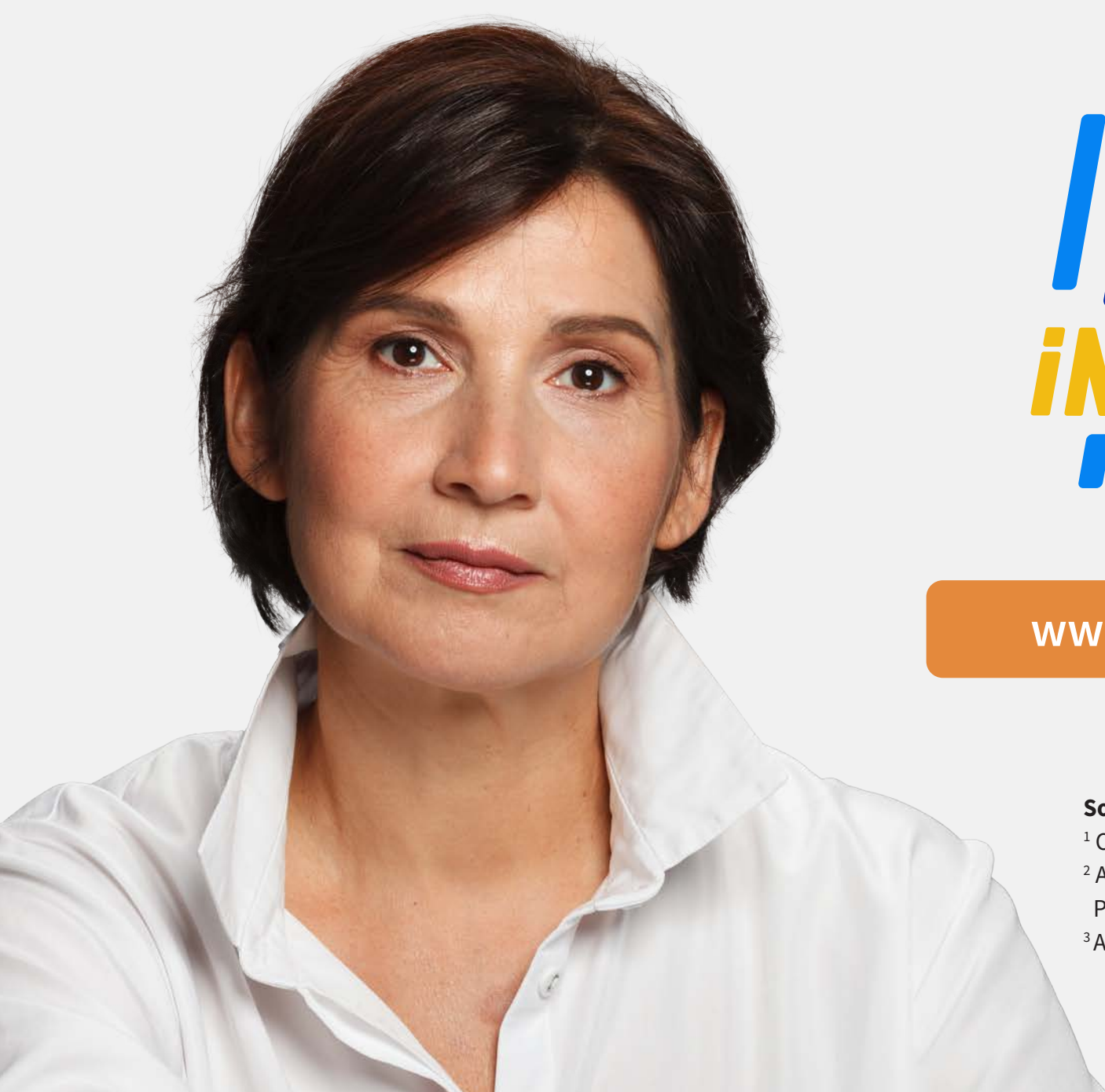
**Female caregivers are more likely to suffer from anxiety, depression and other health problems associated with emotional stress.**

## Signs and symptoms

- Feeling alone, isolated or deserted
- Sleeping too much or too little
- Gaining or losing weight
- Becoming easily irritated or angered
- Often feeling worried or sad
- Frequent headaches or body aches

## Coping tips

- Get organized
- Ask for and accept help
- Find caregiving resources
- See your doctor for regular checkups
- Join a caregiver support group
- Stay in touch with family and friends
- Be physically active
- Eat healthy foods
- Get regular sleep



[www.1in5.info](http://www.1in5.info)

### Sources:

- <sup>1</sup> Centers for Disease Control and Prevention (CDC)
- <sup>2</sup> Assessment of Family Caregivers: A Research Perspective by Steven H. Zarit
- <sup>3</sup> AARP 2023 survey