

November is National Family Caregivers Month

Celebrate the family caregiver

There are over 50 million unpaid family caregivers in the United States, providing invaluable care and support to loved ones. These heroes contribute their love, attention, energy and compassion to others in need.

Avoid caregiver burnout with these tips:

- 1 Accept help.** Do not hesitate to seek assistance from Meals-on-Wheels programs, in-home care agencies or adult day programs. Enlist the help of trusted family or friends for respite breaks. Connect with online support groups for peer support and guidance.
- 2 Consider new technologies.** Explore assistive technologies that can simplify caregiving tasks, such as health monitoring devices, medication management tools and communication apps.
- 3 Don't skip self-care!** Make time for your own wellbeing. Exercise regularly, eat nutritious foods, stay hydrated and ensure you get enough sleep. Schedule regular check-ups with your doctor and seek help if you're experiencing depression or other mental health challenges.



Scan the QR code to visit Member.MagellanHealthcare.com (enter Principal Core) and select your employer to access your benefits. Or call your Employee Assistance Program at 1-800-450-1327 (TTY 711) to get started.