

See back cover for more information

Caregiving: Financial options for your family

Worksite education



The scope of caregiving

How many people in the U.S. are caregivers?

What are the types of caregivers?



ACTIVITY

Take action now

List two to three actions you want to take after today's session:

1

2

3

Additional resources for caregivers

[National Alliance for Caregiving](#): An organization that provides support and resources for caregivers, including research, policy advocacy and educational materials.

[Family Caregiver Alliance](#): A nonprofit that offers information, education and services to support family caregivers.

[AARP Caregiving Resource Center](#): Offers articles, tools and resources to help caregivers manage their responsibilities and find support.

Contact:

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