



# How Wellthy Community supports family caregivers through the costs of caregiving

Caring for a family member comes with several seen and unseen costs, which can take a toll on a family caregiver's emotional, physical, and financial well-being. Wellthy Community is a purpose-built platform, designed to mitigate these costs and bring family caregivers together, helping them feel less alone on their journeys.

## Financial costs (seen):

From medical bills to meal delivery and home modifications, family caregivers often shoulder the financial burden associated with caregiving and don't know where to turn. To help you feel less overwhelmed, Wellthy Community has a dedicated [Financial Wellness Forum](#), where experts answer your questions within 24 business hours about managing finances, opportunities for financial aid, and more.

## Time and opportunity costs (seen and unseen):

Caregivers dedicate a significant amount of time to providing care – time that could have been spent with a loved one, on leisure, or on career advancement. Participating in Wellthy Community reduces the time you would otherwise spend doing independent research on topics that sometimes, you really just need to connect with others who can relate.

## Social, emotional, and psychological costs (unseen):

Caregiving can lead to high levels of stress, anxiety, depression, and feelings of social isolation. Wellthy Community provides frequent opportunities for caregivers to connect with one another, listen, vent, and share advice. Members often leave our monthly Uplift Sessions saying that they feel less alone and are relieved to hear that others are going through the same struggles as they are.

## Increased health costs (seen and unseen):

Caregivers, due to their high-stress levels and neglect of their own health, often have higher healthcare costs. Our expert Community moderators are here to make sure that you prioritize your own health first, providing advice from both a professional and personal perspective, as many of Wellthy's care experts have clinical backgrounds and experience caregiving themselves.

## Do you need help navigating the various costs of caregiving?

Visit [join.wellthy.com/aristocrat](https://join.wellthy.com/aristocrat) to create your Wellthy account, start a Care Project, and connect with a dedicated care Expert. This care expert can develop strategies with you to Manage costs associated with caregiving, find a mental health provider, and more.

