DO YOU CARE FOR SOMEONE WHO HAS BEEN DIAGNOSED WITH ULCERATIVE COLITIS OR CROHN’S DISEASE?

DID YOU KNOW?

People who care for another person, also called caregivers or care partners, often experience stress related to caregiving. If you are in this situation, know that you are not alone. A recent study of people caring for a person with Inflammatory Bowel Disease (IBD) found that:

- 1 out of 5 caregivers feels socially isolated
- 81% feel they didn’t have a choice in deciding to provide care
- More than half report experiencing emotional stress and 44% report feeling fatigued
- More than a third said that they could not handle the condition
- Only one-third feel prepared to perform medical tasks at home

YOU ARE NOT ALONE! GET THE HELP YOU NEED.

RESOURCES FOR CAREGIVING

Find information on caregiver support and community networks with these resources:

crohnscolitisfoundation.org for community support, educational resources, and help for your mental health and emotional well-being.

improvecarenow.org/patients-parents to join the Parent Working Group, the ImproveCareNow network, or their Patient Advisory Council.

eldercare.acl.gov/Public/Index.aspx to find support right in your community. The Eldercare Locator matches you with agencies in your area to help you with care coordination, money management, wellness programs, and more.

caregiving.org/resources for general caregiving help. You’ll find tips, tools, and support for your caregiving journey.

gikids.org/inflammatory-bowel-disease/ibd-resources/ for a caregiver’s guide to IBD.

RESOURCES FOR MANAGING THE DISEASE

Persons with IBD and their caregivers need reliable information on the condition. Get the facts you need:

crohnscolitisfoundation.org for updated research, medication guides, tools for shared decision-making, and more.

improvecarenow.org for tools and tips on disease management from persons with IBD and their caregivers.

Go to mayoclinic.org and search ‘IBD Care’ for disease information, treatment options, IBD stories, and more.

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