

Caregiving is Everybodys Bussiness: Know your Assessment



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Caregiver Statistics

- Family caregivers in the United States:
 - **Nearly one out of every four** U.S. households is involved in care to persons aged 50 or over.

- In CA
 - 1.8 million or 16% (caring for someone 50+)
 - 4 million (caring for someone 18+)

(Family Caregiver Alliance, 2003)

For What it's Worth

- ❑ AARP estimated that the 4 million caregivers save the CA economy
- ❑ \$45 billion



Working Caregivers

- An estimated **14.4 million** full- and part-time workers are balancing caregiving and job responsibilities.

- **53%** of caregivers in CA are in the labor force.
 - **18%** of non-employed caregivers quit their jobs because of caregiving responsibilities.
 - **42%** reduced their work hours to provide care.

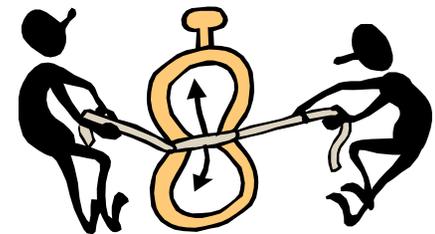
- **20-40%** of caregivers have children under 18 years old at home in addition to disabled relative.

(Family Caregiver Alliance, 2003)

Time Spent Caregiving

- ❑ Caregivers of cognitively impaired adults spend an average of 13 hours per day providing care—more than a full-time job outside the home.
- ❑ The majority of caregivers provide unpaid assistance for one to 4 years; 20% provide care for 5 years or longer.

(Family Caregiver Alliance, 2003)



Strains of Caregivers

- ❑ 25% of care receivers need to be lifted, moved which often results in muscle strain/back pain.
- ❑ 16% of caregivers indicate that their health has worsened since becoming a caregiver.
- ❑ 46% are clinically depressed.
- ❑ 2 to 3 times more likely to use prescription drugs for anxiety, depression, insomnia.
- ❑ 80% of working caregivers report emotional strain.

Caregiver Assessment

- What should be included in a caregiver assessment



Knowledge and use of community resources

- ❑ Help identify what resources exists.
- ❑ What are they using currently
- ❑ For example, the local Caregiver Resource Center, Area Agency on Aging (AAA), Senior Centers are a few organizations.
- ❑ Point of entry to housing, food, and adult day care programs.

Ability to coordinate service needs

- ❑ Can the caregiver follow-up on recommendations?
 - Need Case Manager?
- ❑ Case managers usually have a background in counseling, social work, or related health care field.
- ❑ Case managers may help determine eligibility for entitlement programs, plan for long-term care and intervene in crisis situations.
- ❑ Provide assistance in locating and managing services for ongoing needs.

Respite Care Needs and Use

- ❑ **Definition:** *Relief for family and friends so they can take a break from the demands of providing constant care.*
- ❑ Respite care includes **adult day care** and **home care services**, as well as, **overnight stays in a facility**, and can be provided for a few hours a week or for a weekend.
- ❑ Respite includes knowing how to take “mental breaks” and reframing of time.

Sample Respite: Adult Day Care

- ❑ Offers participants time to socialize, enjoy peer support and receive health & social services.
- ❑ Provides a break for caregivers responsible for person.
- ❑ Services may include:
care & supervision; group & individual activities; nutritious meals; transportation; case management; recreation & exercise; nursing care; education; counseling; assistance with activities of daily living; and therapy(OT, ST, PT).

Social Support Needs

- ❑ Do they have/use/need emotional support system?
- ❑ Do they find the system helpful?
- ❑ Have they tried a support group?
 - Brings together persons to meet, share information and talk about solutions to common problems.
 - Source of information on available resources.
 - Opportunity to give and receive encouragement, understanding, and support from others who have similar concerns.
 - Knowledge that person is not alone.



Health Care Needs



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- ❑ What is the caregiver's health status?
 - ❑ Do they have health coverage?
 - ❑ Do they have physical limitations?
 - ❑ Stress and depression?

Legal Needs

- Help with financial planning, wills, trust, advance directives
- Help with benefits eligibility and appeals
- Conservatorship
- Laws and Policies
 - Paid Family Leave
 - Family and Medical Leave
 - Tax Deductions
 - Flexible Workplace Policies

References

- http://caregiver.org/caregiver/jsp/content/pdfs/Assessment_Toolkit_20060802.pdf
- <http://www.dementiacoalition.org/pdfs/cagrid.pdf>
- [The State of the Art of Caregiver Assessment](#)
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