



**TAYLOR STEPHENS, MHRM, MSW, LSW**

*tstep* Champion for Caregivers 

## **Greetings,**

I hope this letter finds you well. My name is Taylor Stephens, and I am a doctoral candidate at Monmouth University. I am writing to introduce you to my proposed research and a toolkit I have developed that aims to support unpaid caregivers, particularly those involved in discharge planning processes at medical facilities. The focus of my research is to address the stressors associated with unpaid caregiving, which frequently result in negative economic, emotional, and physical health outcomes for caregivers.

As you may know, over 34.2 million Americans provide unpaid care to adults aged 50 or older, with adult women in socioeconomically disadvantaged communities often shouldering the burden. These caregivers face significant challenges that contribute to burnout, mental health issues, financial strain, and diminished quality of life. The role of unpaid caregivers is frequently undervalued and overlooked in both social work practice and society. It is within this context that I have developed a comprehensive toolkit aimed at alleviating the strain on caregivers by offering resources and education to support their well-being.

Through my research, which includes a qualitative content analysis of caregiver stressors, I identified key challenges that caregivers face and the subsequent impact on their health. In response, I created a toolkit designed for caregivers, medical professionals, and social workers. This toolkit provides essential resources, strategies, and free educational materials to mitigate caregiver stress, improve health outcomes, and enhance overall caregiving effectiveness.

The toolkit is especially relevant for social work professionals in medical settings, where the discharge planning phase presents an opportunity to support caregivers and ensure they are well-equipped for their responsibilities. It is a valuable resource for empowering caregivers with practical advice on managing stress, balancing caregiving with personal health, setting boundaries, and advocating for their own well-being. Additionally, it includes guidance on accessing respite care, mental health support, and other resources that can help prevent burnout and promote self-care.

I believe this toolkit would be an asset to your staff, particularly in the context of discharge planning and supporting caregivers throughout their caregiving journey. If you would like more information or would like to request educational training for your team on how to effectively implement the toolkit, please do not hesitate to contact me. The toolkit is available online, or is accessible by scanning a QR code for easy access.

Thank you for considering this resource, and I look forward to the opportunity to collaborate with you in supporting unpaid caregivers.

Warm Regards,

**Taylor Stephens, MHRM, MSW, LSW**  
**DSW Candidate**

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(732) 903-4008  
tstephen@monmouth.edu