

Are you a Caregiver?

Whether it's hands-on care, emotional support, every day or episodic, at some point in your life, chances are you'll be a caregiver or have been a caregiver yourself.

Below is a short quiz. If you answer yes to any of these questions, you are indeed a caregiver!

- Are you helping a loved one who has been diagnosed with cancer and will be undergoing treatment?
- Has a loved one been diagnosed with autism, Alzheimer's, Parkinson's disease, or any other behavioral health concerns?
- Is your loved one managing a chronic condition or multiple conditions?
- Do you care for a loved one with a substance use disorder?
- Are you caring for a loved one with mobility challenges?
- Do you advocate for care on your parents' or grandparents' behalf (even long-distance)?
- Is your child struggling at school because of a neurological or psychological diagnosis?



Need help? Family First's accredited Care Experts are standing by to offer you and your family personalized support and caregiving solutions. Get started online by visiting www.family-first.com/get-started or by calling 1 (800) 214-5410.