Caregivers

URL of this page: http://www.nlm.nih.gov/medlineplus/caregivers.html

Caregivers are people who take care of other adults, often parents or spouses, or children with special medical needs. Some caregivers are family members; others are paid. They help with:

- Food shopping and cooking
- House cleaning
- Paying bills
- Giving medicine
- Going to the toilet, bathing and dressing
- Eating
- Providing company and emotional support

Caregiving is hard, and caregivers of chronically ill people often feel stress. They are "on call" 24 hours a day, 7 days a week. If you're caring for someone with mental problems like Alzheimer's disease it can be especially difficult. Support groups can help.

Start Here

Overviews

Coping
- Also available in Spanish [http://www.cancer.gov/espanol/cancer/cuidadores]
- Respite Care [http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Factsheets/Respite_Care.aspx] (Administration on Aging)
- Taking Care of You: Self-Care for Family Caregivers [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=847] (Family Caregiver Alliance)

Specific Conditions
- Caring for Someone with AIDS at Home [http://www.cdc.gov/hiv/pubs/brochure/careathome.htm] (Centers for Disease Control and Prevention)
- Also available in Spanish [http://www.cdc.gov/hiv/spanish/resources/brochures/careathome/]
• Caring for the Elderly: Dealing with Resistance [http://www.mayoclinic.com/health/caring-for-the-elderly/MY01436/METHOD=print] (Mayo Foundation for Medical Education and Research)
• Caring for Yourself and a Stroke Survivor [http://www.stroke.org/site/PageServer?pagename=careliving_guide] (National Stroke Association)
• Families with Special Needs: Caregiving Tips [http://www.cdc.gov/family/specialneeds/] (Centers for Disease Control and Prevention)
• Family Caregivers in Cancer (PDQ) [http://www.cancer.gov/cancertopics/pdq/supportivecare/caregivers/patient] NIH (National Cancer Institute)
  Also available in Spanish [http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/familiares-a-cargo/patient]
  Also available in Spanish [http://www.nationalmssociety.org/informacion-en-espanol/download.aspx?id=335]
• Hospital Discharge Planning: A Guide for Families and Caregivers [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeID=2312] (Family Caregiver Alliance)

Related Issues
• Adult Day Care [http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Factsheets/Adult_Day_Care.aspx] (Administration on Aging)
• Alternatives to Nursing Home Care [http://www.medicare.gov/nursing/alternatives.asp] (Centers for Medicare & Medicaid Services)
• Caregiving [http://medicare.gov/campaigns/caregiver/caregiver.html] (Centers for Medicare & Medicaid Services)
• Caregiving and Sibling Relationships: Challenges and Opportunities [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeID=868] (Family Caregiver Alliance)
• Emergency Readiness for Older Adults and Caregivers [http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/Caregiver/docs/Just_in_Case030706_links.pdf] (Administration on Aging) - PDF
• Face the Facts [http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Factsheets/Face_the_Facts.aspx] (Administration on Aging)
• Guidelines for Better Communication [http://www.caregiver.org/caregiver/jsp/print_friendly.jsp?nodeID=785] (Family Caregiver Alliance)
• Hands-On Skills for Caregivers [http://www.caregiver.org/caregiver/jsp/print_friendly.jsp?nodeID=787] (Family Caregiver Alliance)
• Hot Weather Tips [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeID=871] (Family Caregiver Alliance)
• How to Assemble a Caregiving Team [http://www.alzinfo.org/01/alz-guide/assemble-caregiving-team] (Fisher Center for Alzheimer's Research Foundation)
• Improving Doctor/Caregiver Communication [http://caregiveraction.org/_doc/pdf/DrCaregvr.pdf] (National Family Caregivers Association) - PDF
• Information Caregivers Can Use on: Speaking with a Friend or Family Member's Doctor During an Office Visit [http://www.medicare.gov/Publications/Pubs/pdf/11441.pdf] (Centers for Medicare & Medicaid Services) - PDF
• Information for Caregivers [http://www.myphr.com/Privacy/caregivers.aspx] (American Health Information Management Association)
Making Choices about Everyday Care (for Families) [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=406] (Family Caregiver Alliance)

Clinical Trials

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Dictionaries/Glossaries
Glossary [http://www.stoppain.org/main_site/content/glossary.asp] (Beth Israel Medical Center, Department of Pain Medicine and Palliative Care)

Directories
AAAs/ Title VI Agencies (Area Agencies on Aging) [http://www.n4a.org/about-n4a/?fa=aaa-title-VI] (National Association of Area Agencies on Aging)

Organizations
Administration on Aging [http://www.aoa.gov/]
Family Caregiver Alliance [http://www.caregiver.org/]
National Family Caregivers Association [http://www.thefamilycaregiver.org/]
Also available in Spanish [http://www.nia.nih.gov/Espanol/]

Newsletters/Print Publications
Caregiving Update [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2303] (Family Caregiver Alliance)

Law and Policy
Legal Issues for LGBT Caregivers [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=436] (Family Caregiver Alliance)
• National Family Caregiver Support Program
  [http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/Caregiver/index.aspx] (Administration on Aging)

Statistics
• Caregiving Statistics [http://caregiveraction.org/statistics/] (National Family Caregivers Association)
• Selected Caregiver Statistics [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=439] (Family Caregiver Alliance)

MedlinePlus Magazine
• Caregiving and Decision-Making for Seniors: How You Can Help
• Long Distance Caregiving

Children
• Caring for a Seriously Ill Child [http://kidshealth.org/parent/system/ill/seriously_ill.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/medicos/seriously_ill_esp.html]
• Managing Home Health Care (For Parents) [http://kidshealth.org/parent/system/ill/machine.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/general/machine_esp.html]

Women

Seniors
• Caregiver Stress and Elder Abuse [http://www.ncea.aoa.gov/Resources/Publication/docs/fact_sheet.pdf] (National Center on Elder Abuse) - PDF
  Also available in Spanish [http://www.ncea.aoa.gov/Resources/Publication/docs/spanishfactbrochure.pdf]
• Caregivers’ Guide to Medications and Aging [http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1104] (Family Caregiver Alliance)
• Community-Based Care [http://www.agingandhealth.gov/aging-and-health-a-to-z/topic:other-community-based-care/] (AGS Foundation for Health in Aging)
• Eldercare at Home: Caregiving [http://www.agingandhealth.gov/resources/resource:eldercare-at-home-caregiving/] (AGS Foundation for Health in Aging)
• Eldercare at Home: Helping with Recovery from Illness
• Home Care [http://www.agingandhealth.gov/aging-and-health-a-to-z/topic:home-care/] (AGS Foundation for Health in Aging)

Patient Handouts
• Bathing a patient in bed [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000427.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000427.htm]
• Caring for Someone with Developmental Disabilities
• Moving a patient from bed to a wheelchair
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000428.htm]
Pulling a patient up in bed
Also available in Spanish

Taking Care Yourself
[Administration on Aging] - PDF

Turning patients over in bed
Also available in Spanish

You may also be interested in these related encyclopedia pages:
- Bathing a patient in bed
- Moving a patient from bed to a wheelchair
- Pulling a patient up in bed
- Turning patients over in bed

You may also be interested in these related MedlinePlus topics:
- Alzheimer's Caregivers
- Child Care
- Home Care Services
- Health System
- Social/Family Issues

The primary NIH organization for research on Caregivers is the National Institute on Aging

Caregivers - Multiple Languages

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