

Our Community. Our Health.

Independence 

 The Philadelphia Tribune

About Our Community. Our Health.

The award-winning **Our Community. Our Health.** campaign seeks to empower individuals, families, and communities to take charge of their health. The campaign is a partnership between *The Philadelphia Tribune* and Independence Blue Cross. Learn more at ibx.com/ourhealth.

Caregiver health

Caregiver health refers to the physical, mental, and emotional well-being of people who take care of family members or loved ones. Caregivers play a critical role in supporting the health of others, but those demands can impact their personal health. The **Our Community. Our Health.** campaign acknowledges the challenges caregivers face and encourages them to make their own health a priority.

In Philadelphia:

- Approximately 1 in 6 adults does not have a primary care provider. This can make it difficult for caregivers to access care for themselves.

Caregiving is rewarding, but it comes with significant physical, mental, and emotional demands. Because caregivers focus so much energy on others, they often overlook their own health. This can lead to negative health outcomes.

- 1 in 5 U.S. adults is a caregiver to a person with a chronic health condition or disability.
- 64% of caregivers report emotional stress from caregiving.
- 20% of caregivers experience depression, twice the rate of the general population.

Health tips for caregivers

Caring for others starts with caring for yourself, and maintaining your mental health is just as important as your physical health. Small steps can help caregivers stay strong — for themselves, their loved ones, and the communities that rely on them.

You can help maintain your well-being by:

- Taking breaks, asking for support, and prioritizing your personal health.
- Scheduling regular primary care check-ups and other medical appointments to stay on top of your health needs.
- Reaching out to your health insurer to explore behavioral health benefits, counseling, and caregiver resources to help you stay well. If you're feeling overwhelmed, help is available.

Sources for the information presented in this fact sheet include: AARP, *Caregiving in the US 2025: Pennsylvania* (2025); Caregiver.org, *Caregiver Depression: A Silent Health Crisis* (2026); Caregiving.org, *Caregiving in the US Report 2025* (2025); Centers for Disease Control and Prevention, *Changes in Health Indicators Among Caregivers — United States, 2015–2016 to 2021–2022* (2024)

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