

YOUR CONTRIBUTIONS



In Our Original Study,



501

from

247



people

families

shared their stories with us

In Our 5-Year Study,

of the 90 participants enrolled so far,

69% are from the original study

31% are joining us for the first time



Year 1

Year 2

Year 3

Year 4

Year 5



From Our Original Study:

With your stories, we've helped others understand the experiences of caregivers, how it differs from that of other parents, and what is needed to better support you and other caregivers

We've learned...

How some of your relationships with family and friends may be an added stressor for you



What is needed...

Research on promoting communication with others about expectations and the need for support and respite

What it's like for you in the early years of your child's life and how that changes over time



Interventions that focus on education and community building for caregivers navigating this

How proactive coping strategies (planning, reframing, etc.) may reduce stress and positively impact health for all parents



Resources and education for caregivers that encourages a more proactive coping style



5-YEAR STUDY



As of 2024, participants have done:



Which have contributed to our understanding of the:

- effects caregiving may have on your physical and mental health over time
- types of support that may help you navigate caregiving
- positive impacts that caregiving may have on your life
- roles that family and friends play in your and your care recipient's lives



NIH_Caregiving_Study_Team



Thank
You



NIH_Caregiving_Study_Team We thank you for all that you have contributed over the years!!

Sincerely,

Dr. Laura Koehly, Patricia Cooper, Taylor Robinson, and the rest of the caregiving study team.