

Families Caring for an Aging America





What's Ahead

- Overview of the *Families Caring for an Aging America* report
- Key findings and policy recommendations
- Observations
- Tee up a conversation about how we can begin to do better



A Portrait of Family Caregiving





Social and Demographic Trends Impacting Caregiving

- A growing older adult population
- Fastest growing cohort is the 80+

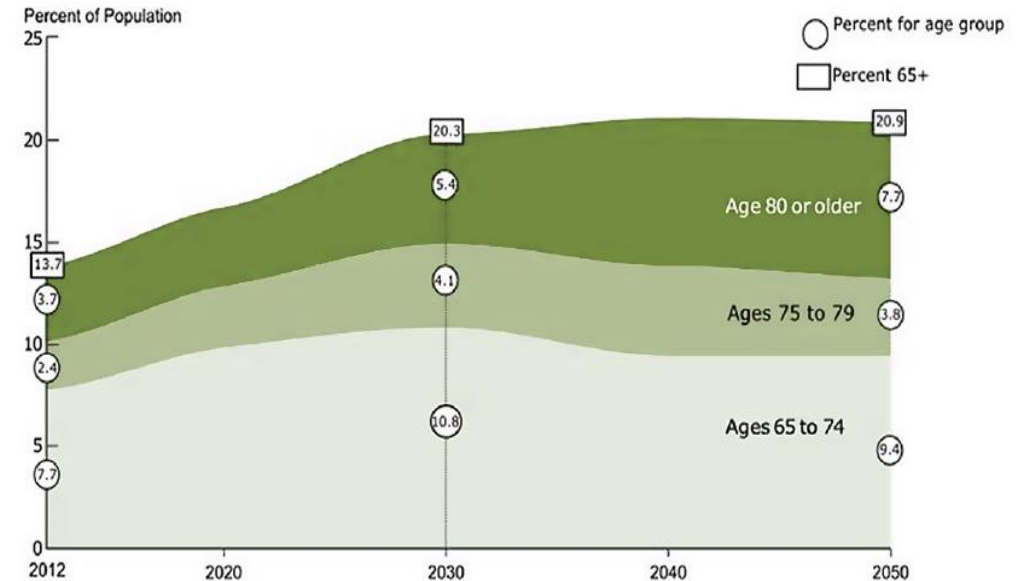


FIGURE 2-3 Older adults as a share of the U.S. population by percentage, 2012 to 2050.

SOURCE: Data drawn from Ortman et al., 2014.



Key Statistics

- 26% of older adults (65 and older) receive help with household or self care
- 59% of 85-89 year olds need caregiving help
- Only 24% of those 90 and older don't need help



Social and Demographic Trends Impacting Caregiving (cont.)

- Shrinking families
- More diversity

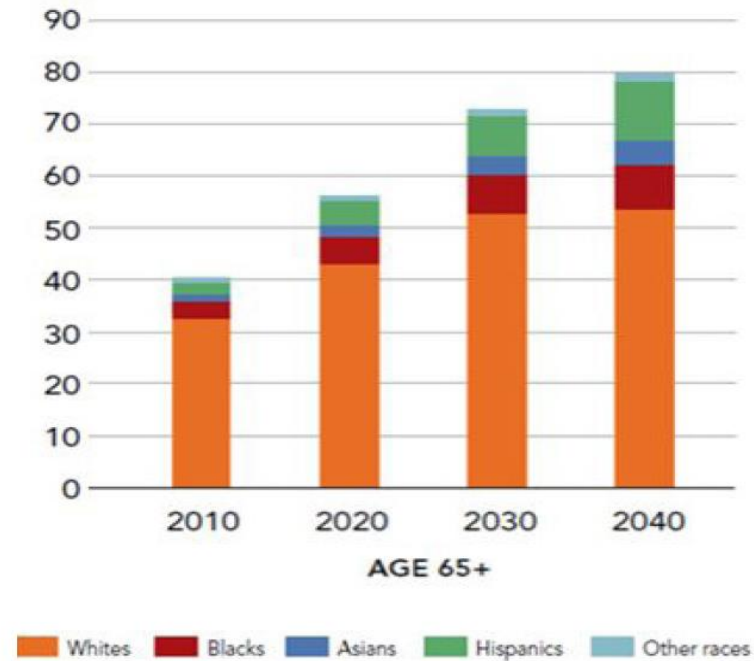


FIGURE 2-4 The changing racial and ethnic diversity of the older adult population, 2010 to 2040 (in millions).

SOURCE: Adapted from Frey, 2014 (Figure 1.3).



What Caregivers Do

- Household tasks
- Self-care, supervision, and mobility
- Emotional and social support
- Health and medical care
- Advocacy and care coordination
- Surrogacy



FIGURE 3-3 Percentage of caregivers coordinating care and providing medical tasks during the past month.



The Care Trajectory

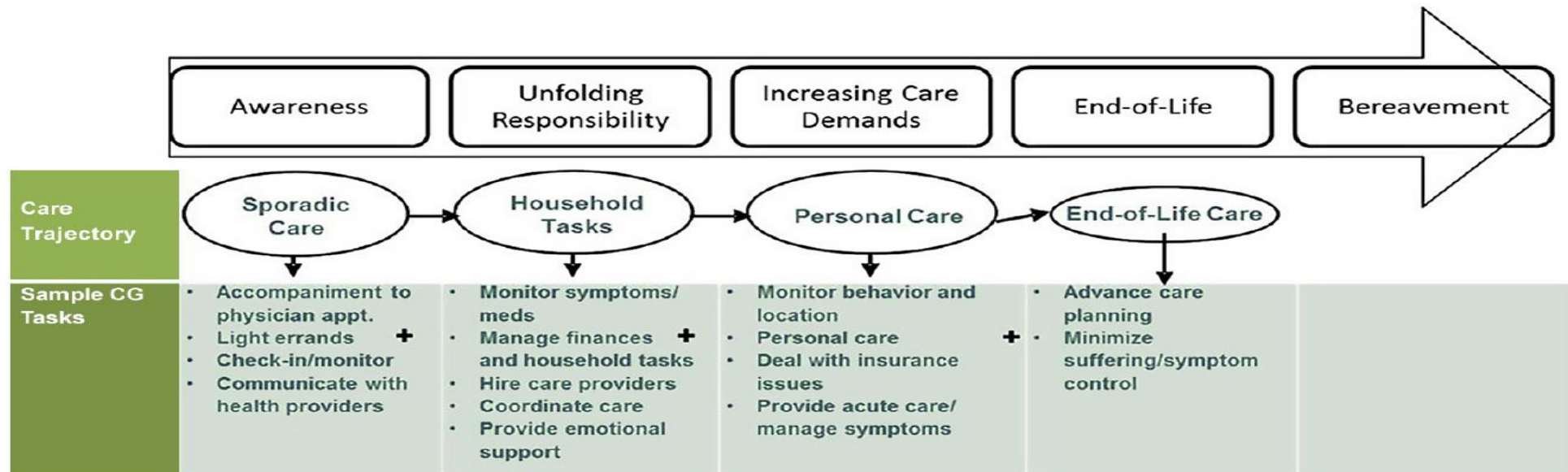


FIGURE 3-1 An example of a dementia care trajectory.

NOTE: CG = caregiving.

SOURCES: Adapted from Gitlin and Schulz (2012) and Schulz and Tompkins (2010).



Preparedness for Caregiving

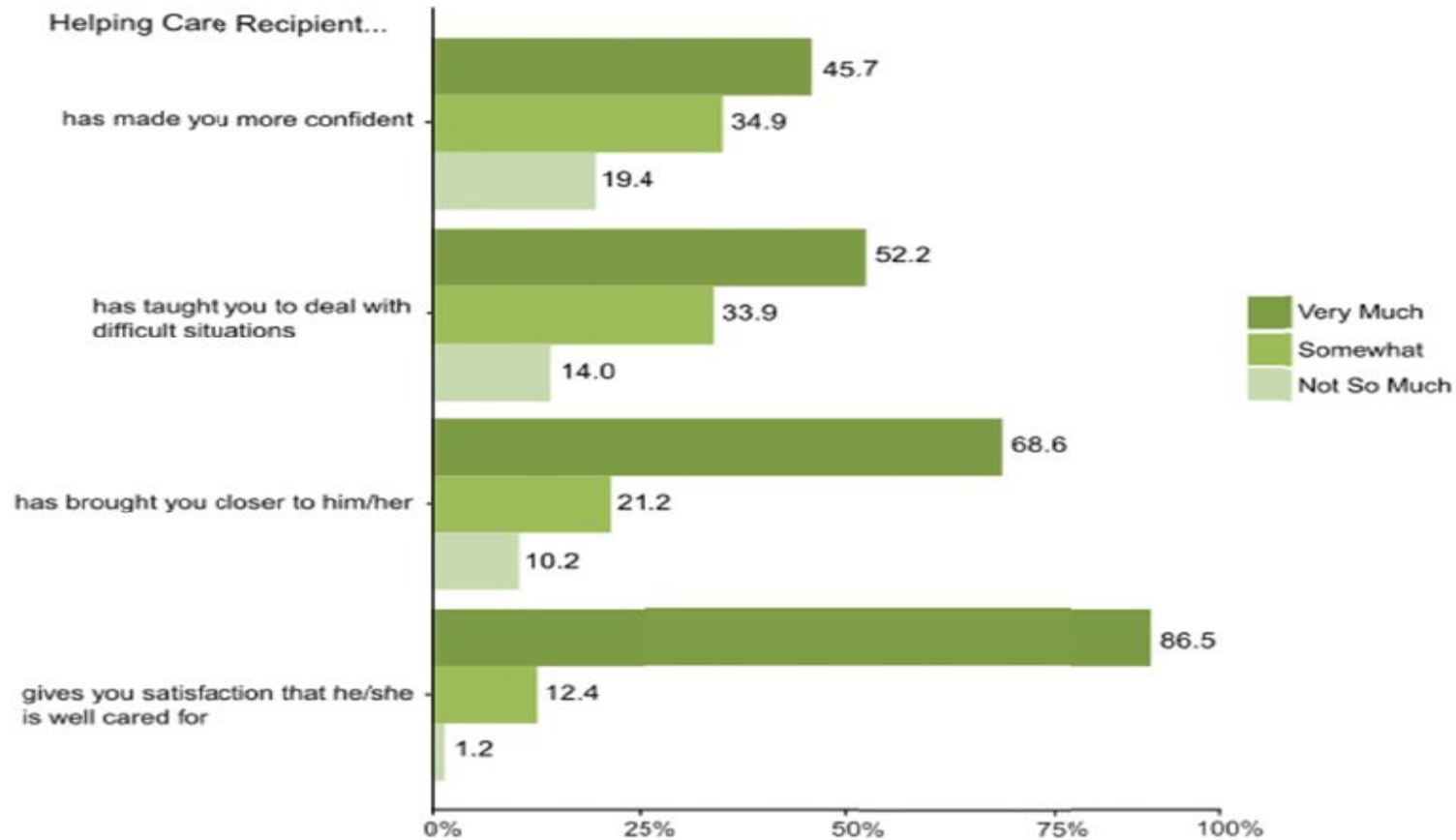
- 51% of caregivers of older adults with Alzheimer's Disease or dementia report they provide medical/nursing tasks without prior preparation.

--2015, National Alliance for Caregiving and AARP

"Family caregiving is more intensive, complex, and long lasting than in the past and caregivers rarely receive adequate preparation for their role."



Impact of Caregiving on the Caregiver





Impact of Caregiving on the Caregiver

- Anxiety and depression
- Health-promoting and self-care behaviors may be neglected
- Difficulty sleeping
- Weakened social support networks
- Financial strain



Assistance, Access, and Availability

Assistance: Programs and Services

- Counseling
- Support groups
- Caregiver education
- Respite services (including Social Adult Day programs)
- In-home care
- Legal services

Obstacles to Access

- Insufficient availability
- Transportation
- Private pay options and resource constraints
- Systemic barriers to family-centered care planning



Recommendations

1) Develop and execute a National Family Caregiver Strategy

- Routinely identify needs of caregivers
- Payment reforms to motivate providers to engage caregivers
- Strengthen provider training
- Increase funding for existing programs
- Adopt federal policies to provide economic support for working caregivers
- Expand data collection to better monitor caregivers
- Evaluate available programs



Recommendations (cont)

- 2) Promote state-based reforms and assistance to caregivers

- 3) Establish a public-private, multi-stakeholder, innovation fund to accelerate the pace of change in addressing the needs of caregiving families

- 4) Explicitly and consistently address families' diversity in assessing caregiver needs and developing, testing, and implementing caregiver supports.



To make sure you don't miss out on information about funding opportunities, RFPs, grants, projects, news and events, sign up for our email list at www.hfwcny.org!

Follow Us:

