This month, Health is Primary is focusing on caregivers and highlighting their important role in the health care system. We are promoting caregiver health and showing how primary care can be a resource for family caregivers. Join us and spread the word. #MakeHealthPrimary #CaregiverHealthIsPrimary

**THE FACTS ABOUT CAREGIVER HEALTH**

- In 2009, nearly 66 million Americans (three in 10 U.S. households) reported at least one person providing unpaid care as a family caregiver. (Am Fam Physician, 2011)

- Approximately two-thirds of all family caregivers also work outside the home. (Administration on Aging)

- More adults with chronic conditions and disabilities are living at home than ever before, and family caregivers have an even higher level of responsibility. (Am Fam Physician, 2011)

- Caring for loved ones is associated with several benefits, including personal fulfillment. However, caregiving is also associated with physical, psychological, and financial burdens. (Am Fam Physician, 2011)

- Although caregiving can have a negative impact on caregivers’ health and well-being, research demonstrates its effects can be alleviated at least partially by primary care interventions that address caregiver needs. (Family Caregiver Alliance)

**BE A CHAMPION**

- Distribute patient information materials (tear sheets) on caregiver health in your primary care practice.

- Distribute family caregiver tear sheets to employers in your community. Offer to have a member of your care team host a “brown bag” lunch for employees to share information and resources for family caregivers.

- Share the facts about family caregivers and primary care through social media. Post regularly on Twitter and Facebook using the facts listed here. Don’t forget to follow the campaign (Facebook and Twitter: @ HealthIsPrimary). Retweet and share our posts!

- Share your stories about family-centered care and how primary care is working to support family caregivers in your practice, community or state. Go to [www.healthisprimary.org](http://www.healthisprimary.org) and click on the "stories" tab.
# March Focus: Caregivers

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- **30 March**: Daylight Saving Time Begins
- **31 March**: St. Patrick’s Day
Long-term relationships built on trust between patient and doctor are the foundation of good health. That’s why primary care practices treat patients and their families as core members of their health care team.

Family doctors are dedicated to treating the whole person and are seen by their patients as partners. We believe every patient should have access to a health care team that understands and respects them.

Learn more about how you can play an active role in your health care at healthisprimary.org.