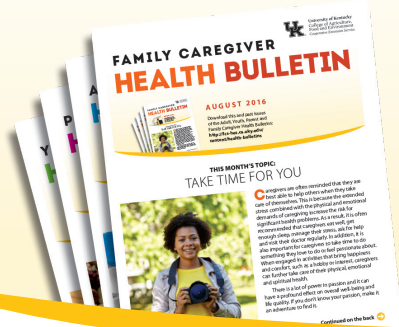


FAMILY CAREGIVER HEALTH BULLETIN



JANUARY 2018

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THIS MONTH'S TOPIC:

MAKE WAY FOR MALE FAMILY CAREGIVERS



While the majority of family caregivers are middle aged women, more and more men are assuming the position. According to AARP, 40 percent of the 40 million family caregivers in the United States today are males. These men are most likely caring for a parent, spouse, partner or other older relative. Similar to women, these male caregivers help with finances and medical and personal care, which includes assistance with eating, bathing, dressing and toileting.

Perhaps due to less experience with hands-on personal care, men are less likely than women to be comfortable with providing personal care. Men are also

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The Cooperative Extension office and Area Agency on Aging are two excellent places for male caregivers to turn to for help.



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less likely to reach out for help when they are stressed or burdened by caregiving duties.

The following tools and resources can help male caregivers succeed according to AgingCare.com:

- Educate yourself about your loved one's illness/disability and needs.
- Share your experiences and seek support from others who are going through something similar.
- Become an advocate for male caregivers in your area. You are not alone.
- Focus on the positive aspects of caregiving.
- Take time for yourself and maintain your own physical and mental health via regular checkups with healthcare professionals, eating smart and healthy, exercising,

sleeping and properly managing stress.

- Ask for and accept help through friends, family and various local social, health and human services.

The Cooperative Extension office and Area Agency on Aging are two excellent places for male caregivers to turn to when looking for programs and help.

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HEALTH BULLETIN**

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