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## **Caregiver Health: Basic Facts and Information**

This HealthinAging article on [Caregiver Health: Basic Facts and Information](#), discusses the various ways that caregivers provide care, including caring for a spouse with health issues, a child with special needs, or a parent with dementia.

Although many caregivers experience positive benefits from caregiving, most caregivers experience stress and are at higher risk for a variety of health issues, such as increased illness, chronic stress, and an inability to meet personal and emotional needs. Some of the signs that a caregiver is stressed and in need of help may include exhaustion, insomnia, depression and self-neglect. As a caregiver, it's important to engage others in providing care, to seek help, and to take time for self care.

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**HealthinAging.org** was created by the American Geriatrics Society's Health in Aging Foundation to provide consumers and caregivers with up-to-date information on health and aging.

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