



Caregiver health

The best care starts with self-care.

A population at risk

An estimated 44 million Americans 18 and older provide unpaid assistance and support to older people and adults with disabilities. And a spouse or partner spends an average of 37 hours per week caring for their loved one.*

Being there for a loved one can be very rewarding. But it's important to recognize burnout. Studies show that caregivers report higher levels of stress than non-caregivers, and the added responsibilities can lead to anxiety, depression or increased intake of alcohol or other substances.*

Tips for caregivers

Taking care of yourself is the most important thing you can do as a caregiver.

- Seek caregiver education and join a support group.
- Take time for yourself.
- Eat healthy and stay active.
- Ask for help when you need it.
- Spend time with friends and do things you enjoy.
- Take breaks each day.
- Keep up with hobbies.
- Join Blue Cross Virtual Well-Being webinars and meditation sessions at bluecrossvirtualwellbeing.com.

We're ready to help

Your health plan includes behavioral health benefits to help you deal with any mental health or substance use concerns. Visit bcsm.com/mentalhealth to get started or call the Mental Health and Substance Abuse number on the back of your member ID card.

*caregiver.org



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