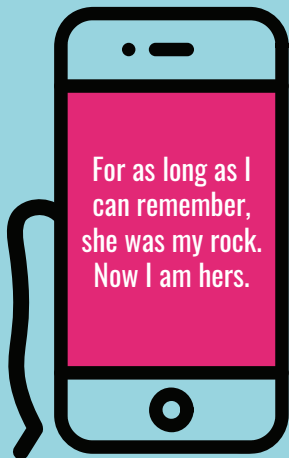


DO **YOU**
GIVE A
CARE?



For as long as I
can remember,
she was my rock.
Now I am hers.

ONE OUT OF THREE

young people in America provide unpaid care to an adult friend or relative all while pursuing educational goals, career advancement, and relationships—not to mention managing stress. Is that you?

Another third of Millennials, ages 18-39, believe they will be providing this kind of care and support in the next five years. Have you thought about what that would be like?

Do YOU give a care?

Share your story at **YouGiveACare.org**

/ @ **YouGiveACare**

WHEN YOU ARE A FAMILY CAREGIVER, IT IS IMPORTANT TO MAP OUT YOUR SUPPORTS, NOT ONLY FOR YOUR LOVED ONE, BUT FOR YOURSELF.

Rachel H., 31 | Kansas City, MO

Share your story at [YouGiveACare.org](https://www.YouGiveACare.org)
/ @ YouGiveACare

Do YOU give a care? is an effort to recast the stereotypical “me-first” Millennial image with the more accurate role that more than 10 million Millennials are playing in their families. The SCAN Foundation is leading a movement to empower Millennials and Gen Xers by creating a community of support and bringing the issue to public consciousness.

Maybe you find yourself driving Dad to a doctor’s appointment, or making a meal for an older neighbor. ***Do YOU give a care?*** is about creating a community for young caregivers to share, inspire, and learn from each other. If you’re a caregiver or ally, join our campaign to learn more, show your support, and share your story—how #YouGiveACare.