



FOR IMMEDIATE RELEASE

NEWS RELEASE

Secrets No One Told You About Family Caregiving **New Resource to Help Pennsylvania Families Unveiled at State Capitol**

Harrisburg, Pa. (June 13, 2017) – Today, family caregivers from across the state joined the Pennsylvania Homecare Association (PHA) at the state Capitol to unveil a new resource, *Secrets No One Told You About Family Caregiving*, a 48-page handbook featuring tips, tricks and helpful hints for family members who are caring for a loved one.

More than 1.6 million Pennsylvanians care for older parents, spouses, or other loved ones, helping them to live independently in their own homes. These dedicated family members provide \$20 billion in uncompensated care each year so an aging parent or other family member can remain at home rather than go into a nursing home. Many of these caregivers, in addition to caring for their loved ones, also work full-time jobs out of the home and care for their own children or grandchildren, as well.

“Being a family caregiver is not an easy job,” said PHA CEO Vicki Hoak. “However, despite the stress, this is a wonderful journey these family caregivers are taking with their loved one, and it’s important that we support them. *Secrets No One Told You About Family Caregiving* is just one way of doing that.

“While caregiving can sometimes be viewed by families as a burden, we want to instead focus on the incredible commitment they have made to their loved ones and to the entire long-term care system in Pennsylvania,” she added.

The family caregivers also met with Pennsylvania’s state lawmakers to share their personal stories about how care at home has helped themselves or their loved ones stay at home, in the community, with their family, rather than going into a costly institution like a nursing home. They also advocated for legislation to allow for presumptive eligibility for Medicaid homecare, legislation to protect seniors from abuse and neglect, and livable wages for the homecare aides that oftentimes are their lifelines. [Click here](#) for more information about the issues.

Secrets No One Told You About Family Caregiving is available by calling PHA at 1-800-382-1211, or through any of PHA’s homecare, home health and hospice provider members. [Click here](#) for a searchable list by county.

About PHA... *The Pennsylvania Homecare Association is a statewide organization of more than 700 homecare, home health and hospice providers. PHA members provide quality care and serve as advocates for their patients and clients on a variety of healthcare related issues. PHA and its members work hard to improve professional standards and ensure access to quality homecare throughout the Commonwealth. To learn more, visit www.pahomecare.org.*

###

Contact:

Jennifer Haggerty
(717) 975-9448, ext. 22
jhaggerty@pahomecare.org