

Caregivers Factsheet

Brief overview

Adult caregivers are individuals who provide physical, emotional, or financial support to adults with chronic illnesses, disabilities, or age-related needs. Balancing caregiving responsibilities with workplace demands poses unique challenges.

Workplace considerations

- 1. Flexible Work Hours** - Allow flexible scheduling to accommodate caregiving responsibilities without compromising work commitments.
- 2. Remote Work Options** - Provide opportunities for remote work to offer flexibility and reduce commuting time for caregivers.
- 3. Communication and Transparency** - Encourage open communication about caregiving responsibilities, creating a supportive and understanding workplace culture.

Notable dates

November - National Family Caregivers Month