

More than 53 million Americans take on the role of caregiver for family, friends, and neighbors. While caregiving can provide joy and satisfaction, it can also put added strain on the caregiver's physical and mental well-being. During National Family Caregivers Month, explore the resources below and visit your Achieve Solutions website to learn more about supporting caregivers.



**Coping with the emotional challenges of caregiving:** Caregiving can be more than a full-time job, and it is often physically and emotionally tiring. Caregivers must juggle their own lives as well as attend to the needs of another. It's not hard to see how caregivers might become overwhelmed.

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**Managing caregiver stress:** Caregiver stress is the emotional and physical strain of caregiving. It can take many forms, including feelings of frustration, anger, guilt, and loneliness. Learn more to help you recognize the signs and reduce caregiver stress.

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**Parenting a child with special needs:** The stress of raising a child with special needs can challenge your health, marriage, and family life, which is why developing a support network to relieve some of the pressures is so important.

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**Long-distance caregiving for elders:** It can be hard to care for an older relative who lives far away. Being there for your relative often means leaving your own responsibilities behind. As difficult as caregiving at a distance can be, there are ways to bridge the gap.

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