

# Closing the Resource Gap for Caregivers

*Caregivers and those they  
take care of often need  
income replacement and  
resources in retirement.*



## Caregiving can be a challenge.

So can replacing any lost income as a caregiver, especially when it comes to retirement funds.

Just ask Mary.

Since she was 22, Mary never shied away from caring for her younger son, Mark, who was diagnosed with autism when he was three years old.

Mary is an adult who has worked for the same company for almost 15 years. To her co-workers and supervisors, she is just like everyone else.

Similar to many other caregivers, Mary is reluctant to discuss her caregiving responsibilities at work — whether due to fear of stereotypes or it negatively affecting her career.

Because of the costs of providing a lifetime of care for Mark, Mary's replacement income goal means a likely retirement income gap. Mary's situation isn't unique.



**More than 1 in 5  
Americans has taken  
on the role of family  
caregiver like Mary.<sup>1</sup>**



If you are that one person in five, your caregiving responsibilities may have been assumed suddenly, for example as the result of a birth, accident, or illness. Or your process of becoming a caregiver may have been so gradual that you didn't recognize that you, yourself, had become a caregiver, steadily taking on day-to-day help with errands, cooking, cleaning, budgeting, bill paying, medical care, transportation, or even just providing company.

Whether you stepped into the role in one jump, or slowly assumed it over a period of time, a key differentiator of your role as family caregiver is that it's often an unpaid one — provided as a family member or friend.

Find help and plan the future you envision by addressing family assets and planning, employer benefits, government benefits and legal planning. The Voya Cares website offers assistance with those critical areas, including considerations like naming beneficiaries, special needs trusts and maintaining eligibility for benefits.

Make sure you schedule an appointment with a financial professional to help create a holistic plan for you and your loved ones' futures and close your retirement income gap.

Like Mary, your needs are unique. Visit [VoyaCares.com](https://www.voyacares.com).

# Resources for family caregivers

Here are information, tools, and resources to help you find your way so you can take better care of your loved ones, yourself, and your future.

Agency	Resource links
<b>AARP</b>	<a href="#">Family Caregiving</a> page.
<b>American Heart Association</b>	<a href="#">Resources for Caregivers</a> page.
<b>Caregiver Action Network</b>	<a href="#">Family Caregiver Toolbox</a> page.
<b>Michigan Department of Health and Human Services</b>	<a href="#">Aging &amp; Adult Services Agency</a> page.
<b>Michigan Elder Justice Initiative</b>	<a href="#">Topics</a> page.
<b>Michigan Long Term Care Ombudsman Program</b>	<a href="#">Resources</a> page.
<b>National Alliance for Caregiving</b>	<a href="#">Finances &amp; Work</a> and <a href="#">Help for Caregivers</a> pages.
<b>U.S. Department of Health and Human Services</b>	<a href="#">Resources for Caregivers</a> page.
<b>U.S. Department of Veterans Affairs</b>	<a href="#">VA Caregiver Support Program</a> page.
<b>USA.gov</b>	<a href="#">Caregiver support</a> page.
<b>Voya Financial</b>	<a href="#">Voya Cares</a> and <a href="#">external resources</a> pages.

## Family caregiver facts and figures<sup>1,2</sup>



**More than 3 in 4** family caregivers incur out-of-pocket costs as a result of caregiving.

**2 in 10** caregivers report feeling alone with physical, emotional, and financial strain.



**Caregivers spend 1/4** of their income, on average, towards caregiving activities.

**As a caregiver, you do so much. Don't forget to think about your own needs!**

1. AARP and National Alliance for Caregiving, *2020 Report: Caregiving in the U.S.*, May 2020.

2. AARP and National Alliance for Caregiving, *Caregiving Out-of-Pocket Costs Study*, June 2021.