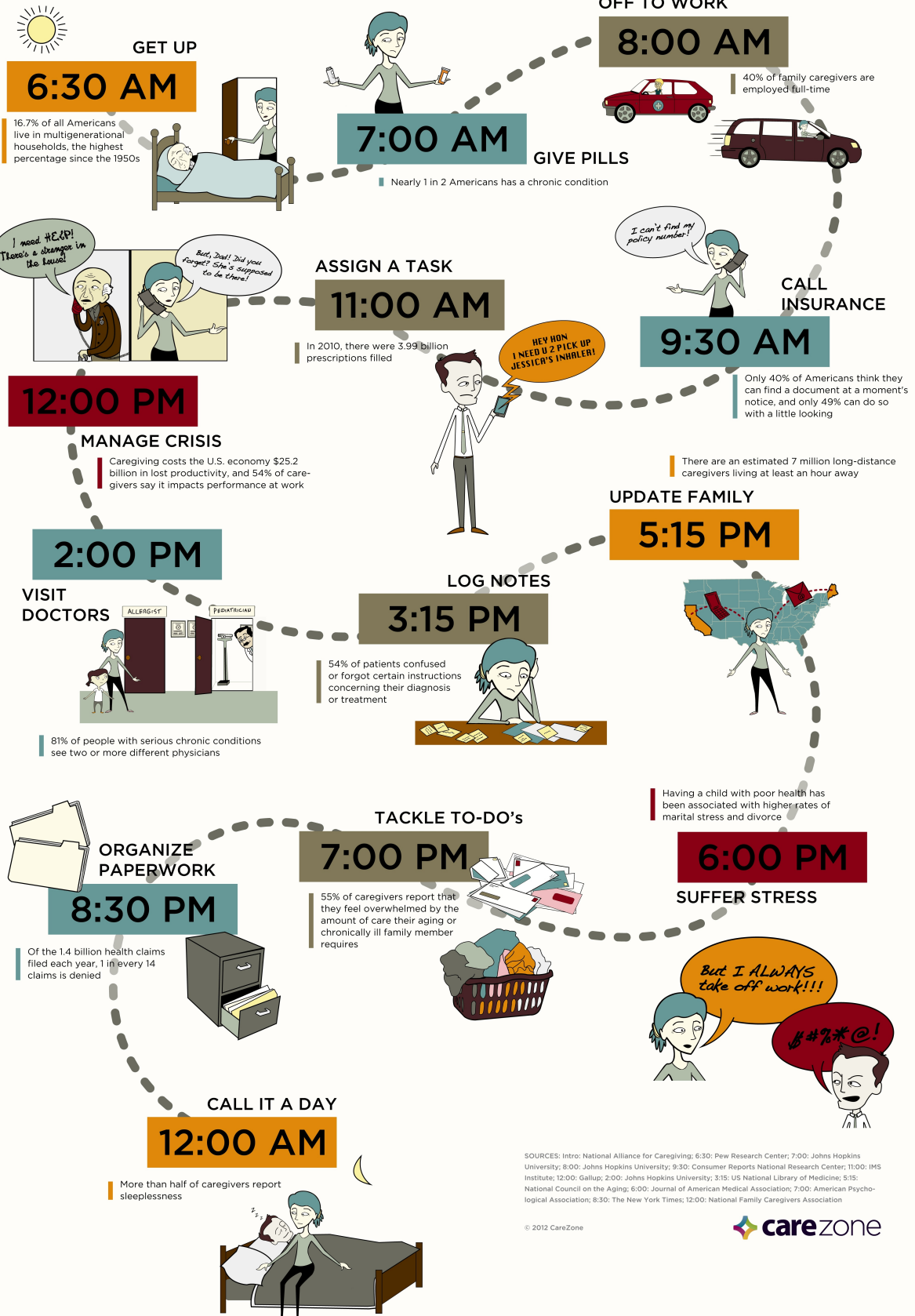


CARING TODAY: A DAY IN THE LIFE

Around 66 million Americans take care of a parent or other loved one, with one third also raising children. While the population is aging and chronic disease is on the rise, life expectancy is also increasing, causing more and more people to become quiet heroes as caregivers to both ailing and healthy loved ones, on top of full-time jobs, far-flung families, and the regular demands of life.

What does a day in the life of a caregiver look like? Follow Meredith as she cares for her elderly father, Paul, who suffers from Alzheimer's, along with her daughter Jessica, who has chronic asthma. Meredith also has a full-time job and employs an in-home health aid to help care for her father.



SOURCES: Intro: National Alliance for Caregiving; 6:30: Pew Research Center; 7:00: Johns Hopkins University; 8:00: Johns Hopkins University; 9:30: Consumer Reports National Research Center; 11:00: IMS Institute; 12:00: Gallup; 2:00: Johns Hopkins University; 3:15: US National Library of Medicine; 5:15: National Council on the Aging; 6:00: Journal of American Medical Association; 7:00: American Psychological Association; 8:30: The New York Times; 12:00: National Family Caregivers Association

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