December 28, 2022

This Week in Caregiving is on Holiday Break and will return after the New Year. In the meantime, if you are a caregiver experiencing both the challenges and joys of this season, read below on how you can share your story.

The National Alliance for Caregiving Opens Phone Line for Family Caregivers to Talk About Their Mental Well-Being

Sponsored by Traver Therapeutics, the National Alliance for Caregiving is spearheading a project to advance the mental well-being of family caregivers in the United States. NAC wants to hear from family caregivers on the joys, challenges and struggles they've faced on their caregiving journey in order to better understand their needs and the supports and interventions that can be introduced to assist them.

If you're a family caregiver or have cared for someone in the past, call 1-888-665-2190 to share your caregiving story and the feelings associated with it.

If you would prefer to write out your response rather than leave an audio message, you may do so here.
We want to know:

• What joys have you experienced as a caregiver?
• How are you feeling about being a caregiver?
• What challenges have you faced as a caregiver?
• What are concerns you have about providing care?

The message you leave will inform policy and practice efforts to improve support for family caregivers like you! All messages left will be anonymous, with only the transcript being used to help us advocate for change.

To learn more, click the red button below.