



An estimated 4.1 million caregivers in New York provide 2.68 billion hours of unpaid care valued at \$32 billion dollars annually.



Visit our dedicated web page for tools, information and resources to support caregivers managing work responsibilities.

Get help managing YOUR caregiving responsibilities. Scan the QR code.



4.1 million New Yorkers provide unpaid care to an older adult or other loved one. This involves help with household tasks, transportation, assisting with medical or self-care needs, and more.

Working caregivers face the added stress of balancing their caregiving role with job duties. Support is available. Visit NYSOFA's caregiver resource page today.

You'll find information about:

- Caregiver Resource Centers – for caregiver training, support groups, and more.
- Respite Programs – for temporary relief from caregiver duties.
- Partner organizations that help caregivers.
- NY Connects – your trusted place to go for free, unbiased information about long term services and supports to help older adults and their caregivers.
- Web-based tools, like NYSOFA's partnership with Trualta. This service provides free access to caregiver training and personalized education through your computer, smartphone, or tablet.
- Take the statewide working caregivers survey. The results will help employers understand the impact of caregiving.