

# Caregiving: The Hidden Population Health Risk

As many as 70% of employees balance work and caregiving. Nearly half are at high risk for burnout and caregiving-related illness.

Caregiving employees have a higher incidence of physical and mental health conditions, driving healthcare costs that are 8% higher than their non-caregiving counterparts.



**\$3,300/Year**

Savings Per Engaged Employee

**97**

Member NPS Score

**2.8:1**

ROI of Implementing Family First

## Real Results: Family First Reduces Cost & Delivers World-Class Employee Satisfaction

Family First solves key drivers of caregiving challenges and reduces risk of caregiving-related illness. This results in high employee satisfaction, lower healthcare costs, and reduced absence, leave, disability, and turnover.

### Book a Meeting

Visit us online to learn more or to schedule time to speak with our team.

 [family-first.com](https://family-first.com)

## MEMBER STORY

# Meet Carol

1

## Intake & Risk Analysis

Carol, a full-time working mom of three, is facing severe burnout after her son's traumatic brain injury. Juggling medical decisions, emotional stress, missed work and mounting bills has led to mounting financial strain and depression.



2

## Personalized Care Planning

Carol's Care Expert created a personalized Care Plan and took over tasks like scheduling medical appointments, managing insurance, and connecting the family with local support services. With this help, Carol could return to work and focus on her mental health.



3

## Comprehensive Solutions

Carol's Care Expert supported her through understanding her son's diagnosis and planning for the future, including applying for waiver programs and exploring various housing options. They arranged family therapy, connected Carol to a TBI parent support group, and helped ease financial strain by securing housing refunds and linking her to a sliding-scale attorney.

**34%**

Reduction in  
health risk as a result  
of working with  
Family First

4

## Outcomes & Ongoing Support

Carol's employer saw measurable results: improved productivity and a reduction in avoidable healthcare expenses.

**Caregiving-related stress is linked to up to 8% higher healthcare costs compared to non-caregivers** — but with ongoing support,

Carol's burnout and stress decreased, her sleep improved, and she was able to fully re-engage at work and at home.

