

CARING FOR CAREGIVERS: SUPPORTING
FAMILIES WHO CARE FOR PEOPLE WITH
DISABILITIES

CUIDANDO A QUIENES CUIDAN:
APOYANDO A LAS FAMILIAS QUE
ATIENDEN A PERSONAS CON
DISCAPACIDADES.

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UNDERSTANDING FAMILY CAREGIVERS

COMPRENDIENDO A LOS CUIDADORES FAMILIARES

WHO ARE FAMILY CAREGIVERS? ¿QUIÉNES SON LOS CUIDADORES FAMILIARES?



Reference: AARP and the National Alliance for Caregiving
[Caregiving in the US 2025](#)

Definition of Family Caregivers / Definición de cuidadores familiares

Family caregivers are unpaid individuals providing essential support to children or adults with health conditions or disabilities.

Los cuidadores familiares son personas no remuneradas que brindan apoyo esencial a niños o adultos con condiciones de salud o discapacidades.

Caregiving Prevalence / Prevalencia del cuidado

In 2025, nearly 63 million U.S. adults care for someone with complex medical needs. 1 in 4 adults provide caregiving support for another adult.

En 2025, casi 63 millones de adultos en EE. UU. cuidan a alguien con necesidades médicas complejas. 1 de cada 4 adultos brinda apoyo de cuidado a otro adulto.

Caregiving Responsibilities / Responsabilidades del cuidado

Tasks include managing medical appointments, medication administration, daily living assistance, and educational advocacy.

Las tareas incluyen gestionar citas médicas, administrar medicamentos, asistencia en actividades de la vida diaria y defensa educativa.

Caregivers' Vital Role / Rol vital de los cuidadores

Family caregivers are crucial to care recipients' well-being and support informal care systems nationwide.

Los cuidadores familiares son fundamentales para el bienestar de las personas a su cargo y sostienen los sistemas de cuidado informal en todo el país.



PREVALENCE OF CHILDHOOD DISABILITIES / PREVALENCIA DE DISCAPACIDADES INFANTILES

Disability Reporting Statistics / Estadísticas sobre la discapacidad

Around 13% of children aged 5 to 17 reported having a disability in 2020-2021.

Rates are much higher for those below the poverty level (18%) than 2x above (11%).

Alrededor del 13 % de los niños de 5 a 17 años reportaron tener una discapacidad en 2020/2021

Las tasas son mucho más altas en quienes están por debajo del nivel de pobreza (18 %) que en quienes están dos veces por encima (11 %).

Developmental Disability Rates / Tasas de discapacidad del desarrollo

Approximately 8.6% of children aged 3 to 17 were diagnosed with developmental disabilities 2021, up from 7.4% in 2019.

Boys (10.8%) more likely to be diagnosed than girls (5.3%), with racial disparities.

Aproximadamente el 8.6 % de los niños de 3 a 17 años fueron diagnosticados con discapacidades del desarrollo en 2021, frente al 7.4 % en 2019.

Los niños (10.8 %) tienen más probabilidades de ser diagnosticados que las niñas (5.3 %), con disparidades raciales.

Caregiver Support Importance / Importancia del apoyo a los cuidadores

Supporting caregivers is crucial to manage the complex needs of children with disabilities and ensure their well-being.

Brindar apoyo a los cuidadores es fundamental para manejar las necesidades complejas de los niños con discapacidades y garantizar su bienestar.

[America's Children: Key National Indicators of Well-Being, 2023](#)
[Diagnosed Developmental Disabilities in Children Aged 3–17 Years](#)

ECONOMIC AND TIME
BURDEN OF CAREGIVING

CARGA ECONÓMICA Y DE
TIEMPO DEL CUIDADO

TIME COMMITMENT AND UNPAID WORK

COMPROMISO DE TIEMPO Y TRABAJO NO REMUNERADO

Caregiving Time Commitment / Compromiso de tiempo en el cuidado

Family caregivers spend many hours weekly on caregiving tasks, often matching full-time job demands.

Los cuidadores familiares dedican muchas horas cada semana a tareas de cuidado, a menudo equivalentes a las exigencias de un trabajo de tiempo completo.

Economic Value of Unpaid Care / Valor económico del cuidado no remunerado

Caregivers provided 36 billion hours of unpaid care in 2021, worth about \$600 billion.

En 2021, los cuidadores proporcionaron 36 mil millones de horas de cuidado no remunerado, con un valor aproximado de 600 mil millones de dólares.

Complex Care Responsibilities

Caregivers handle complex tasks like medical care, therapy coordination, and advocacy.

Los cuidadores realizan tareas complejas como atención médica, coordinación de terapias y defensa educativa.



REFERENCES: NATIONAL SURVEY OF CHILDREN'S HEALTH 2022
CAREGIVING IN THE US 2025

FINANCIAL COSTS TO FAMILIES

COSTOS FINANCIEROS PARA LAS FAMILIAS



Reference: AARP and the National Alliance for Caregiving
[Caregiving in the US 2025](#)
[Valuing the Invaluable 2023 Update: Strengthening Supports for Family Caregivers](#)

Out-of-Pocket Caregiving Costs / Costos directos del cuidado

Caregivers spend a median of \$7,200 annually on medical, home, and transportation expenses related to caregiving.

Los cuidadores gastan una mediana de 7,200 dólares al año en gastos médicos, del hogar y de transporte relacionados con el cuidado.

Financial Hardship for Families / Dificultades financieras para las familias

Families with children with disabilities often face difficulty paying medical bills and may delay or forgo care due to costs.

Las familias con niños con discapacidades suelen enfrentar problemas para pagar facturas médicas y pueden retrasar o incluso omitir la atención debido a los costos.

Indirect Economic Impacts / Impactos económicos indirectos

Lost wages and reduced job opportunities further worsen the financial strain on caregiving families.

La pérdida de salarios y la reducción de oportunidades laborales agravan la carga financiera en las familias cuidadoras.

Greater Challenges for Low-Income Families / Mayores desafíos para familias de bajos ingresos

Low-income families face more severe financial difficulties and limited access to support services.

Las familias de bajos ingresos enfrentan dificultades financieras más severas y acceso limitado a servicios de apoyo.

SOCIAL AND
EMOTIONAL IMPACT

IMPACTO SOCIAL Y
EMOCIONAL



MENTAL HEALTH AND STRESS

Positive and Negative Impacts for Caregiving

Most caregivers view it as a positive experience, but half report “some” or “a lot of strain.”

High Rates of Depression and Anxiety

Approximated 1 in 4 to 4 in 10 informal caregivers experience depression or anxiety.

Influencing Factors

Severity of child’s/adult’s condition, family structure, and socioeconomic status influence caregiver stress levels.

Chronic Stress Effects

Chronic stress in caregivers leads to poor sleep, fatigue, and social isolation, affecting overall well-being.

They are more likely to engage in unhealthy behaviors, including smoking,

Need for Mental Health Support

Supporting caregiver mental health is crucial to sustain their ability to provide effective care.



MENTAL HEALTH AND STRESS

Uneven Burden

Caregiving responsibilities more likely to be performed by women.

Impacted by family structure and cultural factors.

Chronic Stress Effects

Chronic stress in caregivers leads to poor sleep, fatigue, and social isolation, affecting overall well-being.

They are more likely to have behavioral risk factors including:

Smoking 16.6% vs 11.7%

Mental distress 20.5% vs 13.6%

Arthritis 34.8% vs 24.5%

Obesity 38% vs 33.2%

Need for Mental Health Support

Supporting caregiver mental health is crucial to sustain their ability to provide effective care.

CDC Changes in Health Indicators Among
Caregivers 2024

Prevalence of depression, anxiety, burden,
burnout, and stress in informal caregivers

EMPLOYMENT AND PRODUCTIVITY CHALLENGES

DESAFÍOS LABORALES Y DE PRODUCTIVIDAD

CAREGIVING FOR
CHILDREN WITH
DISABILITIES

CUIDADO DE NIÑOS
CON DISCAPACIDADES



UNIQUE CHALLENGES

Multi-System Care Coordination

Limited Respite Care Access

Employment and Financial Impact

Therapeutic Support



NAVIGATING SCHOOLS AND IEPs

Parent Role in IEPs

Barriers to Participation

Student Involvement

Improving Collaboration

Cluster Programs

SUPPORTING
CAREGIVERS

APOYO A LOS
CUIDADORES



EFFECTIVE SUPPORT STRATEGIES



FINANCIAL WELLNESS TIPS

LOCAL RESOURCES
AND ADVOCACY

RECURSOS LOCALES
Y DEFENSA



CHICAGO AND ILLINOIS RESOURCES

Respite Services

Advocacy and Training

Aging and Caregiver Assistance

CPS Resources



HOW CPS AND FAB CAN SUPPORT

CONCLUSION

CONCLUSIÓN

RECOGNIZING CAREGIVER CONTRIBUTIONS

Caregiver Resilience and Compassion

Importance of Recognition

Supportive Collaboration

Enhancing Family Outcomes