



# Caregiver health

## The best care starts with self-care.

### A population at risk

An estimated 44 million Americans 18 and older provide unpaid assistance and support to older people and adults with disabilities. And a spouse or partner spends an average of 37 hours per week caring for their loved one.\*

Being there for a loved one can be very rewarding. But it's important to recognize burnout. Studies show that caregivers report higher levels of stress than non-caregivers, and the added responsibilities can lead to anxiety, depression or increased intake of alcohol or other substances.\*

### Tips for caregivers

Taking care of yourself is the most important thing you can do as a caregiver.

- Seek caregiver education and join a support group.
- Take time for yourself.
- Eat healthy and stay active.
- Ask for help when you need it.
- Spend time with friends and do things you enjoy.
- Take breaks each day.
- Keep up with hobbies.
- Join Blue Cross Virtual Well-Being webinars and meditation sessions at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).

### We're ready to help

Your health plan includes behavioral health benefits to help you deal with any mental health or substance use concerns. Visit [bcbsm.com/mentalhealth](https://bcbsm.com/mentalhealth) to get started or call the Mental Health and Substance Abuse number on the back of your member ID card.

\*[caregiver.org](https://caregiver.org)



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