

Caregiving Facts:

1.7 million Ohio caregivers that provide care valued at \$17.5 billion

- AARP Ohio

There are about 100,000 grandparents are currently raising their grandchildren in Ohio.

- Public Children Association of Ohio, 2015

57 percent of Ohio kinship care grandparents are still in the workforce. 26.7 percent of kinship care grandparents have a disability.

- Public Children Association of Ohio, 2015

Nationally:

About 1 in 4 caregivers are part of the Millennial generation.

- AARP Policy Institute 2018

Approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months.

- National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S. Caregiving in the U.S.

Nearly 1 in 4 caregivers spend 41 hours or more per week providing care.

- National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S. Caregiving in the U.S.

“There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

- Former First Lady, Rosalynn Carter

Additional Questions to Consider:

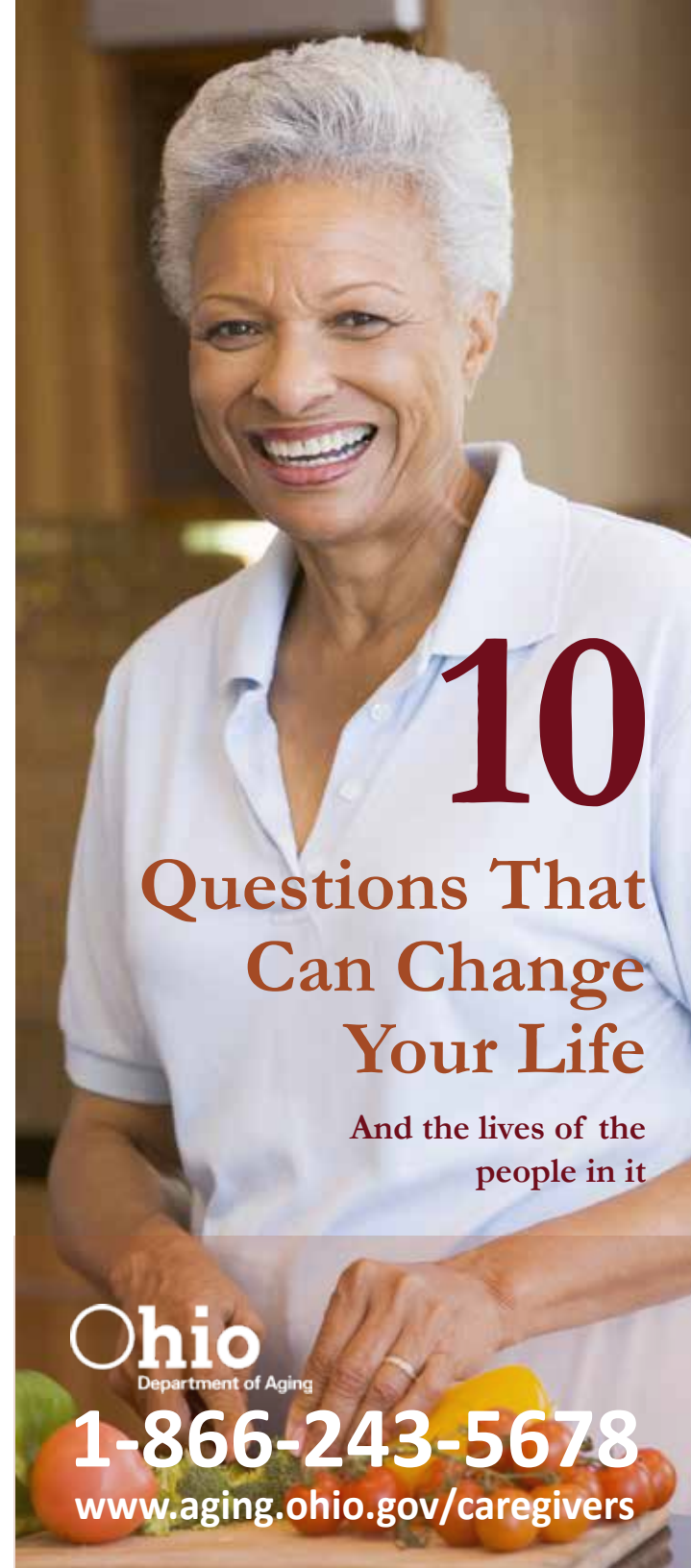
- Do your responsibilities for your loved one prevent you from getting together with family and friends?
- Have you ever called off work or gone in late because a loved one, friend or neighbor needed you?
- Do you sometimes wish that someone could help tend to your loved one's, friend's or neighbor's needs so you can have a break?
- Do your expenses for your loved one's medical or functional needs cause a hardship on yourself or your family?
- Do you find yourself paying more attention to the health and well-being of a loved one, friend or neighbor than to your own wellness?

Ohio
Department of Aging

Empowering Elders. Strengthening Communities.

Our mission is to deliver practical, person-centered strategies and services that will strengthen and support Ohio's elders and their communities.

Ohio Department of Aging is an equal opportunity employer and service provider.



10

Questions That Can Change Your Life

And the lives of the
people in it

Ohio
Department of Aging

1-866-243-5678

www.aging.ohio.gov/caregivers



10 Questions That May Change Your Life

1. Do you find yourself becoming more involved in the life of an aging or ill loved one, friend or neighbor?
2. Do you feel like you have swapped roles with a parent, spouse or other family member?
3. Do you help a loved one, friend or neighbor with chores like cleaning, grocery shopping, cooking or transportation?
4. Do you help a loved one, friend or neighbor with daily activities, such as bathing, dressing and eating?
5. Do you help a loved one, friend or neighbor manage his finances, file insurance claims or pay bills?
6. Does a loved one, friend or neighbor have a physical or mental condition that is newly diagnosed or has worsened and that does or may affect her ability to take care of herself?
7. Do you find yourself becoming an authority on the abilities and limitations of a loved one, friend or neighbor?
8. Do you skip meals or forgo exercise because a loved one, friend or neighbor needs you?
9. Have you ever postponed or canceled a medical appointment or procedure for yourself so that you could be with a loved one, friend or neighbor?

10. Are you a caregiver?

According to the National Family Caregivers Association, more than 90 percent of people who recognize themselves as caregivers become more proactive, engaged and confident, and provide better care.

Many resources are available for caregivers through your area agency on aging, such as:

- Care training, resources and information;
- Caregiver support groups;
- Respite care;
- Adult day services;
- Home delivered meals programs and more.



When you contact this toll-free number, you will be connected to the agency serving your community. They will provide you details about available services and supports.

Call: 1-866-243-5678

Prepared for you by:
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Ohio Department of Aging