Providing informal care for another adult can cause added physical and mental concerns for caregivers. However, most medical professionals rarely assess the needs of caregivers during primary care visits. This study will allow social workers to design interventions and programs to better meet the health needs of caregivers while improving the health needs of care recipients. Understanding protective factors against caregiver depression will improve patient’s quality of life and reduce overall healthcare costs. The objective of this research study is to understand the relationship between caregiver depression and potential protective factors, social support, spirituality, and physical health. The current research project utilizes a cross-sectional secondary data analysis of National Social Life, Health, and Aging Project (NSHAP) data. Caregiver study participants were obtained from a national area probability sample of community residing adults \((n = 624)\). The current study analyzed data from in-person and leave behind questionnaires collected during 2015-2016. Study measures included demographic variables, social support, physical health, spirituality, and caregiver depression scores. Study results showed that income levels and age had a negative effect on caregiver depression. Caregiver social support showed to have the most impact on caregiver depression, where caregivers who socialized more with friends and family were significantly less depressed. Caregiver’s physical health also showed to positively impact caregiver depression measured by frequency of physical activity. However, caregiver spirituality did not have a significant impact on caregiver depression scores. Differences among potential protective factors for caregiver depression were meaningful. Social Workers and medical professionals need to address relevant risks factors for younger caregivers who have limited resources and lack appropriate social support.