

Empowering Libraries To Support Caregivers

Essential Resources and Strategies

George Strawley

NNLM Region 4
University of Utah
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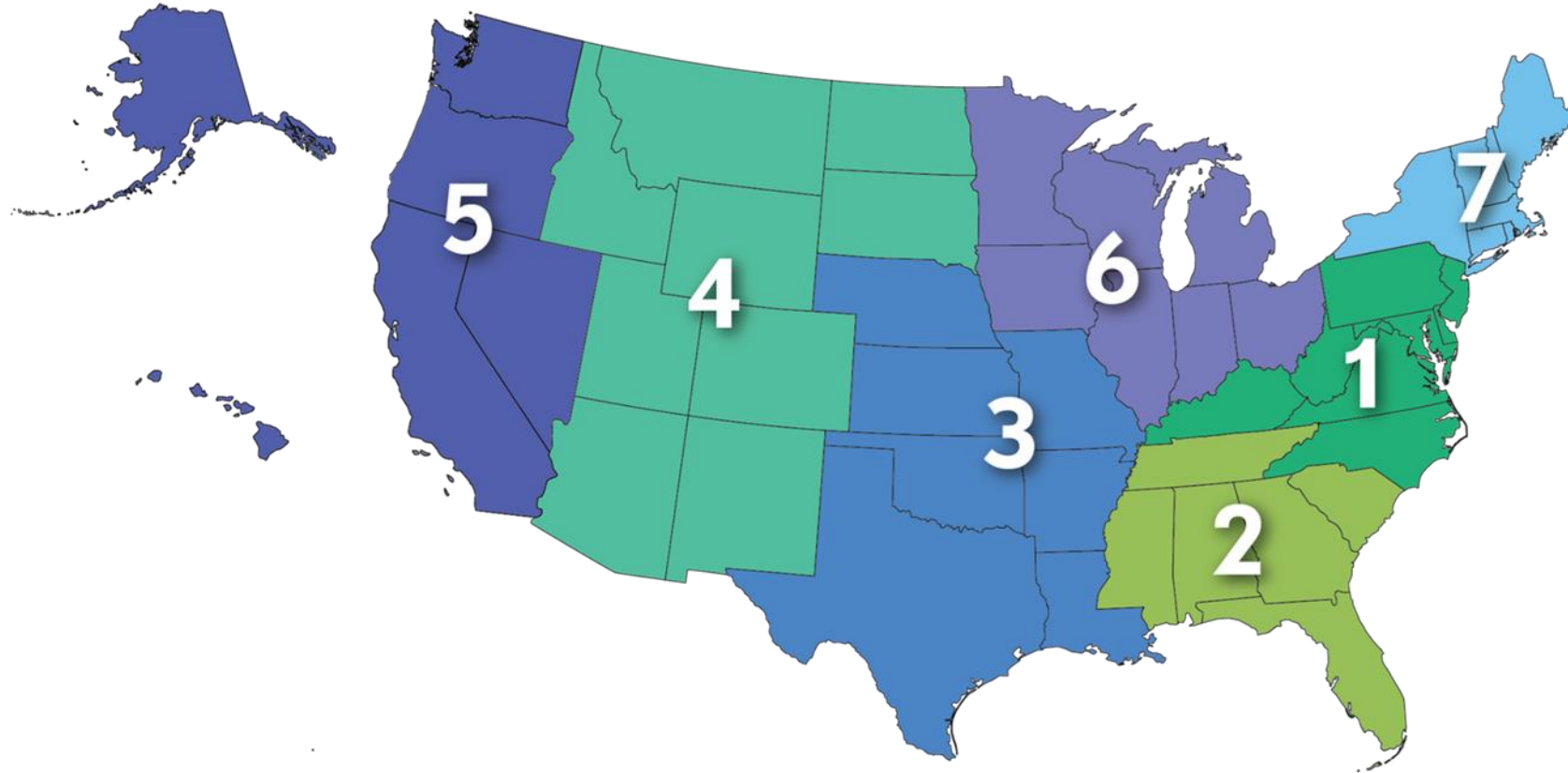
Bennie Finch

NNLM Region 7
University of
Massachusetts
Chan Medical School
Lamar Soutter Library

Carolyn Martin

NNLM Region 5
University of Washington
Health Sciences Library

About NNLM



NNLM.gov

Objectives

- Learn how to support caregivers by connecting them with trusted health resources.
- Explore effective strategies for making libraries welcoming, resource-rich spaces for caregivers.
- Gain practical tools to help prevent caregiver burnout within the community.
- Strengthen your library's role as a supportive hub for caregivers, fostering resilience and connection.

What comes to mind when you think of caregiving?

Caregiver Defined

- Caregiver = Person who tends to needs or concerns of someone with short- or long-term limitations due to illness, injury or disability
- Family caregiver = Cares for members of their family of origin or family of choice
- Medicare limits the definition to family members, friends or neighbors who provide **unpaid** assistance
- National Cancer Institute includes health professionals, social workers and clergy at home or in hospital

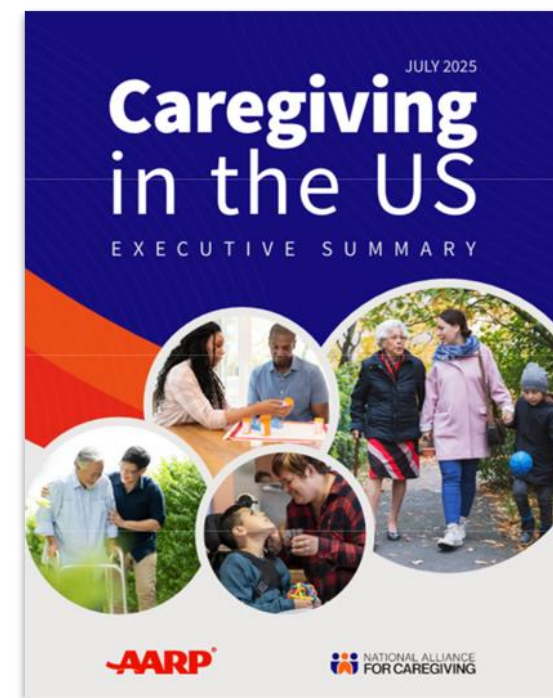
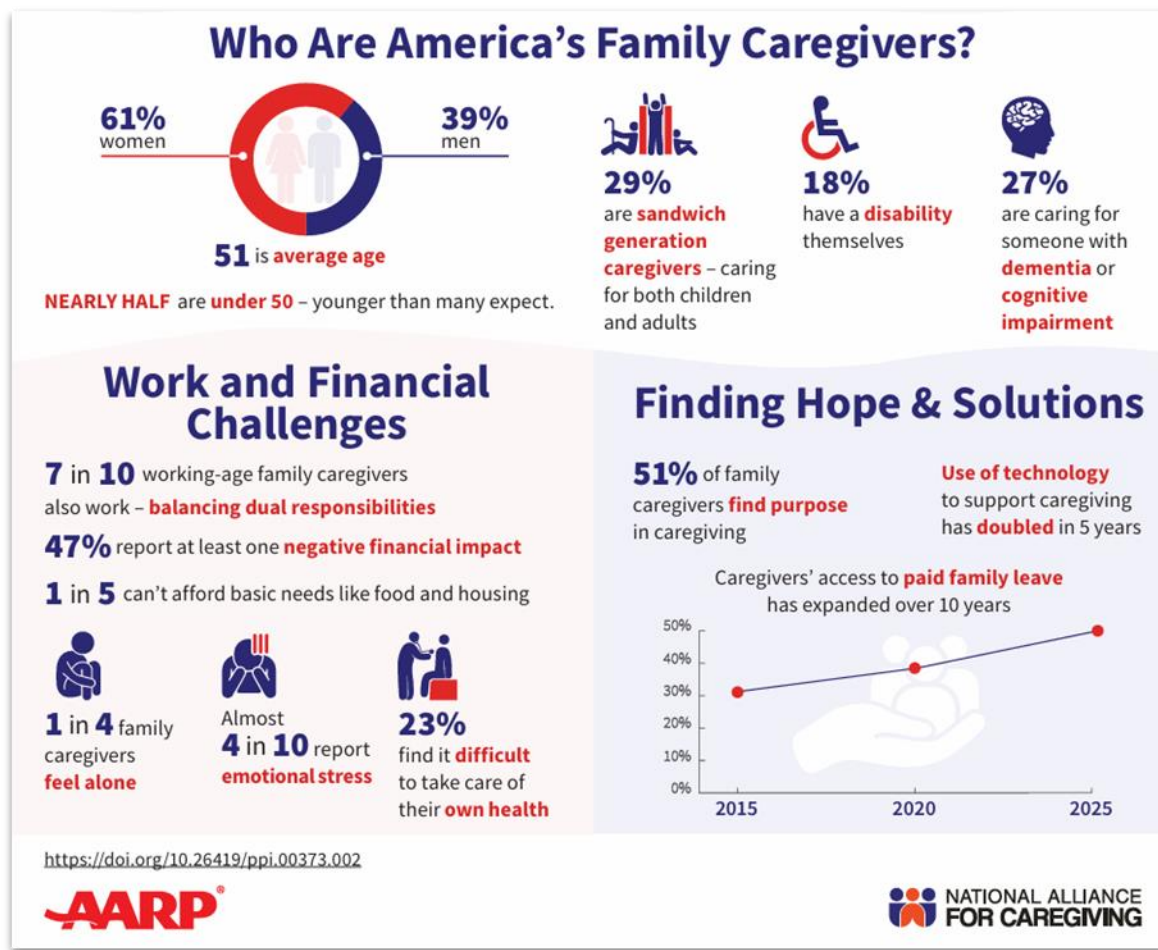
Sources: [Johns Hopkins Medicine](#)
[Center for Medicaid Services](#)
[National Cancer Institute](#)

“There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

- Rosalynn Carter

Founder of the Rosalynn Carter
Institute for Caregivers

Family Caregivers - A Snapshot



Care Recipients

Care recipients include family, friends, and relatives across all stages of life

Top 5 conditions for care:

- aging
- dementia and Alzheimer's
- mobility
- cancer
- surgery and wounds

Caregiving in the US 2025

Caregiver Experience

Surveyed caregivers of aging parents and aging partners

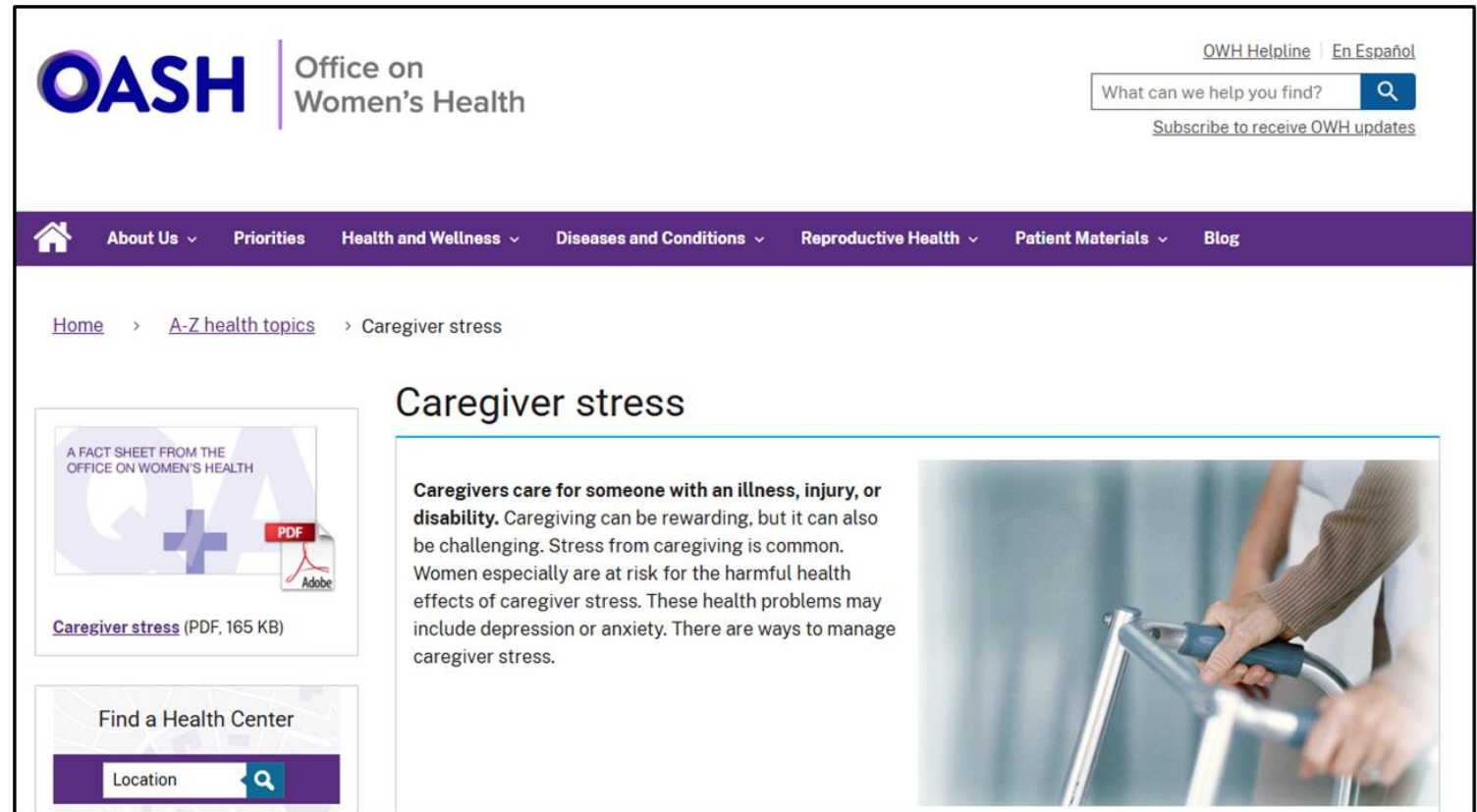
- Caring for aging parent or spouse/partner has had a more positive than negative impact on their relationship with parent or spouse/partner
- Caring for aging parent had a more negative than positive impact on:
 - Their emotional well-being
 - Their physical health
 - Their job or career (among those who have one)
 - Their financial situation
 - Their social life
- Caring for aging spouse/partner has more mixed views on impact

Pew Research Center Survey - [Family Caregiving in an Aging America](#)

Caregiver Stress and Health Impacts

Factsheet

- Signs and Symptoms
- Health Impacts
- Ideas to Prevent or Relieve Stress
- Resources



The screenshot shows the OASH website with the following elements:

- Header:** OASH | Office on Women's Health. Links for OWH Helpline and En Español. A search bar with the text "What can we help you find?" and a "Subscribe to receive OWH updates" link.
- Navigation Bar:** Home, About Us, Priorities, Health and Wellness, Diseases and Conditions, Reproductive Health, Patient Materials, Blog.
- Breadcrumbs:** Home > A-Z health topics > Caregiver stress.
- Left Column:**
 - A graphic for a fact sheet titled "A FACT SHEET FROM THE OFFICE ON WOMEN'S HEALTH" with a PDF icon and the text "Caregiver stress (PDF, 165 KB)".
 - A "Find a Health Center" section with a "Location" input field and a search icon.
- Main Content Area:**
 - ### Caregiver stress

Caregivers care for someone with an illness, injury, or disability. Caregiving can be rewarding, but it can also be challenging. Stress from caregiving is common. Women especially are at risk for the harmful health effects of caregiver stress. These health problems may include depression or anxiety. There are ways to manage caregiver stress.
 - 

Coordinating Medical Care

- Monitor their recipient's health
- Assist with at least one activity of daily living (ADL), bathing, dressing, toileting, feeding, and mobility
- Help with 3+ instrumental activities of daily living (IADL), shopping, finances, meal prep
- Perform medical and nursing tasks
- Communicate with providers
- Advocate on behalf of their care recipient

Caregiving in the US 2025

How do Caregivers seek health information?

Common Topics

- Helping the care recipient cope
- Managing caregiver stress
- Disease-specific issues
- Crisis preparation
- Long-term care
- Appropriate activities
- Death and dying

Seek health information via devices more frequently than non-caregivers

Born outside the U.S. report greater difficulty seeking health information

Tip: Explore strategies to create a welcoming library environment

Resources

Trusted health information tools librarians
can use to support caregivers in their
communities

MedlinePlus

An official website of the United States government [Here's how you know](#)

NLM National Library of Medicine

MedlinePlus®
Trusted Health Information for You

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Welcome to MedlinePlus

MedlinePlus is an online health information resource for patients and their families and friends. It is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH). [Learn more about MedlinePlus](#)



FEATURED TOPIC
Healthy Sleep

Sleep is a natural process that helps your body restore energy, supports learning and memory, and keeps you healthy. You can take steps to improve your sleep habits.

[Learn more](#)

 Health Topics Find information on health, wellness, disorders and conditions	 Medical Encyclopedia Articles and images for diseases, symptoms, tests, treatments	 Genetics Explore genetic conditions, genes, and how genetic variations affect health
 Drugs & Supplements Prescription drugs, over-the-counter medicines, herbs, and supplements	 Medical Tests Learn why your doctor orders medical tests and what the results may mean	 Healthy Recipes These recipes show you how to prepare tasty, quick meals as part of a healthy lifestyle

[Easy-to-Read Health Information](#) [Health Information in Multiple Languages](#) [MedlinePlus Connect for EHRs](#)

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Topic Sections

Drugs, Supplements
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[Home](#) → [Health Topics](#)

Health Topics



Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Body Location/Systems

- [Blood, Heart and Circulation](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nerves](#)
- [Digestive System](#)
- [Ear, Nose and Throat](#)
- [Endocrine System](#)
- [Eyes and Vision](#)
- [Immune System](#)
- [Kidneys and Urinary System](#)
- [Lungs and Breathing](#)
- [Mouth and Teeth](#)
- [Skin, Hair and Nails](#)
- [Female Reproductive System](#)

Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)
- [Poisoning, Toxicology, Environmental Health](#)
- [Pregnancy and Reproduction](#)
- [Substance Use and Disorders](#)
- Diagnosis and Therapy**
- [Complementary and Alternative Therapies](#)
- [Diagnostic Tests](#)
- [Drug Therapy](#)
- [Surgery and Rehabilitation](#)

Demographic Groups

- [Children and Teenagers](#)
- [Men](#)
- [Older Adults](#)
- [Population Groups](#)
- [Women](#)

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)
- [Personal Health Issues](#)
- [Safety Issues](#)
- [Sexual Health Issues](#)
- [Social/Family Issues](#)
- [Wellness and Lifestyle](#)



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[Home](#) → [Health Topics](#) → [Older Adults](#)

Older Adults



- [Abuse](#) *see* [Elder Abuse](#)
- [Accidents](#) *see* [Falls](#)
- [Age-Related Macular Degeneration](#) *see* [Macular Degeneration](#)
- [Ageusia](#) *see* [Taste and Smell Disorders](#)
- [Aging](#) *see* [Older Adult Health](#)
- [Aging Skin](#) *see* [Skin Aging](#)
- [Alzheimer's Caregivers](#)
- [Alzheimer's Disease](#)
- [AMD](#) *see* [Macular Degeneration](#)
- [Amnesia](#) *see* [Memory](#)
- [Angina](#)
- [Anosmia](#) *see* [Taste and Smell Disorders](#)
- [Arteriosclerosis, Coronary](#) *see* [Coronary Artery Disease](#)
- [Artificial Lens](#) *see* [Cataract](#)
- [Assisted Living](#)
- [Assistive Devices](#)
- [Atherosclerosis, Coronary](#) *see* [Coronary Artery Disease](#)
- [Balance Problems](#)
- [Bladder Control](#) *see* [Urinary Incontinence](#)
- [Blood Pressure](#) *see* [High Blood Pressure](#)
- [Bone Loss](#) *see* [Osteoporosis](#)
- [Brain Attack](#) *see* [Stroke](#)

MedlinePlus Search Results

An official website of the United States government [Here's how you know](#)

NIH National Library of Medicine

MedlinePlus[®]
Trusted Health Information for You

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Health Topics Drugs & Supplements Genetics Medical Tests Medical Encyclopedia Español

Home → Search Results Search Help

Refine by Type

All Results (2,329)

- Health Topics (30)
- Medical Encyclopedia (101)
- External Health Links (1,778)
- Medical Tests (7)
- Genetics (3)
- Drugs and Supplements (217)
- National Institutes of Health (513)
- MedlinePlus Magazine (89)
- Healthy Recipes (0)
- Multiple Languages (14)

Refine by Format

All Results (2,329)

- PDF (73)
- Images (0)
- Videos (74)

Caregiver Health

What is a caregiver?

A caregiver gives care to someone who needs help taking care of themselves. The person who needs help may be a child, an adult, or an older adult. They may need help because of an injury, chronic illness, or disability.

Some caregivers are informal caregivers. They are usually family members or friends. Other caregivers are paid professionals. Caregivers may give care at home or in a hospital or other health care setting. Sometimes they are caregiving from a distance. The types of tasks that caregivers do may include:

(Read more)

Results 1 - 10 of 2,329 for **caregivers**

- Caregiver Health** (National Library of Medicine)
What is a caregiver? A caregiver gives care to someone who needs help taking care of themselves. The person who needs help may be a child, an ... of an injury, chronic illness, or disability. Some caregivers are informal caregivers. They are usually family members ...
<https://medlineplus.gov/caregiverhealth.html> - Health Topics
- Caregivers** (National Library of Medicine)
A caregiver gives care to someone who needs help taking care of themselves. The person who needs help may ... illness such as Alzheimer's disease or cancer. Some caregivers are informal caregivers. They are usually family members ...
<https://medlineplus.gov/caregivers.html> - Health Topics
- Alzheimer's Caregivers** (National Library of Medicine)
A caregiver gives care to someone who needs help taking care of themselves. It can be rewarding. It may ... will need more and more help. As a caregiver, it is important for you to learn about ...
<https://medlineplus.gov/alzheimerscaregivers.html> - Health Topics
- Caregiver Action Network** (Caregiver Action Network)
... 2026-01-14T09:38:33-05:00 New Caregiver. Long-Time Caregiver. Long Distance Caregiver. Working & Caregiving. Advocate. No matter your role, we ... Loved One With Cancer? Visit Help For Cancer Caregivers for even more resources. Visit www.HelpForCancerCaregivers.org ...
<https://www.caregiveraction.org> - Other Resources
- What Do Patients and Caregivers Need to Know about Oral Food Challenges?** (American Academy of Allergy, Asthma, and Immunology)
...
[https://www.aai.org/press-releases/2025/01/2025-01-20-american-academy-of-allergy-asthma-and-immunology-announces-new-guidelines-for-oral-food-challenges](#)

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Home → Health Topics → Caregiver Health

Caregiver Health
Also called: Caring for the caregiver

On this page

Basics - Summary - Start Here - Treatments and Therapies	Learn More - Living With - Related Issues - Specifics	See, Play and Learn No links available
Research Clinical Trials	Resources No links available	For You No links available

Summary

What is a caregiver?

A caregiver gives care to someone who needs help taking care of themselves. The person who needs help may be a child, an adult, or an older adult. They may need help because of an injury, chronic illness, or disability.

Some caregivers are informal caregivers. They are usually family members or friends. Other caregivers are paid professionals. Caregivers may give care at home or in a hospital or other health care setting. Sometimes they are caregiving from a distance. The types of tasks that caregivers do may include:

- Helping with daily tasks like bathing, eating, or taking medicine
- Arranging activities and medical care
- Making health and financial decisions

How does caregiving affect the caregiver?

Caregiving can be rewarding. It may help to strengthen connections to a loved one. You may feel fulfillment from helping someone else. But caregiving may also be stressful and sometimes even overwhelming. Caregiving may involve meeting complex demands without any training or help. You may also be working and have children or others to care for. To meet all of the demands, you might be putting your own needs and feelings aside. But that's not good for your long-term health. But you need to make sure that you are also taking care of yourself.

What is caregiver stress?

Many caregivers are affected by caregiver stress. This is the stress that comes from the emotional and physical strain of caregiving. The signs include:

- Feeling overwhelmed
- Feeling alone, isolated, or deserted by others
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Feeling tired most of the time
- Losing interest in activities you used to enjoy

Related Health Topics

- Alzheimer's Caregivers
- Caregivers

National Institutes of Health

The primary NIH organization for research on *Caregiver Health* is the National Institute on Aging

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our [disclaimer](#) about external links and our [quality guidelines](#).



[Home](#) > [All About Cancer](#) > [Caregivers and Family](#) > [What a Cancer Caregiver Does](#) > Taking Care of Yourself When You're a Cancer Caregiver

Caregivers and Family

Being a Friend to Someone with Cancer

What a Cancer Caregiver Does

How to Communicate as a Caregiver

Making Health Decisions as a Cancer Caregiver

Caregiving in Special Situations

Understanding the Cancer Experience When You're a Caregiver

What Is a Cancer Caregiver?

Taking Care of Yourself When You're a Cancer Caregiver

Helping Children When a Family Member or Someone They Know Has Cancer

Caregiver Support Video Series

Cancer and Mental Health: How Caregivers, Friends, and Family Can Help

When Someone You Know Has Cancer

Caregiver Resource Guide

[Download Section as PDF](#)

Taking Care of Yourself When You're a Cancer Caregiver

In most cases, the main (primary) caregiver is a spouse, partner, parent, sibling, or an adult child. Close friends, co-workers, or neighbors may fill this role when family is not around. The caregiver has a key role in the patient's care. Good, reliable caregiver support is very important to the physical and emotional well-being of people with cancer.

On this page [\[show \]](#)

What does it feel like to be a caregiver?

Many people find personal satisfaction in caring for a loved one with cancer. You may see it as a meaningful role that allows you to show your love and respect for the person. It may also feel good to be helpful and know that you're needed by a loved one.

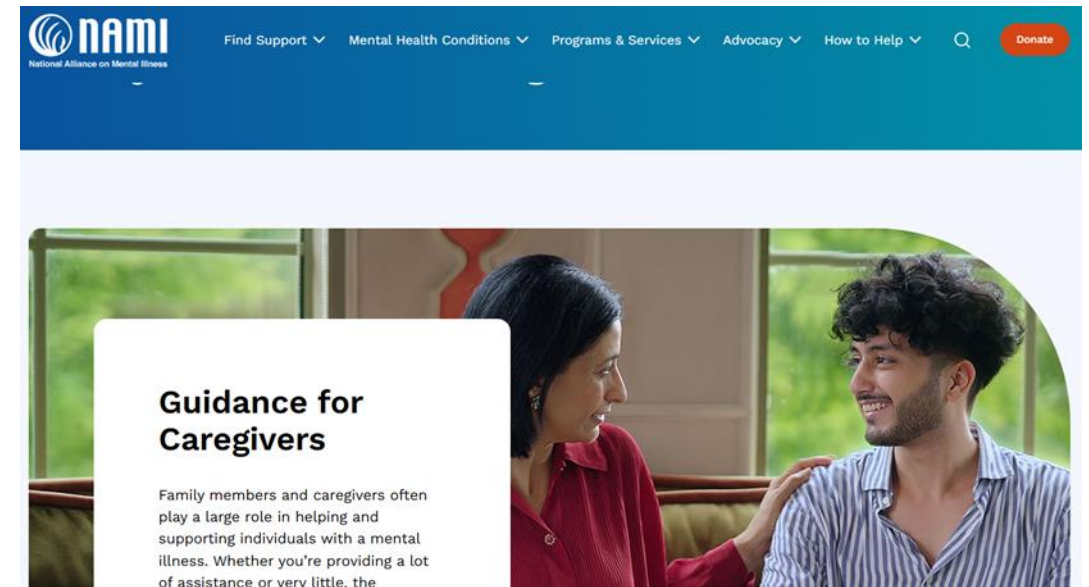
Today, most cancer treatment is given in outpatient treatment centers – not in hospitals. This means someone is needed to be part of the day-to-day care of the person with cancer. Caregiver roles change as patient's needs change during and after cancer treatment.

You'll become an important part of the cancer care team along with the normal day-to-day tasks such as meal prep, cleaning, and transportation.

Mental Health Caregivers

NAMI provides information addressing:

- crisis prevention
- securing stable housing
- arrest of care recipient



Caring for People with Disabilities



FINDS Family & Individual Needs
for Disability Supports
Community Report 2023

- The Arc advocates for people with intellectual and developmental disabilities
- FINDS survey reports, most caregivers want either online or in-person training on topics such as:
 - behavior supports for challenging behavior
 - training about service systems (e.g. Medicaid and SSI)
 - training and supports related to future planning for their family member

FINDS (Family & Individual Needs for Disability Supports)
Community Report 2023

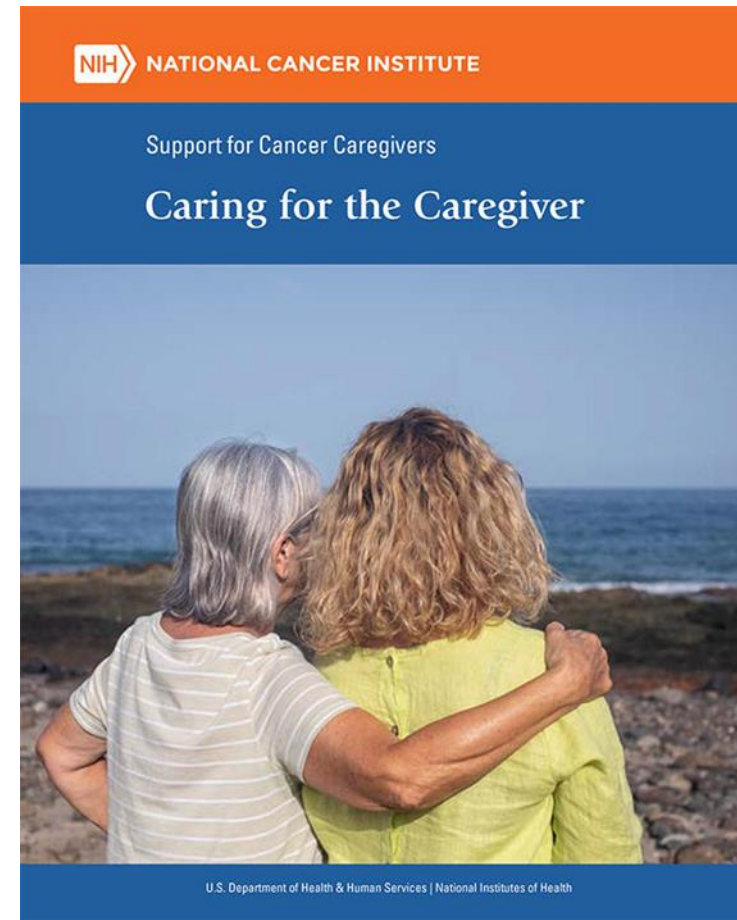
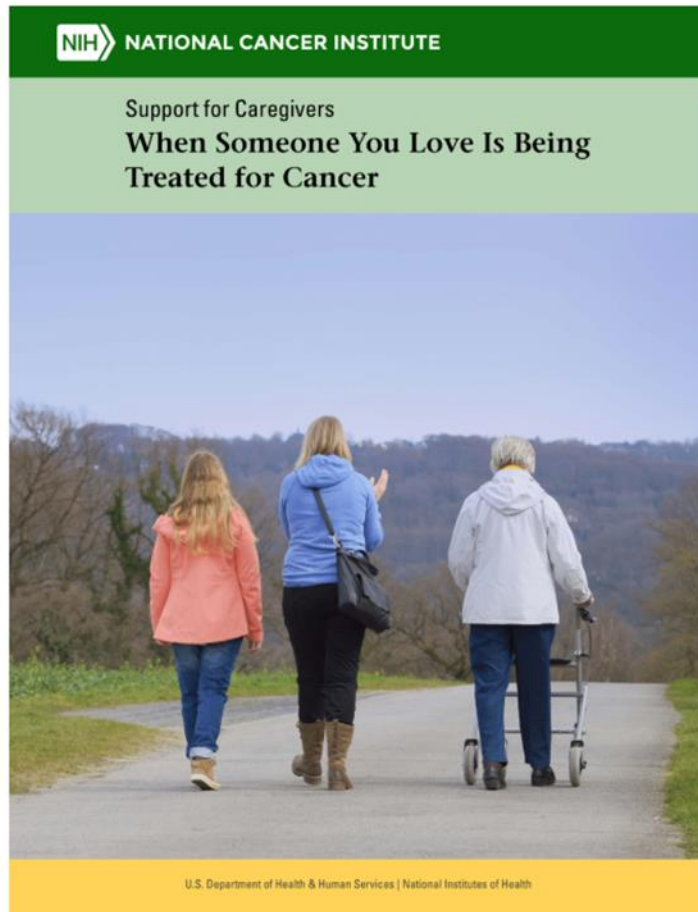
Cancer Caregiving

Caregiver Action Network

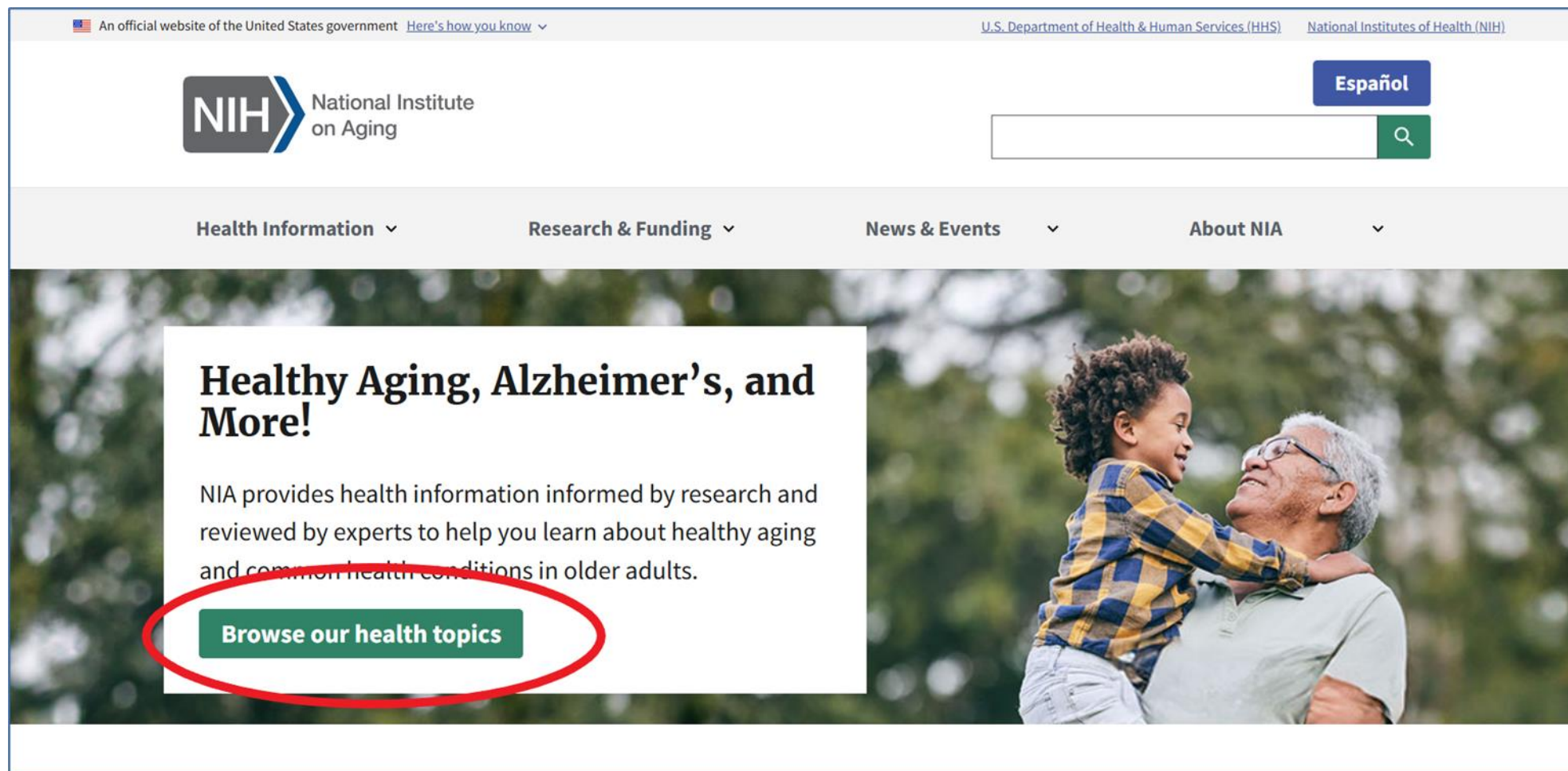


- Emergency Preparedness
- Medication Management
- Talking with Healthcare Providers
- Making a Care Plan

National Cancer Institute



National Institute on Aging



Caring for Older Adults

Caregiving

Millions of Americans take care of a friend or family member with a serious health condition. Being a caregiver can be a labor of love, but it can also be stressful. Learn how you can be an effective caregiver while also taking care of yourself.

Related topics: [Advance care planning](#), [Alzheimer's caregiving](#), [Long-distance caregiving](#), [Long-term care](#)



Caregiver Worksheets

Download, print, and copy NIA's worksheets to help you provide care for family members or friends who need help with daily living.



Does an Older Adult in Your Life Need Help?

Get tips for identifying signs an aging parent or relative needs help and what you can do.



Frequently Asked Questions About Caregiving

Are you caring for the needs of an ill, older family member or friend? These common questions and answers about caregiving should help you get started.

NIA - Long-Distance Caregiving

Long-Distance Caregiving: How Can I Help if I'm Far Away?

You can still provide support as a caregiver, even if you don't live close by.

From a distance, you may be able to:



Arrange for in-home care, such as a home health aide



Research long-term care options, such as assisted living or a nursing home



Plan occasional in-person visits to help out the day-to-day caregivers



Order medical equipment, medicines, and other supplies



Assist with paying bills and managing insurance claims



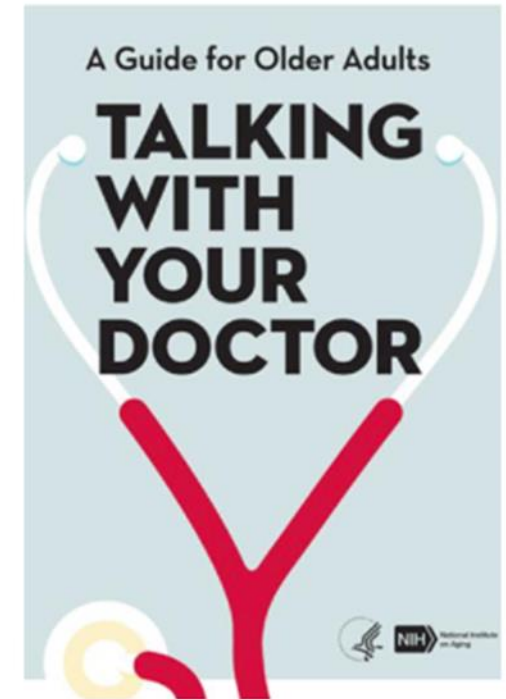
To learn more, visit www.nia.nih.gov/long-distance-caregiving.



Materials from NIA



**Caregiver's
Handbook**



**Talking With Your
Doctor: A Guide for
Older Adults**

NIA - Caregiver Self-Care

Take Care of Yourself as a Caregiver



The infographic features a semi-circular arrangement of six colored segments, each containing a self-care activity and an icon. In the center of the semi-circle is a photograph of a smiling woman with dark hair. The segments, starting from the top and moving clockwise, are:

- Try a yoga class.** (Red segment, icon of a person in a yoga pose)
- Meet a friend for lunch.** (Grey segment, icon of two people at a table)
- Join a support group.** (Green segment, icon of two people sitting and talking)
- Make time for a hobby you enjoy.** (Purple segment, icon of a guitar)
- Go to sleep a half-hour earlier.** (Brown segment, icon of a crescent moon and stars)
- Take a short walk outside.** (Blue segment, icon of a person walking near a tree)

Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at www.nia.nih.gov/caregiving.

NIH National Institute on Aging

Caring for Veterans

VA Caregiver Support Program



U.S. Department
of Veterans Affairs

Health	Benefits	Burials & Memorials	About VA
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VA » Health Care » VA Caregiver Support Program » VA Caregiver Support Program (CSP) - /

VA Caregiver Support Program

An official website of the United States government [Here's how you know](#)

[VA.gov](#) [Locations](#) [Business](#) [VA Careers](#) [Contact Us](#)

VA | News [News](#) [Resources](#) [VA Podcast Network](#) [VA Press Room](#) [Q](#)

[Home](#) / [Caregivers](#)

Caregivers



[Combating loneliness and social isolation as a caregiver](#)

Caregivers can reduce loneliness and isolation by connecting with the Caregiver Support Program.



Caregivers find support and services at VA

Caregivers ensure care for our Veteran's doesn't stop when they leave a VA medical center.



Caregivers: Honoring your dedication this November

Caregiving: Refresh & Renew: Our commitment to offering tools and services that help caregivers recharge while providing the best care for your Veteran.



Suicide Prevention

Caregivers can play a crucial role in suicide prevention, offering support to Veterans in their care.



Virtual Psychotherapy Program for Caregivers

We're not alone. CSP's Virtual Psychotherapy Program for Caregivers provides a safe space for caregivers to connect with others who understand the challenges of caring for a Veteran. Join the program today.



VA Caregiver Support

Programming & Partnerships

Programming

Partner with local agencies on programming

Host information sessions about caregiving and caregiver services

Offer to be a place for a support group

Speakers from the Extension Service on Finances, Healthy Eating

Area Agency on Aging may have resources or speakers

Sensory Tent

Harris Memorial Library
Otego, New York
Small Rural Library



Memory Books - Bennington

Created on November 29, 2022, 1:56 pm

Last Updated November 29, 2022, 1:56 pm

Books for adults with memory challenges. Borrow individual books or borrow a kit (each kit includes six books).

[Email List](#) [Print Options](#) [Export List to CSV](#) [Export List to RIS](#) [Generate Citations](#) [Filter by Format](#) [Sort by](#)

Records Per Page

Hide Covers ☐



1) Memory kit 1

Kit

Show Edition

On Shelf

Bennington Free Library - Picture Books - 1st Floor
MB KIT1
1 available

Place Hold

[More Info](#)

[Add a Review](#)

[Add to List](#)

SHARE



Memory Kits

Bennington Free Library
Bennington, Vermont



Fidget Quilts

Tactile lap sized quilts or wearable apron

For restless and 'fidgety' hands

Calming, soothing, redirect attention, engages brain

Combination of textures, buttons, pockets, activities

Meridian Library District (ID) Craft to Give Back

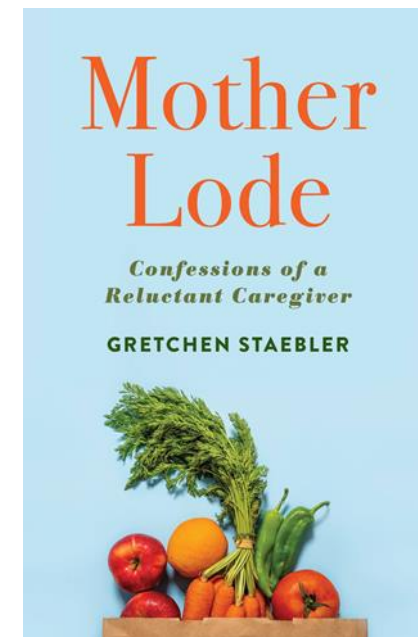
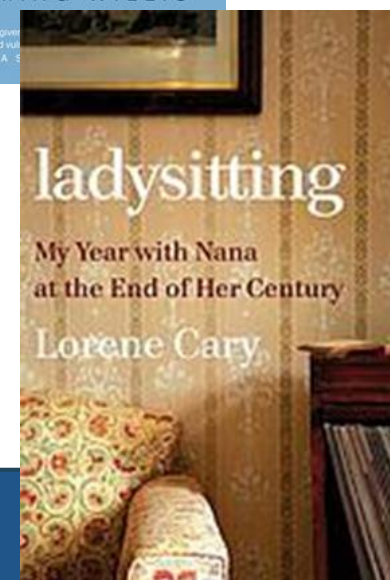
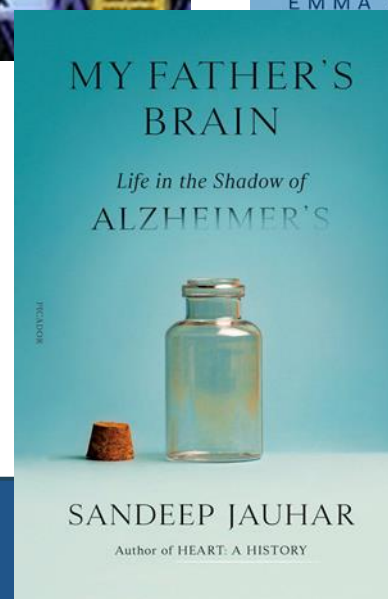
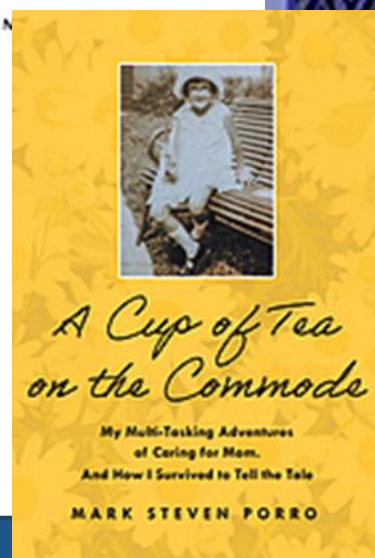
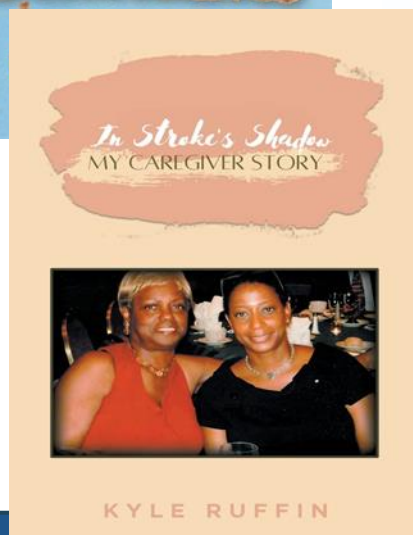
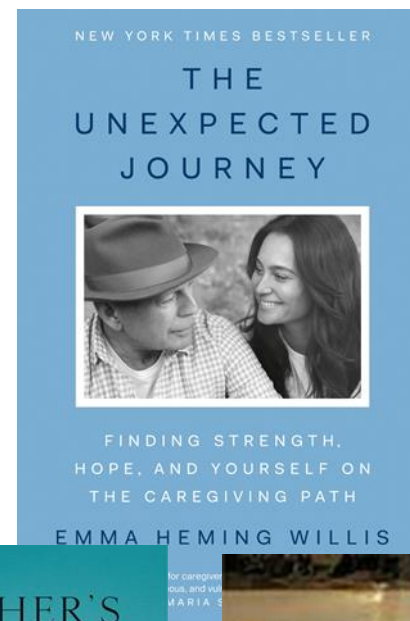
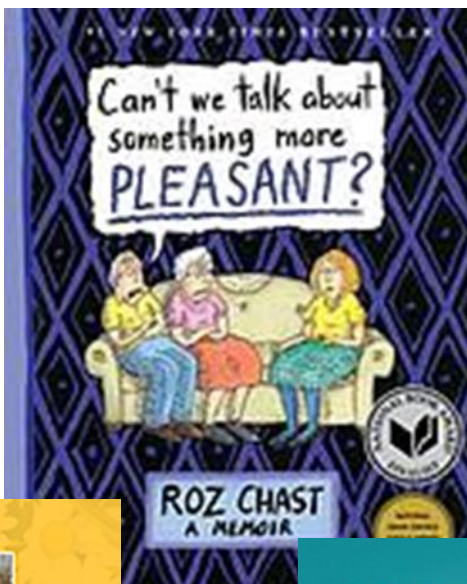
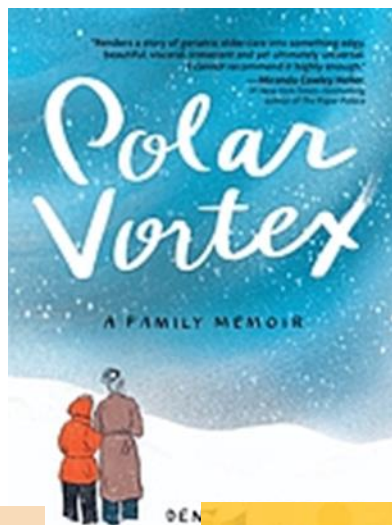
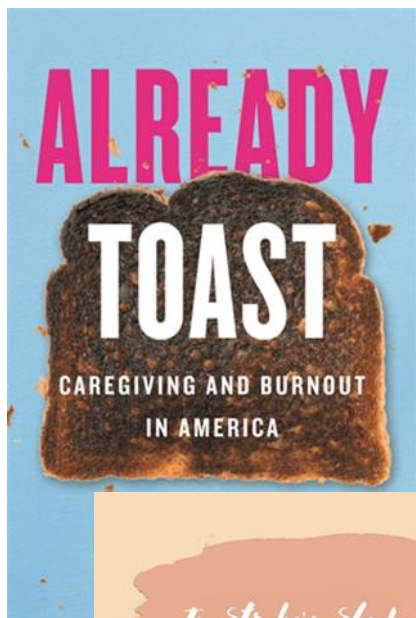
supplies - volunteers and community funds

outreach connections to individuals and organizations



Book discussion or displays on Caregiving

NNLM Reading Club



Digital Literacy Programming

Connecting with others

Electronic Health Record

Using online health information resources

Telehealth

Sharing Time

Brainstorm some ideas for a program focusing on caregiving at your library

Thank You

Questions?

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