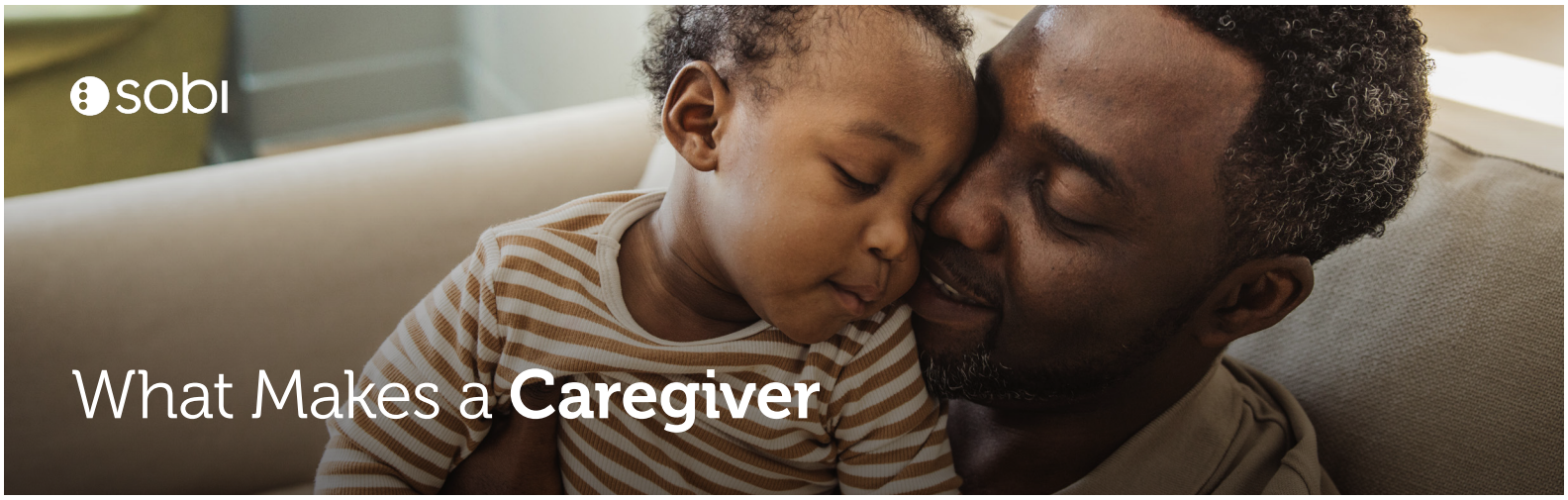


What Makes a **Caregiver**

For many people, the role of caregiver arrives without warning. Understanding what it involves can make the unknowns a little easier to face.

Wherever you are on your caregiving path, we're glad you're here. Take a moment to notice how much you already handle. From learning your loved one's preferences to raising concerns with their care team, you're frequently required to weigh options, speak up and make a call. That's what it means to lead someone's care, and you have been doing it all along.

EVERY SITUATION IS DIFFERENT

The work may look different across conditions, relationships and daily realities

A parent caring for a young child

Care can involve giving treatment on a strict schedule and tracking symptoms from one day to the next.

An adult child caring for an aging parent

Care can involve coordinating specialists and helping with mobility and daily physical needs.

A spouse or partner

Care can involve adjusting daily routines around a partner's fatigue and taking on additional household responsibilities.

WHAT CAREGIVERS SHARE

Many responsibilities, one underlying role

Across every condition, caregiving tends to include help with:

- Scheduling and tracking appointments
- Managing medications and treatment routines
- Communicating with your loved one's care team
- Keeping other family members informed and aligned
- Navigating insurance and paperwork
- Noticing symptoms that need attention
- Keeping watch as a second set of eyes
- Managing emotions, theirs and yours

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Caregivers lead decision-making

Being the decision-maker for someone else's care is no small task. It can look like:

- Carrying the weight of getting it right when there's no clear answer
- Making the call under pressure, without waiting for anyone's permission
- Living with a choice once it's made, including the ones you weren't sure about
- Trusting what you know about your loved one over opinions from others



Caregiving is an act of love

This role takes strength, patience and tenacity, alongside every task you're keeping track of. Your judgment calls matter. So does what sits beneath them: showing up for someone because you love them.

Caregivers are not alone

63 million

Americans are estimated to be caring for a loved one right now.*

That number has grown sharply over the past decade as more families take on complex care at home. Whatever this week looked like for you, someone else is living a version of it, too.

YOU ARE ALREADY DOING THE WORK

All of this is what makes you a caregiver

If you've taken on responsibility for another person's well-being, you are a caregiver, whether or not you chose the role or trained for it. Caring for someone with a rare disease takes resolve many people never need to find, and some days it may feel like you're figuring it out alone, without a roadmap. But you don't have to.

Caregiving can feel overwhelming, and you deserve support. At Sobi, we see everything you're carrying, and we're here to help. Find condition-specific information, resources and community on Caregiver Compass.

*Caregiver Action Network. *Supporting 63M Caregivers: Resources & Expert Insights.* caregiveraction.org/supporting-63m-caregivers

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