Caring for the Caregivers

When you give so much care to others, it can be hard to find time to care for yourself. You deserve support in your caregiving role and in life as a whole. Yes, you! Like a lot of people, you might not even realize you’re a caregiver.

You might be a caregiver if you...

• miss work to provide care
• advocate for new and better treatment
• take on legal or financial responsibilities
• identify or coordinate professional care services
• aid with daily living activities like eating, dressing, toileting or shaving
• provide health care (shots, changing dressings) or medication management

How does caregiving affect your career?
AARP, 2018

- about 20% quit their job earlier than planned
- about 70% changed their schedule or job
- only about 10% reported no changes

An unpaid workforce
Caring Across Generations, 2018

Iowa’s 317,000 family caregivers provide 295 million hours of care per year. That has an economic value of nearly $4 billion.

Help Is Here

Our Caregiver Support Program helps you thrive in your caregiving role through:
- emotional support
- information services
- educational sessions
- accessing short-term and long-term supports
- case management
- and more!

Every caregiver has a unique story. Heritage AAA is here to help you write the next chapter—one that cares for you, the caregiver.

Heritage serves Benton, Cedar, Johnson, Jones, Iowa, Linn and Washington counties. Calling 1-800-332-5934 will connect you with your local Area Agency on Aging anywhere in Iowa.

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