

# Whom Does Caregiving Affect?

## Caregiving Affects Families

- ❑ Most older persons with long-term care needs (65 percent) rely exclusively on family and friends to provide assistance. Another 30 percent will supplement family care with assistance from paid providers. (*National Alliance for Caregiving*)
- ❑ More than 50 million Americans provide care for a family member or friend who has a chronic illness or is aged and frail during any given year. (*U.S. Department of Health and Human Services, 2000*)



- ❑ Approximately 60 percent of family caregivers are women. The average caregiver is a 46-year-old woman caring for her widowed mother who does not live with her. (*National Alliance for Caregiving and AARP, 2004*)

- ❑ About 1.4 million children ages 8 to 18 provide care for an adult relative; 72 percent of those care for a parent or grandparent. Fortunately, most in this age group are not the sole caregiver. (*National Alliance for Caregiving, 2005*)

- ❑ Nearly one in three family caregivers caring for seniors are themselves age 65 or older. Another 15 percent are between the ages of 45 to 54. (*U.S. Department of Health and Human Services, 2001*)

- ❑ Half of elderly individuals who have a long-term care need but no family available to care for them are in nursing homes. Only seven percent who have family available to help are in institutional settings. (*National Alliance for Caregiving*)

## Caregiving Affects The Workforce

- ❑ American businesses lose as much as \$34 billion each year due to employees' needs to care for loved ones 50 and older. (*Metlife Mature Market Institute and NAC*)
- ❑ Family caregivers comprise 13 percent of the workforce. (*U.S. Administration on Aging, 2002*)
- ❑ More than three out of five workers have had to make some adjustment to their work life, from reporting late to giving up work entirely. (*National Alliance for Caregiving and AARP, 2004*)
- ❑ Ten percent of family caregivers go from full-time to part-time jobs because of caregiving responsibilities. (*National Alliance for Caregiving and AARP, 2004*)
- ❑ The typical working family caregiver lost \$109 per day in wages and health benefits due to the need to provide full-time care at home. (*American Council of Life Insurers, 2000*)

# Whom Does Caregiving Affect?

## Caregiving Affects the State

- Ohio has more than 1.3 million caregivers, whose work is valued at \$9.92 per hour, making the estimated economic value of caregiving in the state \$14.2 billion. (*AARP Public Policy Institute, 2008*)
- The estimated economic value of caregiving in Ohio is about 20 percent more than the state's total Medicaid spending, and about 10 times as much as the state currently spends on home- and community-based care. (*AARP Public Policy Institute, 2008*)

## Caregiving Affects the Nation

- Unpaid caregiving nationwide was valued at \$375 billion in 2007, up from \$350 billion in 2006. The economic value of caregiving exceeded total Medicaid long-term care spending in all states. (*AARP Public Policy Institute, 2007*)
- The number of people age 65 and older is expected to increase three times faster than the number of family members available to care for them in the coming years. (*Georgetown University, 2001*)

## Caregiver Support Helps Everyone

- Caregivers are often unaware of the availability of support services. As many as one in four has unmet needs, only nine percent used respite services and only 11 percent participated in support groups. (*Alzheimer's Association and National Alliance for Caregiving, 2004*)

**"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*

- Use of caregiver support services has been shown to have clinically significant outcomes in improving caregiver depression, anxiety and anger. Specific caregiver interventions which appear to be most beneficial include those that work with both the caregiver and the care recipient, those that emphasize behavioral skills training, and those that are both multi-component and tailored to caregivers' specific needs. (*Family Caregiver Alliance*)
- Caregiver stress is a strong predictor of nursing home entry. Reducing key stresses on caregivers, such as physical strain and financial hardship, can reduce nursing home entry. (*Office of Disability, Aging and Long-term Care Policy, 2007*)
- More than 90 percent of caregivers who see themselves as such proactively seek resources and skills to assist their loved ones. (*National Family Caregivers Association, 2001*)

**Call 1-866-243-5678 for information, services and supports in your community.**

**Ohio**