Portrait of a Caregiver

A creative caregiver uses unique places to make caring for others more manageable.

Christine’s mother loved the Scheel’s Ferris Wheel—Three generations going round and round, facing the ups and downs of life together. It became their safe place to move through the daily challenges of care.

Visit [eldercare.acl.gov](http://eldercare.acl.gov) to find your local Area Agency on Aging program.
Portrait of a Caregiver

A working individual is often asked to make life adjustments to care for others.

Karl is a contractor who cares for his brother—lifting and managing the heavy load of care. Together the brothers have constructed a path that works for them both—one building block at a time.

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Portrait of a Caregiver

Generational support is a common role for many younger family members and friends.

The first movie Danielle’s grandfather ever took her to was Pinocchio. She now supports “Grandpa Nocc-a-Nocc”, an Air Force Veteran, in the new and ever changing scenes of his life.

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Portrait of a Caregiver

Those who provide care to others also need a good support system for themselves.

Gene cares for older parents. His dog Marley supports his ability to relieve stress and nurture others. His furry support system has a special place in the truck—and in his heart.

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Portrait of a Caregiver

Creativity, art, and music are powerful tools of expression for those who care for others.

Nia created postcard art that represents the many emotions, challenges, and chapters of her care environment. Each card is a journey deep into the soul—a unique way to reflect, unwind, and heal.

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Portray of a Caregiver

A caregiver wears many hats—playing the role of friend, spouse, financial planner, driver, and more.

Pearl represents the sandwich generation—a person caring for multiple generations at the same time. The hats pile up and the care gets complex. Allowing others to help keeps the hats better organized.

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Every caregiver has a unique story—a portrait only their life has created.

- In 3 sentences or less, create a mini-story of your care experience.
- Add a picture.
- Take a moment to share your story with others.
- Upload it into social media and add #2023CaregiverPortrait so we can find it!