

# IT'S TIME TO CARE

UNIDOSUS



## Shifting the Narrative

In 2022, UnidosUS and Upstreamers Multicultural Agency, with funding from the Robert Wood Johnson Foundation, conducted a research project to understand the experiences of Latino caregivers and develop messages that would raise awareness of their reality and the challenges they face among the media and general public.

**Eight million Latino caregivers** are living in the United States caring for and tending to the needs of older adults, individuals with chronic illnesses, and those who are disabled.

Latino caregivers **dedicate over 20 hours** per week to caring for family members, including children, elders and other relatives.

## Current Views

After online audits of caregiving narratives, researchers found that Americans do not care much and are unaware about the difficulties, sacrifices, and everyday experiences of Latino family caregivers.

Most discussions about caregiving among Latinos focus on taking care of older family members. There's not much recognition of childcare, which is unfortunate as there are several Latino caregivers who must take care of both older and younger family members.

**After talking to Latinos who are currently caring for others, they expressed these common insights:**

Caregivers see their care as a way to **help their community and reduce society's burdens.**

There is a need for more **skills-based training and bilingual support.**



**Latino culture and adaptation to American life shape caregiving style.**

**Caregivers often feel unnoticed and struggle** to set boundaries as they prioritize their loved ones over self-care.



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When Latino caregivers receive the assistance they require and deserve, they are able to succeed and develop within their communities and careers, making them important contributors to the progress of our country.

## Resources +

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ACS CARES™ Mobile App  
(American Cancer Society)

This app provides those with cancer and their caregivers with the resources to navigate their cancer journey with confidence.

Alzheimer's Association

The Alzheimer's Association 24/7 Helpline offers free support, information, local resources, crisis assistance, and emotional support for people with dementia, caregivers, families, and the public.

Help Line: [800.272.3900](tel:800.272.3900)

Caregiver Action Network (CAN)

Caregiver Action Network (CAN) offers free education, peer support, and resources to over 90 million family caregivers of loved ones with chronic conditions, disabilities, or diseases, including older adults.

Caregiver Help Desk: [855.227.3640](tel:855.227.3640)

E-mail: [info@caregiveraction.org](mailto:info@caregiveraction.org)

National Family Support Network

Contains information on Family Resource Centers and free "Webinar Wednesdays" series.

Parent to Parent USA

All Parent to Parent Alliance members offer information and one-on-one emotional support to parents of children with disabilities or special health care needs.