

Short Article – National

Title of the Article

New Ways to Support Caregivers in Your Community

Article

Informal caregivers often suffer from the indirect consequences of caring full- or part-time for loved ones or friends, while dealing with everyday responsibilities.

For example, in 2017, an estimated [41 million family caregivers in the United States](#) provided an estimated 34 billion hours of unpaid care with an annual market value of \$470 billion.

Respite care provides unpaid caregivers a short-term break from the daily responsibility of caregiving while their loved ones receive supervision and personal care from a qualified individual.

The primary goal of respite care is to restore the balance between caring for others and caring for yourself.

CareBreaks: A Respite Care Program in Rhode Island

We implemented a workforce development initiative to match student nurses with low to moderate income families who have no access to subsidized respite care. This model provides free respite care with an increased supply of volunteer respite providers and offers important hands-on experience for nursing students approaching career field entry.

Learn More

[View our toolkit](#) for information on how interested nursing programs and other organizations can replicate a similar respite clinical experience program.

For more information, watch our video for more [information about respite care](#) and its impact on caregivers.

This work is supported by the U.S. Administration for Community Living, Department of Health and Human Services, through the Rhode Island Office of Healthy Aging.