

MARCH

This month, *Health is Primary* is focusing on caregivers and highlighting their important role in the health care system. We are promoting caregiver health and showing how primary care can be a resource for family caregivers. **Join us and spread the word. #MakeHealthPrimary #CaregiverHealthisPrimary**

BE A CHAMPION

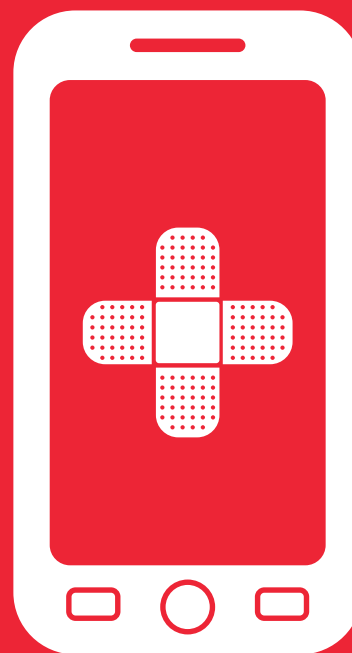


- **Distribute** patient information materials (tear sheets) on caregiver health in your primary care practice.
- **Distribute** family caregiver tearsheets to employers in your community. Offer to have a member of your care team host a “brown bag” lunch for employees to share information and resources for family caregivers.
- **Share** the facts about family caregivers and primary care through social media. Post regularly on Twitter and Facebook using the facts listed here. Don’t forget to follow the campaign (Facebook and Twitter: @HealthisPrimary). Retweet and share our posts!
- **Share** your stories about family-centered care and how primary care is working to support family caregivers in your practice, community or state. Go to www.healthisprimary.org and click on the “stories” tab.

THE FACTS ABOUT CAREGIVER HEALTH

- In 2009, nearly 66 million Americans (three in 10 U.S. households) reported at least one person providing unpaid care as a family caregiver. (Am Fam Physician, 2011)
- Approximately two-thirds of all family caregivers also work outside the home. (Administration on Aging)
- More adults with chronic conditions and disabilities are living at home than ever before, and family caregivers have an even higher level of responsibility. (Am Fam Physician, 2011)
- Caring for loved ones is associated with several benefits, including personal fulfillment. However, caregiving is also associated with physical, psychological, and financial burdens. (Am Fam Physician, 2011)
- Although caregiving can have a negative impact on caregivers’ health and well-being, research demonstrates its effects can be alleviated at least partially by primary care interventions that address caregiver needs. (Family Caregiver Alliance)

GET MORE FACE TIME



MARCH FOCUS: CAREGIVERS

03 | 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02 2018 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	04 2018 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
☀ DAYLIGHT SAVINGS TIME BEGINS						ST. PATRICK'S DAY
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PATIENTS ARE A VIRTUE



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Long-term relationships built on trust between patient and doctor are the foundation of good health. That's why primary care practices treat patients and their families as core members of their health care team.

Family doctors are dedicated to treating the whole person and are seen by their patients as partners. We believe every patient should have access to a health care team that understands and respects them.

Learn more about how you can play an active role in your health care at healthisprimary.org.

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