



UNDERSTANDING THE ROLE OF **CAREGIVERS**

In the role of a caregiver, you will provide direct care to older adults and adults with disabilities who need extra assistance with activities of daily living. Caregivers are an essential part of a client's health care team. It is more than just a job – it is an opportunity to build meaningful relationships and improve the lives of others. Because of their caregivers, many adults can continue to live independently, with dignity and in the setting of their choice, whether that is at home or in a community-based setting or long-term care facility.

CAREGIVERS ARE IN HIGH DEMAND AROUND THE STATE

- By 2040, the number of individuals in Washington ages 65 and older will more than double. As the population ages, the number of people needing care will also grow dramatically.
- Older caregivers are retiring from their caregiving careers, leaving vacant positions in nursing homes, assisted living facilities, adult family homes and in-home care.
- More people are choosing to live in their own homes or in community-based settings as they age. In these settings, they require extra assistance with daily tasks such as bathing, dressing, grooming, preparing meals, grocery shopping and walking. Caregivers provide extra support so that older adults and adults with disabilities can maintain their dignity while remaining independent and living where they choose.

CAREGIVING CAREERS OFFER NUMEROUS BENEFITS

- You'll start work quickly. Training can be completed in as little as two weeks and you can work while you are pursuing certification. Many employers will pay for you to complete your training while you work.
- A caregiving career introduces you to the healthcare field. With extra training and experience, many caregivers go on to become nurses or administrators.
- Washington caregivers are some of the most highly trained in the country. You'll learn valuable skills that you can use to advance in healthcare or translate to other professions. Some of the many skills you'll learn include patience, problem solving, accountability and compassion.
- As a caregiver, **no two days are the same**. You will face unique challenges, meet interesting people and learn new things every day.