

National Family Caregivers Month



Connecticut Clearinghouse Resources

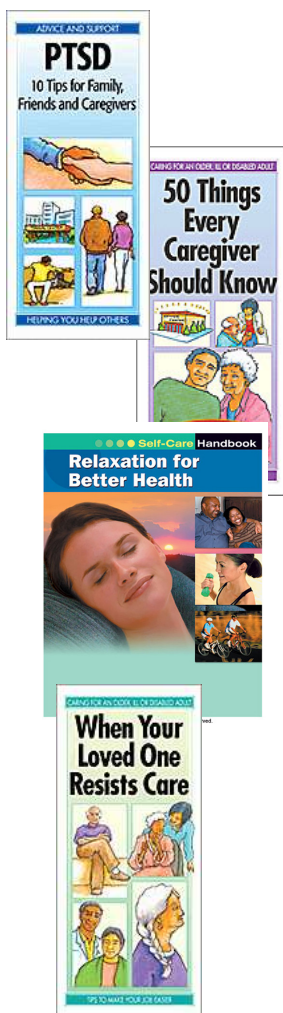
50 Things Every Caregiver Should Know: Tips To Make Your Job Easier (Pamphlet)

Addiction and Families: Helping a Loved One (Pamphlet)

PTSD: 10 Tips for Family, Friends and Caregivers (Pamphlet)

Relaxation for Better Health: A Self-Care Handbook

When Your Loved One Resists Care (Pamphlet)



According to a report from AARP, and the National Alliance for Caregiving, there are over

53 million unpaid family caregivers in the United States.



MentalHealth America notes that of adult caregivers are helping someone with a mental illness.

27%

Resources

Support to Caregivers
<https://portal.ct.gov/Services/Health-and-Human-Services/Health-and-Wellness/Support-to-Caregivers>

211 Infoline
www.211ct.org/

NAMI
www.nami.org/Your-Journey/Family-Members-and-Caregivers

Caregiver Action Network
www.caregiveraction.org/

Administration for Community Living
<https://acl.gov/programs/support-caregivers>

Social Hashtags:

#FamilyCaregiver
#CaregiverAnd
#RAISEcaregiving
#NFCMonth
#Caregivers



SUPPORT Family Caregivers

National Family Caregivers Month

Administration for Community Living