

Balancing the Scales: How Law Firms can Support Attorney-Caregivers

Maryland Bar Journal
04.16.2025

Many professionals, including attorneys, face the dual responsibility of managing their careers while serving as caregivers. This additional role can be challenging and may significantly impact physical and mental well-being, productivity, career progression, client relationships, and potentially the ability to continue working.

Caregiving is a widespread experience. Research from Harvard Business School indicates that 73% of employees across various sectors, including law firms, have caregiving responsibilities in some capacity. Whether caring for children, elderly parents, or loved ones with chronic health conditions, attorneys often require additional support and resources.

Law firms can implement a variety of practical strategies to address the challenges faced by attorney-caregivers. These measures benefit not only the caregivers and their families but also the firms themselves by helping to retain talented professionals. By fostering a supportive environment, law firms can demonstrate a commitment to valuing both personal well-being and professional growth. This approach not only enhances job satisfaction and loyalty but also cultivates a workplace culture that supports a healthy work-life balance.

[Click here to read the full article.](#)

Attorneys

Amy J. Dilcher

Practice Areas

Healthcare

Industries

Healthcare