

6 in 10 caregivers report being employed at some point in the past year while caregiving

Caregiving takes time, between daily tasks like meal preparation, cleaning and doctor visits. This can be hard to juggle if you are working; you may feel the need to turn down job opportunities, work fewer hours, take leave or even retire early in order to meet the demands of being a caregiver. Below are some tips for managing your job while you take care of your loved one.

Talk to Your Employer

While every job is different, letting your employer know about your situation is usually a good idea. It helps him or her understand the challenges you are facing and see that you are still committed to the job. Speak about your options—such as working from home during treatment days, going part-time for a period of time, or taking leave—and don't be afraid to be honest and realistic.

Know Your Rights

If you need to stop working completely for a period of time, you might be able to take paid or unpaid time off and still keep your job. Research whether Paid Family Leave (PFL) is available in your state and know your rights regarding unpaid leave per the **Family and Medical Leave Act**.

Utilize Your EAP

If your workplace has an Employee Assistance Program (EAP), look into what it offers and take advantage of any services that may benefit you. Some offer counseling services for money concerns, stress, and depression.

Get Help During Work Hours

Consider getting paid help during work hours so someone can be with your loved one while you are away. Family and friends may also be willing to help.

Use Delivery Services

Cut down on errands and maximize time at work and with your loved one by using online services to deliver medications, groceries, supplies, etc.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNGEVITY Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

