

RECOGNIZE AND CELEBRATE CAREGIVERS



“Caregiver” is a powerful title—one that should be embraced and carried with pride. Every day, caregivers help loved ones with day-to-day tasks and are a source of emotional support. Let’s take time together to recognize caregivers and the immeasurable value they provide.

ARE YOU A CAREGIVER?

Being there for a loved one isn’t even a question for many people—it’s simply what they do out of love. That’s why many people don’t self-identify as a “caregiver.” If you do any of the following, you deserve to be recognized as a caregiver:

- Provide transportation to medical appointments
- Prepare meals and perform housekeeping duties
- Run errands such as grocery shopping
- Communicate with health care providers
- Advocate on a loved one’s behalf
- Help with daily tasks such as bathing and getting dressed



YOU ARE NOT ALONE

One out of every five people in North Dakota needs additional care outside the health care system. For each of the five, there is at least one family member or friend providing some level of support. If you find yourself in that group, you are not alone.

- The number of caregivers increased from 43.5 million in 2015 to 53 million in 2020
- 58% of caregivers are women
- Almost one-third of caregivers provide care at least 20 hours a week
- About 1 in 3 adults in the US provides care to other adults as informal caregivers
- 1 in 6 non-caregivers expects to become a caregiver within 2 years
- Nearly 1 in 5 caregivers report fair or poor health
- Almost 2 in 5 caregivers have at least two chronic diseases
- Nearly 2 in 10 caregivers had to stop working



Take care of your
own health

TAKE CARE OF YOURSELF

The emotional toll of caring for a loved one can easily lead to physical and mental exhaustion. Here are some tips to help ease the stress of caregiving:

- Ask for help, and accept help when it's offered
- Give yourself grace—remember you're doing the best you can
- Prioritize, make lists, and set daily routines
- Take advantage of caregiving resources in your community
- Stay connected with friends and family
- Take care of your own mental and physical health

Check out the [caregiver support section](#) of our website to find more resources and caregiver stories.



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



Blue Cross Blue Shield of North Dakota complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This information is available in alternate formats, free of charge, by calling Member Services at 1-844-363-8457 (toll-free) or through the North Dakota Relay at 1-800-366-6888 or 711.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association

XXXXXXXX (XXXX) X-XX