

## Caregivers need support too.

More than 1 in 5 Americans are caregivers, assisting others (usually family members) with activities of daily living and medical tasks.<sup>1</sup> Many of these individuals are also employed and take on both roles — caregiver and worker. Click on the arrows next to each role below to find out about supportive roles you can play to assist caregiving coworkers, and for those who are caregivers, tips to help with the many roles you play every day.

## Find your supporting role.

Employees who are also caregivers give a lot. Click on the roles below to learn how you can make things a little better for them.



Personal Red Phone ↗



Backup Buddy ↗



Personal Shopper ↗



Work Ally ↗

## Caregiver stress is higher in the pandemic.

# 3X

Almost 3x the number of caregivers have been experiencing “high intensity” during the pandemic than before it hit, according to a recent study from ARCHANGELS — a national movement recognizing and honoring caregivers.<sup>8</sup> Ninety-one percent of High Intensity Caregivers, as defined by ARCHANGELS’ caregiver intensity index, experienced at least one mental or behavioral health symptom during the pandemic (depression, anxiety, suicidal thoughts, etc.).<sup>9</sup> Other research of theirs, published by the CDC, showed that caregivers who had someone to rely on for support had lower odds of experiencing mental health concerns.<sup>10</sup>

[See More Study Findings](#) ↗

[Learn About ARCHANGELS](#) ↗

## Get tips for the roles you play as a caregiver.

Caregiving demands a lot beyond the demands of your role at work. Click below for ideas that can help with the additional roles you take on.



Personal Driver ↗



Cheerleader ↗



IT Support ↗



Advocate ↗

## Let us be part of your support network.

If you are an unpaid caregiver, we know you’re strong and resilient, but you’re not a machine. You need to be cared for, too. We want to help — through the resources we offer and by making sure you know that we are always here to support you.

[Find Support](#)

<sup>1</sup> AARP and National Alliance for Caregiving, *Caregiving in the U.S. 2020*, May 2020.

<sup>2</sup> As conceptualized and coined by ARCHANGELS. ARCHANGELS is a national movement and platform recognizing and honoring caregivers using a combination of data and stories, and is not affiliated with Blue Cross and Blue Shield companies.

<sup>3,8</sup> 2020–2021 ARCHANGELS National Caregiver Survey; ARCHANGELS Book of Business Caregiver Insights.

<sup>4</sup> Blue Cross Blue Shield Association, COVID-19 National Pulse Survey, May 2020.

<sup>5,7,10</sup> M. E. Czeisler; E. A. Rohan; S. Melillo; et al., “Mental Health Among Parents of Children Aged <18 Years and Unpaid Caregivers of Adults During the COVID-19 Pandemic—United States, December 2020 and February–March 2021,” *Morbidity and Mortality Weekly Report*, CDC, vol. 70, no. 24, June 18, 2021, pp. 879–887.

<sup>6,9</sup> Mark É. Czeisler; Alexandra Drane; Sarah S. Winnay; Emily R. Capodilupo; Charles A. Czeisler; Shantha M.W. Rajaratnam; Mark E. Howard, “Mental Health, Substance Use, and Suicidal Ideation Among Unpaid Caregivers in the United States During the COVID-19 Pandemic: Relationships to Age, Race/Ethnicity, Employment, and Caregiver Intensity,” *Journal of Affective Disorders*, 2021.

<sup>11</sup> “Caregiver Responsibilities List: Caring For My Parents,” *Aging in Place*, updated September 2021.

<sup>12</sup> Allison Brooks et al., “Don’t stop believing: Rituals improve performance by decreasing anxiety,” *Organizational Behavior and Human Decision Processes*, July 2016.