

The psychiatric diagnoses employed for documentation in Caregiver Support Programs are identical to those used in standard mental health treatment settings. Even when caregiver symptoms are mild, a billable diagnosis is required for insurance reimbursement.

Common ICD-10 Codes

When symptoms and syndromes are less clear or pronounced, caregivers often receive an initial diagnosis of an adjustment disorder:

- F43.20 – Adjustment disorder, unspecified
- F43.21 – Adjustment disorder with depressed mood
- F43.22 – Adjustment disorder with anxiety
- F43.23 – Adjustment disorder with mixed anxiety and depressed mood

Note that an adjustment disorder diagnosis can only be given for six months, so over time, symptoms – and the associated diagnosis – should be monitored and adjusted as needed.

Other common diagnoses include:

- F41.1 – Generalized Anxiety Disorder
- Major Depressive Disorder, Mild, Moderate, or Severe without psychotic features
 - F32.0 – Mild, Single Episode
 - F33.0 – Mild, Recurrent Episode
 - F32.1 – Moderate, Single Episode
 - F33.1 – Moderate, Recurrent Episode
 - F32.2 – Severe, Single Episode
 - F33.2 – Severe, Recurrent Episode
- Post-Traumatic Stress Disorder (PTSD)
- F43.10 – Unspecified
- F43.11 – Acute
- F43.12 – Chronic
- G47.0 – Insomnia Disorder