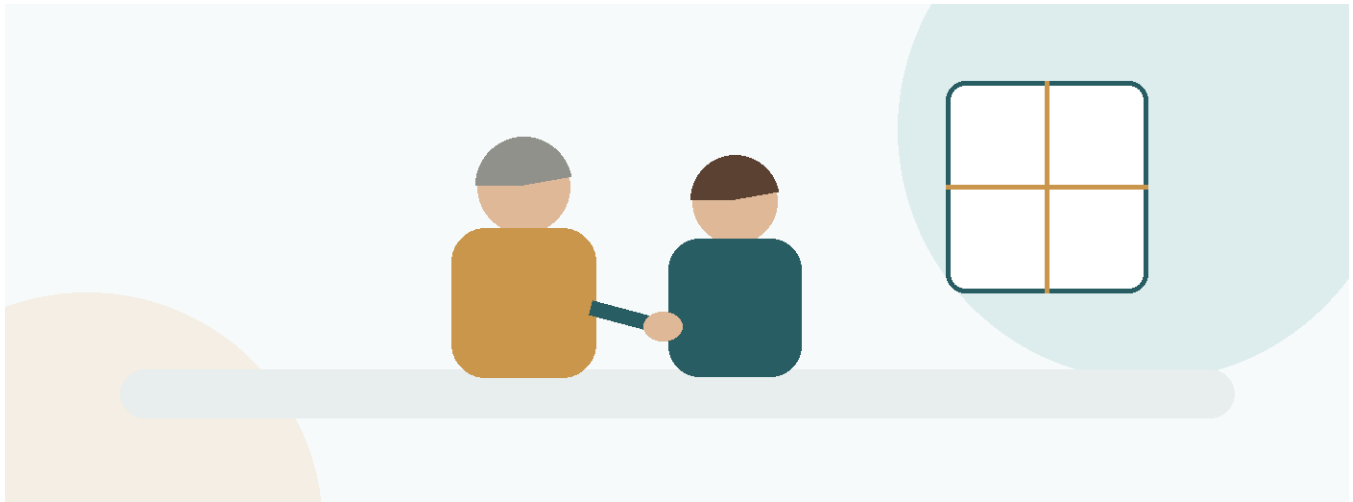


The Adult Child Needs Support Too

Recognizing the caregiving role without losing yourself in it

GUIDE 8

Warm, practical guidance
for adult children & families



A warm, practical guide for adult children and families

You may already be a caregiver

Caregiving does not always begin with a diagnosis or a formal decision. It may begin with groceries, rides, paperwork, appointments, repairs, and increasingly frequent phone calls. Over time, helping can become a significant responsibility.

Recognizing that change matters because caregivers need information and support too.

Pay attention to your own capacity

Ask yourself: Am I sleeping? Am I constantly worried? Is caregiving interfering with work, relationships, finances, or my own health? Am I becoming resentful because I am carrying responsibilities no one has discussed?

These questions are not a judgment about how much you care. They help you see whether the current arrangement is sustainable.

You do not have to be the whole system

Being a devoted son or daughter does not mean personally performing every task. Family, friends, community programs, respite services, support groups, and appropriate professionals can all be part of the solution.

Ask for specific help

Instead of waiting until you are exhausted, identify tasks someone else can own. One sibling might handle appointments. Another might research services. A neighbor might help with a weekly check-in. A paid provider might handle work that family cannot reasonably do.

Protect the relationship

When every interaction becomes a task, appointment, bill, or problem, the parent-child relationship can get crowded out. Whenever possible, preserve time to simply be together—to talk, share a meal, laugh, remember, or enjoy an ordinary day.

Know when you need your own support

Caregiver support groups, respite services, trusted friends, counselors, faith communities, and other resources can help caregivers manage stress and avoid becoming isolated. If your own physical or mental health is suffering, seek appropriate professional help.

ROLAND'S TAKEAWAY

“Supporting your parent should not require you to become an unlimited resource. A sustainable plan cares for the caregiver as well as the person receiving help.”

A NOTE FROM ANCHOR

This guide is educational and is intended to help families organize their thinking and prepare for conversations. It is not medical, legal, financial, mental-health, or professional care-management advice. For health, safety, legal, financial, or other professional concerns, contact an appropriately qualified professional.

TRUSTED RESOURCES & FURTHER READING

Anchor developed this guide as original educational guidance informed by established caregiving resources. We encourage families to visit these organizations directly for additional information.

- **National Institute on Aging — Does an Older Adult in Your Life Need Help?**
<https://www.nia.nih.gov/health/caregiving/does-older-adult-your-life-need-help>
- **National Institute on Aging — Getting Started With Caregiving**
<https://www.nia.nih.gov/health/caregiving/getting-started-caregiving>
- **National Institute on Aging — Services for Older Adults Living at Home**
<https://www.nia.nih.gov/health/caregiving/services-older-adults-living-home>
- **National Institute on Aging — Sharing Caregiving Responsibilities**
<https://www.nia.nih.gov/health/caregiving/sharing-caregiving-responsibilities>
- **AARP — New to Family Caregiving? 10 Tips on How to Get Started**
<https://www.aarp.org/caregiving/basics/how-to-be-a-caregiver.html>
- **Family Caregiver Alliance — Caregiving 101: On Being a Caregiver**
<https://www.caregiver.org/resource/caregiving-101-being-caregiver/>