



I'm 20 and I'm taking care of grandma full-time. Is this normal? Are there other young people out there like me?

Whether this role was expected of you or came as a surprise, caregiving can set you apart from people your age. As friends focus on school, work and relationships, it may feel like your life is on pause. With this guide, we hope to provide you with validation, resources and support.



You're a family caregiver—and you're not alone

You may not know anyone your age doing this, but nearly four million young people in the U.S. are family caregivers. The good news? There's a whole community out there to tap into. Search "young caregiver" on social media and you'll find "carefluencers" like Jacquelyn J. Revere and Chris Punsalan sharing stories, resources and advice. Or, take our free, on-demand [Working with Diverse Family Caregivers](#) course to hear from young people like you.



Young caregivers face unique challenges

When people think of family caregivers, they usually picture someone older. But caregiving as a young adult hits differently. You're still figuring out school, jobs, relationships and even your own identity. Balancing your life-shaping moments with caregiving can be isolating and overwhelming. Read more in [Considerations for Young Caregivers](#).



Everything you're feeling is valid

Taking care of someone can stir up a whirlwind of emotions, like sadness, anxiety, guilt, anger and more. That doesn't make you a bad caregiver, it just makes you human. Read [The Emotional Side of Caregiving](#) to learn more about the ups and downs of caregiving.



Need help? Find resources near you

Taking care of a family member is a lot, but there's help out there for you. Our [Services by State](#) map can help you find local programs for meals, home care, transportation, training and even breaks for yourself. Just pick your state and find what resources are near you.



Find your people

Connecting with others who *get it* can make a difference. In-person or online support groups are a space where you can share and feel understood. Even if you don't relate to everyone in a group, you'll still find a judgement-free space to vent and de-stress, get real-life advice and gain insight into different stages of caregiving.

You can also find support by opening up to people around you. Let friends, teachers or coworkers know what you're going through. You might be surprised who shares your experience or steps up to help.



Balancing work and caregiving

If you're juggling caregiving with a job, talk to your employer about a flexible schedule, access to an Employee Assistance Program, Paid Family Leave, or Family and Medical Leave Act (FMLA) benefits. Leaving work to provide care full-time? [Smart Caregiving: Getting Paid to Be a Caregiver](#) offers tips on supplementing your income. And don't forget, this experience counts! Add your caregiving skills to your resume.



Tips for student caregivers

If balancing school along with everything else is a stretch, talk to your professors, academic advisor or counselor about your caregiving situation. Ask about alternative academic options, strategic study plans, scholarships and mental wellness programs that may help.



FOMO (Fear of Missing Out) is real—try these tips to overcome it

It's so tempting to compare your life to the lives of other people you know. But remember, your journey is your own; it doesn't have to look like anyone else's. Adjust your timeline and don't give up on your goals. Take time for self-care (our [Taking Care of YOU](#) guide can help), and spend your free moments doing things that bring you joy.

More resources just for you

- [Hold a Family Meeting](#) → Ask a social worker, case manager or family friend with good group communication skills to facilitate a meeting. That way, you'll have a chance to actively participate and not have to worry about leading the meeting too.
- [Caregiving with Siblings](#) → Learn tips to gain more support, talk through differences and keep your family relationships strong.
- [CareNav®](#) → Free webinars, events, and resources tailored to your caregiving needs.

