



Caregiving can be challenging

Dedicated support is here for whatever life throws your way

Where are you on your Caregiving Journey?



Navigating growing a family and childcare as a new parent



Seeking resources for a neurodivergent loved one



Examining living options for an aging parent



Solutions that save you time & relieve stress

Navigating the care of an aging loved one

- Finding respite care
- Understanding housing options
- Guidance on estate planning and POA's

Finding support for a chronic disease or long-term diagnosis

- Support in preparing for medical appointments
- Resources for dietary requirements
- Improving mobility and safety at home

Supporting a growing family

- Selecting an OB-GYN and pediatrician
- Breastfeeding guidance
- Postpartum depression support
- Finding trusted care on UrbanSitter

Assisting with education

- Exploring college options
- Supporting student well-being
- Understanding educational programs
- Accessing learning accommodations

Caring for the mental health of you and your loved ones

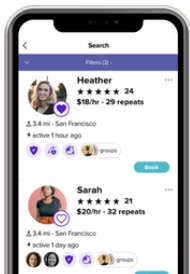
- Finding support groups
- Accessing self-care tips
- Connecting with a counselor/therapist

Help navigating the care of a neurodivergent loved one

- Identifying therapy & resources
- Guidance on transitioning from childhood to adulthood



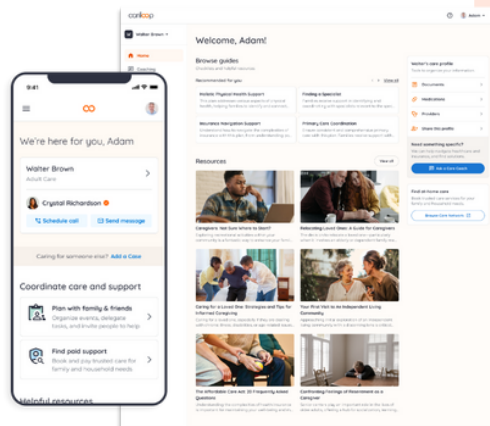
Find, book, and pay caregivers you trust through our partnership with UrbanSitter, including nannies, babysitters, and backup care.



Find support through your unified digital platform

1:1 Coaching: Our expert Care Coaches support families at every step - from finding childcare to supporting an aging parent. They find and vet solutions, offering hands-on support to alleviate your stress and anxiety.

Digital Resources: Find digital tools to help plan and manage your caregiving responsibilities and access on-demand, specialized content written by our credentialed experts.



34%
Stress Reduction

Caregivers experience an average of **34% reduction in stress**

96%
Time Saved

96% of members reported time saved with resources & support



Get help with your caregiving journey by logging in at cariloop.com/register.