

## Family Caregivers in Affordable Housing: Making the Invisible, Visible

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### Family

Family may be blood relatives, chosen family, and/or friends.

#### ROLE

The needs of the care recipient will help define a caregiver's function or duties.



#### AGE

Adults (18+) may have started supporting a relative from an early age.



**HEALTH CONDITIONS**  
A person who needs care will experience health changes.



**FRIENDS & CHOSEN FAMILY**  
Family caregivers may support a friend and chosen family.

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### Role



#### WHO IS FAMILY?

Aunties, childhood friends, ex-partners, domestic partner, neighbors, siblings, and chosen family.



#### WHAT DOES FAMILY DO?

Help with sensitive paperwork, drive to medical appointments, purchase weekly groceries, provide weekend supervision, and much more.



#### WHY DOES FAMILY SUPPORT?

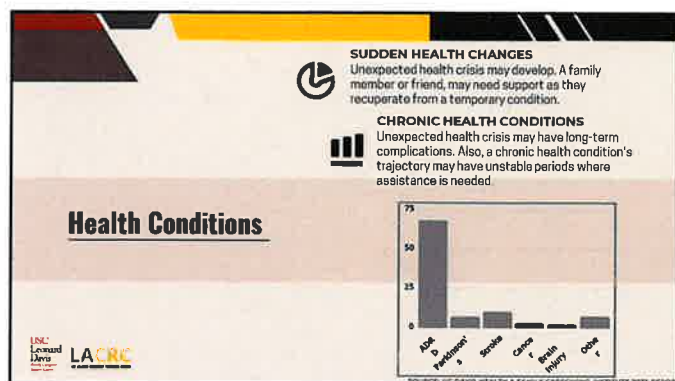
Sudden health changes may occur requiring temporary support with day-to-day tasks.

Chronic health conditions may limit a person's ability to care for themselves independently.

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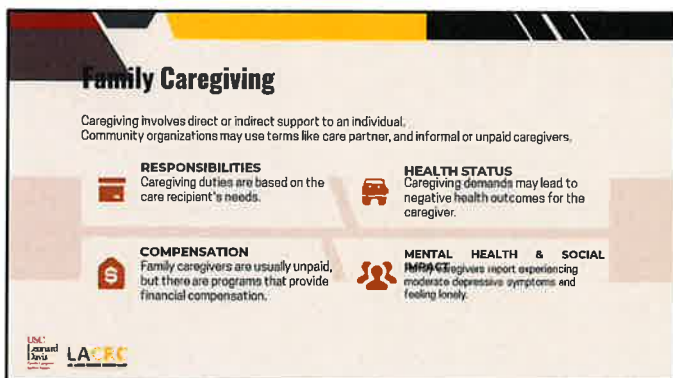
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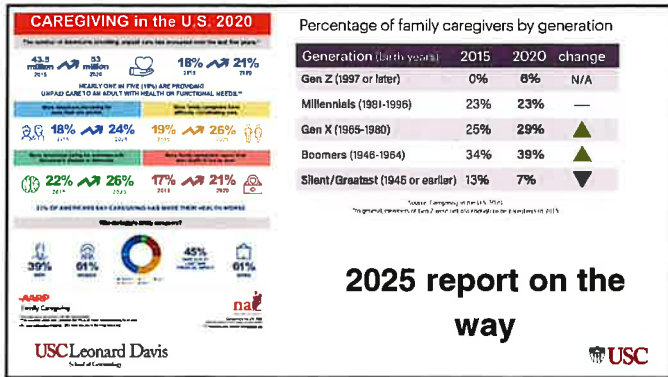
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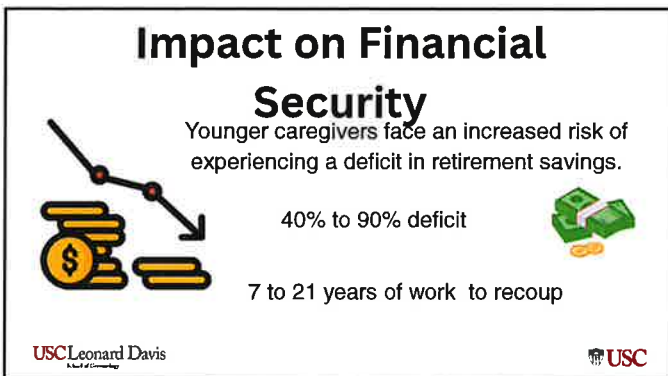
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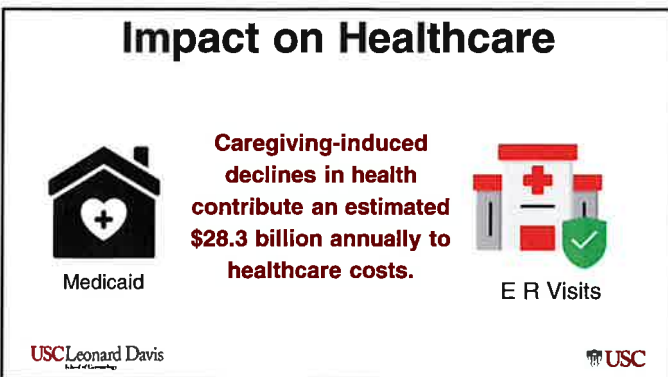
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**ALEX BENNETT, THEY/THEM**  
Engagement Manager




### Meet Alex

- Alex (23) lives in San Diego and visited their college roommate, Amayra (23, she/her), in D.C. over a long-weekend. They visit often throughout the year.
- Alex noticed that Amayra had lower-stomach discomfort. Amayra shared that she is also having issues urinating.
- Amayra explained that after giving birth, she gets UTIs often and she has not had time to schedule a doctor's appointment.
- Alex helped Amayra make an appointment. Two weeks later, Amayra calls Alex to catch-up and thanks them for helping her make the call, stating, "What would I do without you!"

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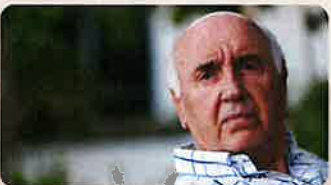
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**BENJAMIN RODGERS, HE/HIM**  
Domestic Partner

### Meet Benjamin

- Benjamin and Maya (she/her) are domestic partners. Benjamin is 60 years old and Maya is 59.
- They are working on increasing their income to afford a studio apartment. They have been living in a motel for two months.
- Maya has Chronic Obstructive Pulmonary Disease (COPD) and consistently misses her dosages.
- Benjamin helps Maya schedule medical appointments, administer medication, and drives her to all her appointments.
- Maya is eligible to receive IHSS and Benjamin will be the service provider.

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**OMARI NABIL, HE/HIM**  
Son and Nephew




### Meet Omari

- After his great aunt's (64) hip fracture, Omari (46) moved in for six months. Omari used intermittent PFL during this time to support with appointments and treatment. He returned to his home nearby recently.
- After moving back home, Omari hired a contractor to update his aunt's home because he is worried about safety.
- Omari's cousin visits their aunt daily to ensure she is eating, taking medications, and support with other needs.
- Omari's father (64) has Alzheimer's and diabetes. Both conditions are stable. He lives in a Memory Care Assisted Living, which Omari visits often.

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### Why Is It Important to Identify Family Caregivers?



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### Why Is It Important to Identify Family Caregivers?

- Work efficiency may be impacted
- Decrease the risk of employment loss
- Create or contribute to support
- Improve health outcomes for family caregiver and person receiving care
- Tailor advocacy efforts
- To self-identify



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**Caring Community**  
**Dementia Friendly Community**  
**Adult Day Centers**  
**Door thru Door Transportation**  
**Respite**  
**Coordinated Care**  
**Caregiver Workplace**  
**Supports**



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## References & Copyrights

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- [Issues in Dementia Caregiving: Effects on Mental and Physical Health, Intervention Strategies, and Research Needs Sörensen, Silvia et al. The American Journal of Geriatric Psychiatry, Volume 19, Issue 6, 491 - 496](#)

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