



# PRESS RELEASE

## For Immediate Release

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## Caring for Your Aging Parent While Keeping Your Job

*New Book Addresses Caregiving Problems Faced by Over 22% of the U.S. Labor Force*

**Denver, CO, July 9, 2018, 2018**—When an aging parent is healthy and living independently, the adult children rarely consider the day when Mom or Dad will need in-home care or will need to move to a senior care facility. A health emergency or mounting evidence that a parent is declining in health often results in the adult child risking their job and well-being to help their parent.

Karen Owen-Lee has counseled thousands of families and individuals on the best ways to plan for an aging family member's future. In her new book, *Caregiving While Keeping Your Job*, Owen-Lee addresses a growing problem in the U.S. labor force – adult caregivers are leaving their jobs or getting fired as the result of the hours spent caring for a senior family member.

*“There are over 43 million unpaid caregivers in this country. This is an epidemic nobody is talking about,”* says Owen-Lee. *“That’s about 22% of employees caring for a relative. 70% report suffering work-related difficulties due to their caregiver roles.”*

The additional responsibilities of caregiving can add an average of 21 hours of work to a caregiver's week – the equivalent of a part-time job. Caregivers can also suffer a loss of wages and career setbacks because of their dual roles. Companies are starting to recognize that they are not only losing good employees, affecting their bottom line in terms of lost productivity and lowered morale.

In *Caregiving While Keeping Your Job*, Owen-Lee outlines how to prepare a Family Action Plan for caring for an aging family member, including the signs your parent is declining in health, how to find resources to help with caregiving and how to work with employers to minimize disruption in the workplace. For employers, she outlines scheduling and leave options for employee-caregivers and suggests other ways to support employees while maintaining productivity and morale.

*“It’s important for both companies and employees to plan for situations where employees will have to care for family members,”* says Owen-Lee. *“Employees can relax knowing their loved one will get the care they need, and employers can keep good employees productive. Everybody wins.”*

*Caregiving While Keeping Your Job* by Karen Owen-Lee is available on Amazon.com. For more information on creating a Family Action Plan, contact Karen Owen-Lee at **Karen@karenowenlee.com**.

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