

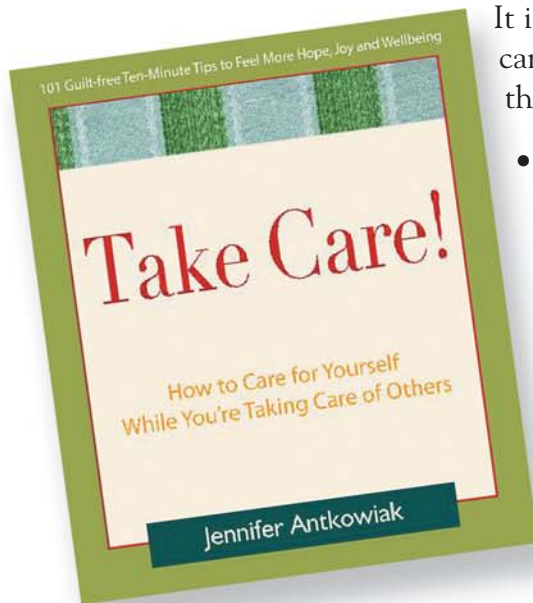
Hope for caregivers

Jennifer
Antkowiak

Join Us!

With a warm-hearted approach, award-winning TV News Anchor/Talk Show Host/Author Jennifer Antkowiak is partnering with like-minded, caring corporations to provide help and hope for the caregivers who so desperately need it.

It is estimated that there are more than 50-million family volunteer caregivers in the United States alone; and they are providing 80% of all the daily, long-term care in the United States.



- 79% of caregivers reported needing help with things such as “finding time for myself, managing my emotional and physical stress, and balancing work and family responsibilities.” (AARP)
- 59% work and manage caregiving responsibilities at the same time (AARP).
- The typical caregiver is a 46-year-old woman providing more than 20 hours of care per week to her mother (AARP).
- 61% of caregivers are women, and women give an average of 4 more hours per week of care, and provide more burdensome levels of care than men (AARP).
- 40% of women and 26% of men caregivers rate their emotional stress levels at 4 or 5 on a 5-point scale of stress (AARP).

Armed with knowledge from her own emotional caregiving experiences as well as information from medical doctors, psychologists, nutritionists and other experts she regularly interviews; Jennifer uses her multimedia platform to deliver critical information in a friendly, practical easy-to-use way, to help caregivers regain control over what can seem like a hopeless situation.

Together we can connect with caregivers to give them the information they need to be able to care for themselves while they're taking care of others.

real life.  real easy.