

Mental Health Caregiving Survey

HOW WE CAN BEST CARE FOR CAREGIVERS



Bring, Brag, Borrow March 5, 2025

Colorado Caregiver Mental Health Survey



Time spent caregiving negative impacts
mental health outcomes

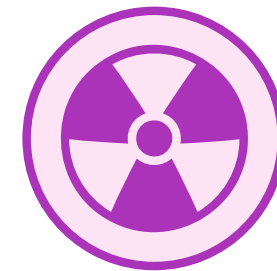
Bell Policy Center
CO Dept. of Human Services
CO Respite Coalition



How the recipient of care impacts
negative mental health outcomes

180 participants & 3 focus groups

[Caregiver Mental Health Survey](#)



Contributors to feelings of stress,
anxiety, sadness & depression

Juggling multiple responsibilities is main
contributor to feeling of stress, anxiety,
sadness/depression



Current access & use of mental health
care services

58% of caregivers have accessed formal mental
health care services

RECOMMENDATIONS

01

Increase access to respite & paid care



02

Improved resource navigation support

[Mental Health Caregiver Survey](#)

03

Direct & flexible financial support



04

Flexible Workplace Policies

