Supporting the Caregiving Journey

Today's family caregivers provide intense, complex care. We need to support them in this journey.

When we provide needed information, services, and support... Caregivers benefit and so do their patients.

Patients benefit when their caregivers are supported...

53% are better able to navigate the health system

71% can advocate for appropriate care

59% find and use needed services

71% report being able to provide the best possible care

And **70%** can support the well-being of their patients





Caregivers need more information, support and services...

Only **49%** of caregivers are aware of all the services available to support them

Just **54%** of caregivers get the information they need to care for their loved one

And only **59%** of caregivers use all the services they need



Caregivers also benefit when they are supported...

66% are more aware of resources available to support them

65% are better able to meet their own needs

And **65%** are better able to manage the stress associated with caregiving



For more information about how you can support family caregivers, please contact Coast Caregiver Resource Center at 805-569-8950.

**Data from Santa Barbara Community Caregiving Initiative, Fall, 2018*

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