



“My sister goes shopping with me once a week and helps me pick out good things to eat.”

Denis G.

Many people with disabilities or health difficulties rely on informal caregivers to assist them with transportation, safety, and daily living activities such as preparing meals, personal care, and errands.

1 in 5 adults act as informal caregivers



4 in 5 care recipients live in their own home or with a caregiver



Policy Options to Support Informal Caregivers:

- Promote self-care and healthy habits for caregivers so they, in turn, can help the people they support to be healthier, more independent, and more active in their chosen communities.
- Provide flexible work arrangements and creative use of paid leave because informal caregivers are an essential support system for many people living in the community and/or aging in place.
- Facilitate access to self-advocacy groups and high quality, affordable home supports to allow people to stay in their homes longer and decrease future cost of care in institutions.