



Pick Me Ups
Kind Acts For Those Who Care
Created by Pilot and Anchor International for
family caregivers worldwide

Pick Me Ups
FAST FACTS

The Mission and Vision of Pick Me Ups

The Mission of the Pick Me Ups Initiative

Pick Me Ups seeks to uplift and appreciate family caregivers by providing needed services or small gifts to brighten their day.

The Vision of the Pick Me Ups Initiative

The vision of the Pick Me Ups initiative is to promote awareness of the needs of family caregivers.

Who are Family Caregivers?

- ✓ Family caregivers care for the elderly, adults with chronic diseases, and/or children with special needs.
- ✓ At any time, there are an estimated 65.7 Million Caregivers in the U.S.*
- ✓ 78% of caregivers want more help or info about caregiving topics, but don't know where to turn. *
- ✓ According to the National Alliance for Caregiving: "The most popular aspects of caregiving for which caregivers would like help or information are keeping their loved one safe at home (37%), managing their own stress (34%), easy activities to do with their care recipient (34%), and finding time for themselves (32%)."
- ✓ According to CNN "It's difficult to say how many child caregivers there are in the United States. The only national survey on the topic, a 2005 report by the National Alliance for Caregiving (PDF), estimated that there were at least 1.3 million between the ages of 8 and 18 -- most caring for a parent or grandparent, some looking after a sibling."
- ✓ According to a 2006 study conducted by Civic Enterprises for the Bill and Melinda Gates Foundation, 22% of high school dropouts in the United States leave school to care for a family member.

*Source: http://doc.mediaplanet.com/all_projects/11984.pdf