

## TYPES OF CAREGIVERS

*Caregivers are: wives, husbands, parents, children, friends, employees...  
Are YOU caring for a parent, spouse or sick relative? You're a caregiver.*

YES	NO	<b>TYPES OF CAREGIVERS</b> Take a moment to read through the following list. Note which type(s) describe YOUR situation.
		<b>Crisis Caregiver:</b> Your family member manages most of the time on their own until there is an emergency.
		<b>Primary Caregiver:</b> Your family member depends on you for regular assistance for two or more activities in their life. You make decisions that directly affect them. You may act as their representative in situations. You provide hands-on assistance with basic daily tasks (bathing, dressing, transportation, money matters, etc.)
		<b>Secondary Caregiver:</b> Your parent, sibling, spouse, etc. functions as the primary caregiver and you provide assistance to them.
		<b>Working Caregiver:</b> You hold a part-time or full-time job and provide physical or financial support to someone who depends upon your care.
		<b>Long Distance Caregiver:</b> You live at least an hour's drive away and you provide much of your assistance by telephone. You depend on others to assist in caring for your relative.
		<b>Occasional Caregiver:</b> You provide one or more services for someone on an irregular basis such as furnish transportation, assist with major household chores, balance the checkbook, etc.
		<b>Community Caregiver:</b> You give a cheerful greeting or make personal contact while making deliveries, passing by or making a special call to check on the status of someone receiving care.
		<b>Future Caregiver:</b> You are not a caregiver now, but have friends or relatives who will probably need care in the years ahead.

This Fact Sheet is provided as a public service of the Caregiver Resource Network. The Caregiver Resource Network is a collaboration of West Michigan organizations dedicated to providing for the needs and welfare of family and professional caregivers within the community. Funded by the Area Agency on Aging of Western Michigan with Older American's Act Title III-E, Family Caregiver Support Funds. Revised 9/17/04

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