

***Unsung Heroes: Navigating the
Caregiver Crisis and Advocating
for a Compassionate Future***

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Caregiving Crisis in America

- 53 million caregivers provide unpaid care and support
- 26% are caring for someone with Alzheimer's disease or dementia
- 23% say caregiving has made their own health worse
- 61% of family caregivers are also working

Source: National Alliance for Caregiving and AARP: Caregiving in the US 2020

My Journey as a Caregiver



Time for Self Advocacy

Ask for flexibility at work – take action by advocating for and encouraging employers to adopt caregiver-friendly policies

Time for Self Advocacy

Take care of your health – focus on your emotional and physical health – when you ignore your health that puts your loved one in jeopardy

Time for Self Advocacy

Ask for help – seek help by creating a network of family members, neighbors and friends who can provide support to help avoid burnout. Asking for help does not mean you're giving up.

Time for Self Advocacy

Advocate and voice your concerns – write your legislators to support ongoing federal and state-level measures that help caregivers whether through employment protections, tax credits, more Social Security benefits, etc.

My Two Elaines



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Thank you