20 million family caregivers perform complex medical/nursing tasks—with very little guidance.*

- The care they provide can be time-consuming, intense and complex
  - Caring for wounds and ostomies to enhance healing and prevent infection
  - Inserting catheters to manage incontinence
  - Operating specialized medical equipment
  - Managing prolonged or intense pain
- They are stressed and worried about making a mistake
  - Administering and managing medications, including pills, eye drops, suppositories, and injections
  - Assisting with mobility challenges
  - Preparing special diets with strict requirements and new foods
- They often teach other family members how to perform medical/nursing tasks
- They cope with changing roles, responsibilities, and dynamics within the family

**Home Alone Alliance** Offers Guidance and Tools

For health care professionals
We increase knowledge about how to better engage and instruct family caregivers.

For family caregivers
We create how-to videos and resource guides in multiple languages. Visit aarp.org/nolongeralone.

To learn more, email: homealonealliance@aarp.org