

Resources to support a caregiver's mental health at work

Nearly 1 in 6 Americans is a caregiver who spends an average of 20+ hours per week caring for a loved one ([AARP report](#)). Caregiving itself can be emotionally taxing and exhausting; and balancing professional responsibilities can exacerbate stress. For employers, there is a clear set of effective strategies: when properly supported at work, caregivers demonstrate fewer costly mental health and physical health challenges, and can bring thoughtfulness and dedication to both the workplace and to caregiving.

Check out the following resources to learn more about how you can support caregivers:

[A Better Balance New York Workplace Rights Hub](#) provides state-by-state information about legal rights at the workplace.

[A Better Balance's helpline](#) (1-833-633-3222) connects callers to free and confidential information about their legal rights related to mental health and caregiving in the workplace.

[AARP Employer Solutions for Working Caregivers](#) provides employers with an overview of caregiving benefits, how caregiving may impact the business, and examples of caregiving support offered by other employers.

[AARP Meditations for Caregivers](#) offers caregivers of older adults with daily meditations.

[AARP Mental Health Center](#) provides a range of tools, articles, and resources for caregivers of older adults.

[Anxiety and Depression Association of America Peer Support Groups](#) offer individuals with a free peer community to aid with coping and recovery from anxiety or anxiety-related disorders.

[Caregiver's Conundrum: Feeling Torn Between Caregiving and Work](#) offers tips for balancing caregiving duties with professional responsibilities.

[The Emotional Survival Guide for Caregivers](#) helps caregivers of older adults navigate tough decisions, develop strong communication skills, and prevent burnout.

[Harvard Business Review](#) offers 8 tips for creating a Parent Employee Resource Group at work.

[Health Action Council Guide: "Compassion Counts: The Value of Supporting Employee Caregivers"](#) identifies seven actions that employers can take to cultivate a workplace culture that nurtures their caregiver employees.

[Mindshare Partners](#) presents a variety of articles, organizations and resources for parents and employers of parents to aid in supporting parents at work.

[Rosalyn Carter Institute for Caregivers](#) provides caregivers with free, evidence-driven coaching on a one-to-one basis.

SHRM recommends [accommodations](#) for working parents during the COVID-19 pandemic.

[Supporting Caregivers in the Workplace: A Practical Guide for Employers](#) offers in-depth strategies, checklists, and fact sheets to guide employers in creating workplaces that promote the wellbeing of caregivers.