

Caregiving for an Adult loved one – How does it affect our lives?



Partners in Aging

Mission statement:

To improve the quality of life for older persons in the Fredericksburg area by providing access to resources

Members

- MediCorp Health System
- Senior Care Services
- Central Rappahannock Regional Library
- Senior Navigator.org
- Comfort Keepers
- Rappahannock Area Agency on Aging
- disAbility Resource Center
- HomeInstead Senior Care
- HeartFields Assisted Living
- Fox Rehab
- ElderCare Connections
- Mary Washington Home Health and Hospice
- Caroline DSS
- Stafford DSS
- Medi Home Health and Hospice
- Hospice Support Care
- Rappahannock United Way
- American Red Cross
- Alzheimer's Association
- Greenfield's Assisted Living
- Chancellor's Village
- YMCA
- Hughes Home

A new “Call for Change”



What is Caregiving?

- Care can be as simple as a trip to the doctor, or as complex as 24/7 physical support
- Unlike Childcare, caring for an adult becomes more time consuming and more complex as a person ages and health declines
- Care is not only about medical needs, but also includes legal, emotional and financial issues
- The length of time attached to caring for an older adult is completely unknown

What do Caregivers do?

- Provide transportation
- Shop for groceries, cook
- Help with household chores
- Manage finances, pay bills
- Arrange doctor visits
- Administer medications, arrange pill box
- Feed, dress, bathe, and toilet
- Coordinate communication with family members

The Faces of Caregiving.

- Historically have been women, although that trend is changing.
- Average age – 46
- Some college education
- 40% also care for children under 18.
- Provide an average of 21 hours per week of eldercare.



National Alliance for Caregiving and AARP (2004)

Who does Caregiving affect?

- 8.3% of population 65+
- Nationally 80% of all adult care is provided by family and friends (Virginia 88%)
- Care is provided to parents, grandparents, spouses, siblings, and disabled adult children



What is the hush about?

- 1 out of every 4 employees provide eldercare
- Caregiving is a best-kept-secret
- Fear of loss of job, demotion, or not considered for promotion
- Personal business
- Stigma about aging



Difficult to self-identify.

- I am a wife
- I am a daughter
- I am a grandson
- I am a brother
- I am a parent



... I am not a caregiver.

Caregiving takes its toll.

Caregivers report:

- Significant impact on health and lifestyle.
- Emotional stress and physical decline.
- 2-3 times higher use of prescription medications.
- Significant financial burden on family.
- Considerable loss in wages and retirement pensions.
- Regular out-of-pocket expenses.

Caregiving takes its toll.

Caregivers Anonymously Admit:

- 70% say their health is negatively impacted.
- 64% use all of their sick and vacation leave each year.
- 31% experience declining relationships with spouse and/or siblings.
- 29% try to make up work during evenings and weekends.
- 19% take time off without pay.

How Can Employers Help?

- Very affordable solutions: open communication, educational seminars, brown bag lunches, flextime, job-sharing (similar to childcare benefits).
- Employer support: Flexible Spending Accounts, Family Leave (paid and unpaid), Long Term Care Insurance options.

Bottom-line benefits?

“Caregiver friendly” employers will:

- Find it easier to attract and retain the best workers.
- Increase productivity by reducing stress on employees.
- Reduce disruptions in work schedules.
- Enhance their community image, which can attract new customers.

Partners in Aging Initiatives

- Partner with employers to assess their needs for their associates
- Provide information and resources to employers
- Be regional advocates for seniors and their care providers

Alzheimer's Disease

- Has moved up to 6th leading cause of death
- Cost American businesses \$61 billion dollars per year
- In 2007, 9.8 million Virginians provide unpaid care for a loved one with dementia
- In last decade 30% Increase of Alzheimer's among Virginians
- Average lifetime cost of care \$174,000
- Over 3200 patients in Fredericksburg Area have Alzheimer's disease

Memory Walk

Sept 13, 2008

How Can you Help?

- Access to Eldercare should parallel child caregiving.
- Expand the guidelines for the caregiving grant provided by DSS

Questions