When someone begins to take care of elderly parents, spouses, or siblings, they don’t usually think of themselves as a caregiver; it’s just what you do for family. But these people are taking on a significant emotional and physical load as a caregiver,” says Beth Fauth, associate professor in the department of Human Development and Family Studies. The problem is that when caregivers don’t think of themselves as filling that role, they are less likely to reach out and find the resources they need.

Dr. Fauth talks us through her research and efforts to provide and communicate resources for caregivers of family members with dementia or other late-life ailments. She reminds us that the health of caregiver and patient are equally important—just as the health of new parents and child are equally important. Additionally, new parents are expected to reach outside of themselves for help and resources; however, we have not yet normalized the same act of reaching out for late life caregivers and we need to. Resources are available for all those who take care of others, and they can be invaluable.

Some of these resources are available at the Utah Department of Human Services Aging and Adult Services and the Alzheimer Associations page for caregiver health. Dr. Fauth will be one of three featured presenters at the upcoming Blue Plate Research event on April 20 from 11:30 a.m. to 1:00 p.m. You can hear more from her then by RSVP-ing here.