



AUTUMN LEAVES® RELEASES SURVEY FOR NATIONAL CAREGIVER AWARENESS MONTH

Results show extreme toll on home caregivers; lead to launch of Caregiver Relief program

IRVING, Texas (Nov. 10, 2015) – [Autumn Leaves](#), a national leader in residential memory care, released the results of a new survey it commissioned of 1,000 people who care for a loved one aged 55 or over at home. The survey revealed the emotional, physical and financial impact of serving as a primary caregiver.

Surveyed caregivers reported sleep deprivation, high levels of stress, poor diet and nutrition, and an overall lack of time for tending to their own physical needs. Also:

- 55 percent say caregiving is equally or more stressful than the death of a loved one.
- 41 percent are most worried about finances associated with caregiving.
- The top three issues for caregivers are having no relaxation/down time, no time to exercise and sleep deprivation – all things that adversely affect health of the caretaker.
- More than half of those surveyed say they experience guilt.

“More than 45 percent of home caregivers surveyed – many of whom also have jobs outside the home or are also caring for small children – say that a day off for themselves would be the No. 1 most helpful thing to support their well-being,” said Mitchell Warren, CEO and co-owner of Autumn Leaves. “That’s why we are launching the Caregiver Relief program in our communities to provide these unsung heroes with what they need most: a break so they can take care of themselves and recharge.”

The Caregiver Relief program, available in most Autumn Leaves communities nationwide, will offer family caregivers the opportunity to place their loved one in a safe, secure, loving, and engaging environment for up to three days of complimentary respite care (based on assessment and availability). The program, which is available through Dec. 31, 2015, is also being extended to Autumn Leaves employees for their own families.

“We understand well the challenges that family caregivers face – and the fact that the work can be as mentally and physically exhausting for our own caregiving staff as it is for caregivers at home,” said Warren. “So in appreciation of our caregivers and medication technicians, we are also offering them a respite of sorts during the holiday season – a gift certificate for a holiday meal. Our hope is that the gift certificate, which is valid at most grocery stores, will relieve some of the stress of preparing a full holiday meal, so that they can enjoy some down time, and spend more time with loved ones.”

More information about the Caregiver Relief program is available at [AutumnLeaves.com](#) or by calling 888-919-4910.

About the Survey

[72Point](#) conducted the nationwide survey from Sept. 29 through Oct. 6 on behalf of Autumn Leaves. The survey was conducted by online and mobile polling among a cross section of 1,000 adults who provide care for someone aged 55 and over.

About Autumn Leaves

Family-owned and -operated Autumn Leaves® memory care assisted living communities are dedicated to serving those living with Alzheimer's and dementia. Autumn Leaves communities are committed to providing exceptionally high-quality care and research-based programs that allow for safe, secure, and active environments for its residents. An acknowledged leader in memory care, Autumn Leaves combines clinical expertise, knowledge of dementia, and heartfelt compassion to create the best possible care environment. Autumn Leaves currently operates more than 40 communities in six states with the ability to serve more than 2,000 residents. For more information, visit www.AutumnLeaves.com or call 888-662-8886.

Media Contact: Ann Hinshaw or Sarah Langhorst
817-329-3257

Ann@spmcommunications.com
Sarahl@spmcommunications.com