



Family Caregiving

43.5
MILLION

Americans
Care for
Someone
Aged 50+



We would
have to
mobilize
**the entire
population
of Indiana
nearly 7
times over**
to reach
that level of
manpower

Sources:
National Alliance for
Caregiving & AARP

Caring for our aging population is a task shared by many stakeholders, but **the largest source of long-term care services in the United States is the unpaid family caregiver.**

For both value-based reasons and economic realities, these individuals devote themselves to years of what can be emotional, stressful and thankless work. In order to cope and continue, these caregivers need our support.

Respite care, flexible work policies, information and referral services, counseling and support groups, and professional health services all serve as buffers from caregiver burnout. They help protect physical and mental health, social relationships, careers and pocketbooks, and, in extreme cases, prevent elder abuse.

In this brief, we'll learn about the role family caregivers play, the kinds of support that can lighten their load, and the organizations and resources that can teach us more.

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Family Caregiving Definitions & Statistics

FAMILY CAREGIVING

Family caregivers are unpaid family members (and sometimes friends) who provide care for older adults in a variety of living situations. They may co-habitate with the care recipient, live nearby, or manage elder care needs from a distance.

The tasks involved in caregiving are many and varied, from activities of daily living to financial planning. The work can be physically and emotionally draining, especially because most caregivers have other family, community and career responsibilities.

To fulfill their many responsibilities, about half of caregivers rely on outside support, such as transportation services, financial assistance and respite care. They look for information about keeping their care recipients safe and engaged, and managing their own stress and schedules. But many caregivers are so buried by their many roles that they don't have the time, opportunity or energy to seek out assistance, which leaves them feeling frustrated, exhausted and alone.

Potential Caregiver Supports

- **Adult day services**
Non-residential care and companionship provided by a facility for seniors needing assistance or supervision during the day.
- **Counseling and support groups**
- **Home health aides**
Assistants who provide non-medical support, such as bathing, dressing, toilet assistance, meal preparation, light cleaning and companionship, for elderly or convalescing people.
- **Information and referrals**
- **Professional medical services**
Care recipients may benefit from time with home health nurses (to assist with medications and monitor conditions), physical therapists (to improve weakness and functional movement), occupational therapists (to become more independent with activities of daily living), speech therapists and audiologists.
- **Workplace supports**
Could include meals-to-go, flexible work policies, support groups, and human resources benefits, such as elder care referrals and geriatric care coordination.



FEMALE  **AGED 50-64**

**CARES FOR ONE OR MORE RELATIVES
IN THE RECIPIENT'S HOME**

**EXHIBITS SYMPTOMS
OF DEPRESSION**

**SPENDS 20+ HRS.
PER WEEK IN ROLE**

**NEARLY 40 HOURS IF
LIVING IN THE SAME
HOME AS RECIPIENT**

**WILL PROVIDE CARE
FOR 4.6 YEARS**

**1-4 MORE YEARS IF
PATIENT HAS DEMENTIA**

**HASN'T BEEN TRAINED
TO PROVIDE CARE**

**HAS CHANGED SCHEDULE, REDUCED
HOURS OR TAKEN LEAVE TO KEEP JOB**

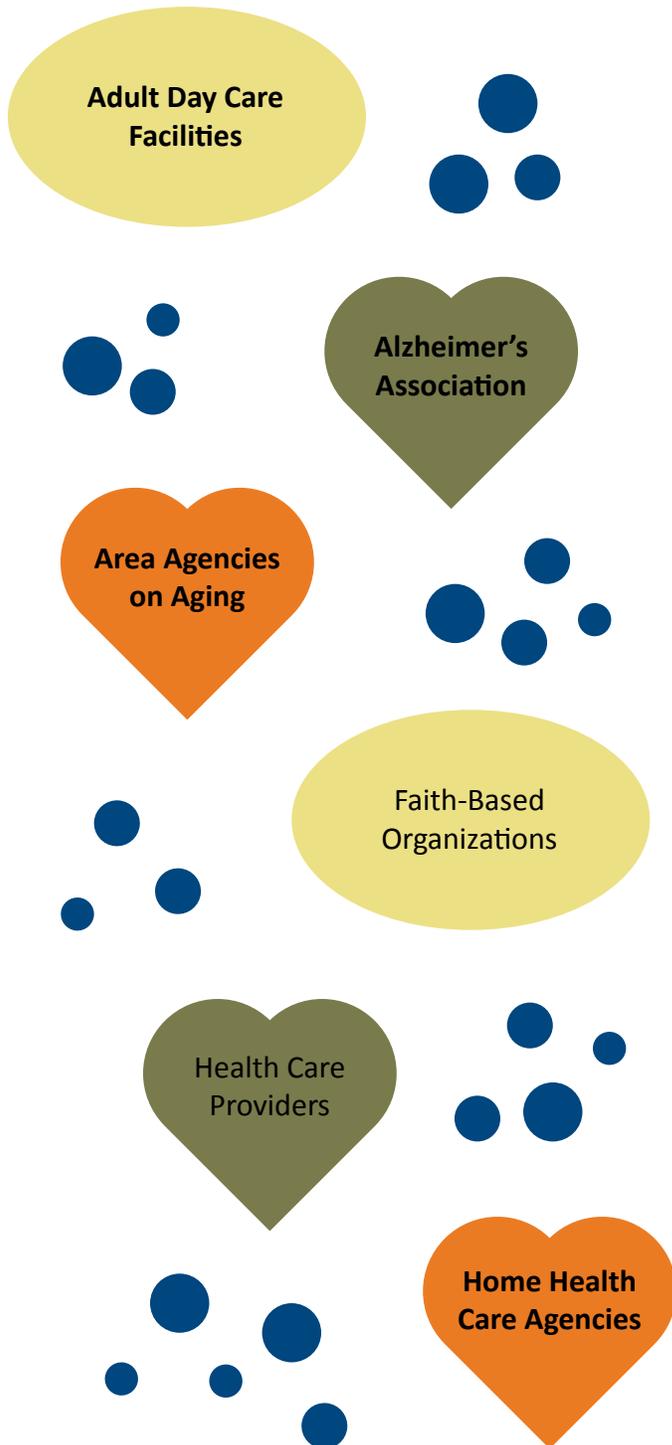
**ASSISTS WITH BATHING, TOILETING
AND DRESSING, AS WELL AS FINANCES**

Sources: AARP Public Policy Institute, Family Caregiver Alliance, National Alliance for Caregiving, National Alliance for Caregiving & AARP

Family Caregiving Players & Best Practices

SUPPORTERS & ADVOCATES

Click on any player **in bold** to learn more.



CAREGIVING STANDOUTS

Click on the title of any standout to learn more.

Alzheimer's Day Services of Memphis, Inc.

This organization has created a program that teaches male caregivers ways to overcome the challenge of providing nutritious meals for a spouse or significant other with Alzheimer's disease or related disorders.

Interfaith CarePartners (Houston)

Interfaith CarePartners' *Care Team Program* is comprised of congregation-based volunteers who are trained and supervised to provide respite to caregivers and to forge relationships with cognitively- or physically-impaired persons in the family home or through activity programs at partner congregations.

Joy's House (Indianapolis)

As an adult day care facility, this organization provides activities, socialization and meals for adults who cannot safely stay at home alone. Joy's House also offers additional services designed to reduce the burden on family caregivers, including bathing services and healthy meal distribution.

New York University Langone School of Medicine

NYU Caregiver Intervention is an evidence-based program designed to improve the well-being of caregivers by mobilizing the support of naturally-existing family networks, improving caregiving skills, and providing the opportunity for ongoing counseling and support.

Southern Caregiver Resource Center (San Diego)

This organization offers two programs that reduce caregiver depression and burden, while improving coping skills. They reach the fast-growing Latino community through culturally and linguistically appropriate interventions and materials.

Family Caregiving: How to Help & Learn More

HOW TO HELP



Advocate for flexible work policies in your office and others



Audit the caregiving support services available in your funding location(s)



Convene caregivers to discuss their needs and concerns



Fund organizations providing potential caregiver supports: adult day services and other respite care, counseling and support groups, home health aides, information and referrals, professional medical services, and training



Support additional caregiver assistance services, such as home modifications, home delivery of prescriptions, and transportation

ADDITIONAL RESOURCES

Click on any of the resources below for more.

Organizations & Programs

- Family Caregiver Alliance
- National Family Caregiver Support Program
- National Family Caregivers Association

Articles & Videos

- “Married to the Job”, *The New York Times*
- “Caring for Elderly Parents Catches Many Unprepared”, *USA Today*
- “Compassion Fatigue Strikes Family, Even Animal Caregivers”, ABC News
- “The Rise of Family Caregiving”, Health Watch (approx. 30 minutes)
- “Family Caregiving Roundtable”, Health Watch (approx. 60 minutes)
- “& Thou Shalt Honor...The Caregivers”, PBS
- “Living Old—Stories of Caregiving”, Frontline
- “Life (Part 2): Caregiving”, PBS

Still Have Questions?

Ask the Experts at the University of Indianapolis Center for Aging & Community at emiller@uindy.edu.