CareScout® +

A day in the life of a caregiver

For many working caregivers, the day starts before sunrise and does not let up. Like the millions of other Americans in the sandwich generation, Sarah is raising a child, caring for her aging mother, and trying to stay on track at work. With so many things competing for her time, Sarah tries to balance it all, often at the expense of her own well-being.

A caregiver's day: Constant shifting between work, family, and care

5:30 am

Care starts before the workday.
Breakfast, blood sugar, medications, and helping Mom get ready.

6:30 am

The household gets moving.
Pack lunches, start laundry, and tag a doctor's message for later.

7:30 am

Commute time becomes care time.
School drop-off, home monitoring, and leave message for Mom's doctor.

Midday: Work keeps moving — but so do care needs.

10:00 am

A brief moment of relief.
The home health aide arrives.

11:00 am

Care interrupts the workday.
A monitoring alert — and tomorrow's coverage gap — pull her away.

12:00 pm

Lunch becomes logistics.
Schedule appointments, order Rx refills, and find backup care.

4:00 pm

Coverage ends before the day.
Home health aide leaves, and Mom is alone again.

Evening: The second shift begins.

5:30 pm	**Pressure carries home.** A late meeting creates stress at work and at home.
6:00 pm	**Family time is compressed.** Late pickup, takeout, and a quick dinner.
7:00 pm	**Evening care takes over.** Exercises, bathing, medications, and comfort routines.
8:30 pm	**Parent mode continues.** Homework, conversation, and being present for her son.

Night: The day ends, but the mental load continues.

10:00 pm	**One more round of tasks.** Bills, emails, locks, alerts, and tomorrow's planning.
10:30 pm	**Lights out.** But the questions remain: Is she doing enough? Where can she turn for help?

Sarah's experience is familiar to millions balancing work, family, and care.

However, with CareScout she doesn't have to do it alone. CareScout can help create a plan for Sarah while also activating support for the people she loves.

Contact us:

Phone:

Visit our website:

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