

SELF-CARE PACKAGES FOR CAREGIVERS

about caregiver services

Aviv Older Adult Services

JF&CS' Aviv Older Adult Services helps older adults and their families navigate life transitions and changing circumstances.

We support caregivers through:

Monthly Support Groups

Respite Voucher Programs

Resources, Referrals and Case Management

In FY24, **91%** of caregivers receiving JF&CS services reported a reduced stress level.



make a self-care package

Create a self-care package to show support and provide caregivers with moments of rest and renewal. JF&CS provides support for both female and male caregivers, so self-care packages should be **gender neutral**.

- ✓ **Collect 5 items that promote self-care and place them in a resealable bag.**

Check out our wish list for suggested items:

[Self-Care Package Supply List](#)

Optional: Include a handwritten note with words of support.

did you know?

In 2025
1 in 4
(~63 million)
AMERICANS WERE
UNPAID CAREGIVERS*

53%
OF CAREGIVERS
report mental health
challenges, including
anxiety, depression,
& exhaustion

what is a caregiver?

Unpaid caregivers assist with many tasks such as shopping, paying bills, bathing, dressing, and managing medications and doctor's appointments. Caregivers provide emotional support, physical care, compassion and companionship.

The demands can take a toll, often leading to stress, anxiety, depression, neglect of their own health, and social isolation.

Are you a caregiver? Or know a caregiver looking for support?
Contact JF&CS' referral [AgeWell](#)
at 1.866.AGE.WELL

Email the Volunteer Engagement team at volunteer@jfcsatl.org to schedule package drop off.

**Family Caregiving Soars – LTC News*



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