



“Caring for Jane can feel like my second full-time job. It’s really hard and also one of the most important things I could ever do.” —MSK caregiver

# Working and Caregiving Around the Clock

Most of us will identify with the role of caregiver at some point. Whether it is caring for a child, an ill loved one, or an aging family member, the reality of caregiving is often demanding and all-consuming. It gets even more complicated for those who are also employed. Despite the challenges, many have found caregiving meaningful.

**You are not alone, and you deserve support.**

Access useful information on a variety of topics that are important to caregivers, here: [mskcc.org/caregiverguidebook](https://mskcc.org/caregiverguidebook).

Watch this video to learn more about caregiver support at MSK: [mskcc.org/caregivervideo](https://mskcc.org/caregivervideo).

## Did you know?

- **90+ million** Americans act as caregivers.
- **43.5 million** adults in the United States have provided unpaid care to an adult or child in the prior 12 months.
- **1 in 5** employees are balancing a career and caregiving.

The NYCDCC Welfare Fund partners with Memorial Sloan Kettering to offer a benefit called **MSK Direct**, a program that offers resources to make an informed decision about cancer care. If you or a family member has a suspicion or diagnosis of cancer and would like to explore treatment options at MSK, access at [www.mskcc.org/nycdcc](https://www.mskcc.org/nycdcc) or call the dedicated toll-free phone line for NYCDCC Welfare Fund participants and their family members: **833-786-3368** (US) or **646-449-1541** (International).

