

For Immediate Release

Northeast Business Group on Health and AARP Release Employer Guide to Digital Tools for Caregivers

NEW YORK, December 17, 2018 — Northeast Business Group on Health (NEBGH) and AARP launches “[*Digital Tools and Solutions for Caregivers: An Employer’s Guide*](#)” to help HR and benefits leaders support employees who are family caregivers. A past survey of employers found nearly 9 in 10 were interested in providing digital caregiving support tools and services for their employees. The guide from NEBGH and AARP is the latest in a series of collaborative initiatives to help employers support the millions of family caregivers in the workplace.

“With the number of employees who are caregivers expected to increase, employers are searching for ways to better support them,” said Candice Sherman, CEO of NEBGH. “However, rapid changes in technology make it increasingly difficult to develop effective digital programs for caregivers. We created this guide to help employers navigate the complex technology marketplace as new innovations are introduced.”

The 36-page guide includes a list of tools available, such as digital platforms that connect caregivers to other caregivers and those with similar diagnoses, medical management tools, and in-home patient monitoring tools. It also walks employers through the process of developing a digital tools program with sections that include:

- Insights on the challenges caregivers face.
- Examples of how digital tools can meet the needs of caregivers.
- Advice on how to assess the value added to the organization.

“Digital tools are an important component of a forward-thinking benefits package that can significantly ease the burden on caregivers’ time and can help diminish the mental and emotional burdens – including loneliness and guilt,” said Mark Cunningham-Hill, NEBGH’s medical director. “Employers should consider that the cost of these tools can be offset by increased employee engagement and retention, as well as lower absenteeism related to caregiving.”

The guide provides help with evaluating the different types of digital features that are most beneficial to employee-caregivers, a list of currently available tools and capabilities, and a checklist to help identify the best tools and services. The guide also offers advice on enrolling employees in a caregiving tools program and on sustaining employee engagement.

“Employers who support family caregivers in the workplace can improve productivity and foster a stable and healthy workforce,” said Nancy LeaMond, AARP Chief Advocacy and Engagement Officer. “This guide provides employers with the information they need to

better support the 24 million family caregivers who are currently balancing work and caregiving responsibilities, and many more who will come after them.”
The guide is free for employers and the public, and can be accessed [here](#).

About Northeast Business Group on Health

NEBGH is an employer-led coalition of healthcare leaders and other stakeholders with the mission of empowering members to drive excellence in health and achieve the highest value in healthcare delivery and the consumer experience.

About AARP

AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence and nearly 38 million members, AARP strengthens communities and advocates for what matters most to families: health security, financial stability and personal fulfillment. AARP also produces the nation's largest circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.

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