

Caregiver Resources

New Employee Orientation

Definition of a caregiver

A caregiver is generally defined as any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of unpaid assistance for, an older person or an adult with a chronic or disabling condition that affects them physically, psychologically or developmentally. Many are the “sandwich generation” – middle-aged individuals who support aging parents and their own children.

Being a caregiver involves

Being a caregiver includes assisting with housecleaning, laundry, shopping, meal preparation, transportation, personal care, money management, medication administration and doctor’s appointments. Caregiving is something many of us may have to experience. However, because it can be a very exhausting and overwhelming experience, it is important that you understand how to balance work responsibilities and being a caregiver.

Considerations when taking on caregiver responsibilities

- Evaluate your priorities.
- Communication is critical. Talk to your supervisor or human resources representative and explain your situation.
- Discuss with your supervisor possible ways to balance the demands of work and caregiving.
- Talk to your agency human resources representative to learn about benefits you may be eligible for.
- Consult with Ohio Employee Assistance Program (OEAP) to determine what support services are available.

Understand your options

Every caregiver situation is unique and there are a wide variety of resources that may be available to you. Using leave or requesting an alternative work schedule or flex time may be some options for you. It is important that you talk with your supervisor or consult with your human resources representative to learn more about paid and unpaid leave or scheduling options.

Caregiver resources

If you are a caregiver, resources are available to you. OEAP is available to assist you with questions. Contact OEAP by phone, 1-800-221-6327, or by email, oeap@das.ohio.gov.

Visit the Caregiver Resources website, das.ohio.gov/caregiver, for more information and community resources.

*1 out of 4 of us will
be a caregiver in
our lifetime.*

