



# Caregiving in the U.S.: How Foundations Can Support Family Caregivers

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GIA “Care for All: Supporting Older Adults, Family Caregivers, and the Home Health Care Workforce”  
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**@NA4Caregiving**

# About the Alliance

- Nonprofit coalition of over 50 national organizations focused on family caregiving issues
- Established in 1996 with a dedication to improving the quality of life for families and their care recipients through research, innovation, and advocacy
- NAC Activities:
  - Conduct research and policy analysis;
  - Develop national programs;
  - Strengthen state and local coalitions;
  - Increase public awareness;
  - International work and awareness.

# Today's Family Caregiver

44 million caregivers of people 18 and older in the US today

Caregivers reflect the diversity of the United States: they come from every age, gender, race/ethnicity and socioeconomic status.

On average, they perform 2 Activities of Daily Living (ADLs); 4 Instrumental Activities of Daily Living (IADLs); and Medical/Nursing (M/N) Tasks

Caregiving in the U.S. (2015), National Alliance for Caregiving and AARP, available at [www.caregiving/caregiving2015](http://www.caregiving/caregiving2015)



## Responsibilities Include:

- ADL- Bathing, Dressing & Feeding
- IADL- Housework, Cooking & Managing Finances
- M/N Tasks- Injections, Tube Feedings & Colostomy Care

# Who Are They?

The typical caregiver is a 49 year-old female caring for a 69 year-old relative due to a long-term physical condition.

22% are caring for someone with Alzheimer's or dementia.

About 1/3 are considered "higher-hour" -- providing 21 or more hours of care each week.

One quarter are Millennials

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## SNAPSHOT

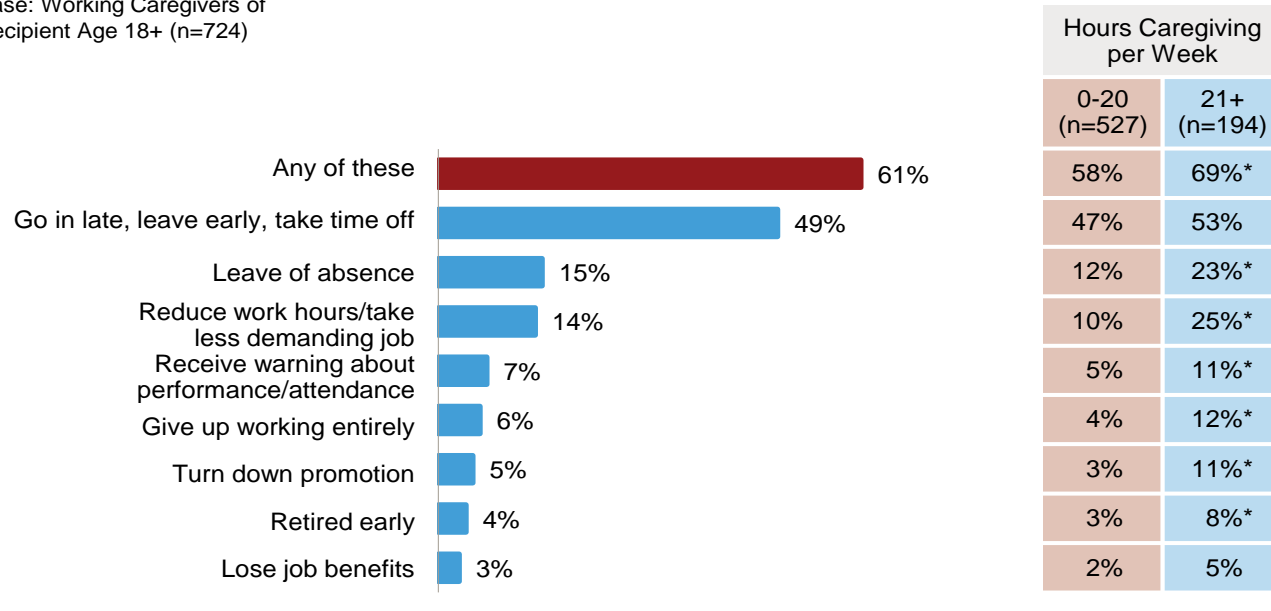
- **60%** Women
- **40%** Men
- **13%** African American/Black
- **6%** Asian American Pacific Islander
- **17%** Hispanic/Latino
- **62%** White

# Caregiver Health

- 17% of caregivers say their health is *fair* or *poor*, vs. 10% of population as a whole
- 29% of higher-hour caregivers feel caregiving has had a negative impact on their health vs. 18% of lower-hour caregivers.
- One in five caregivers report a high level of physical strain (a rating of 4 or 5 on a 5-point scale) as a result of their caregiving duties.
- Four in ten caregivers report their caregiving situation to be highly stressful; 25% report moderate stress and 36% little to no stress.

# Balancing Caregiving & Work

Base: Working Caregivers of Recipient Age 18+ (n=724)



60% of caregivers were employed at some point in the past year while also caregiving. Higher-hour caregivers who are employed are more likely to report experiencing nearly all of these work impacts.

Caregiving in the U.S. (2015), National Alliance for Caregiving and AARP, available at [www.caregiving/caregiving2015](http://www.caregiving/caregiving2015)



# Other Impacts on Work/Caregiving Balance

- Primary caregivers are more likely to report that caregiving impacted their work, as are caregivers who felt they had “no choice” in taking on the role
- 70% of caregivers who perform medical/nursing tasks reported that caregiving impacted their job
- Employees working 30+ hours a week were more likely to report workday interruptions as a result of caregiving
- 34% of caregivers who left their job did so due to lack flexible work hours; 29% left because they couldn't afford paid care



# Costs of Caregiving

- In 2013, the estimated value of family caregivers' unpaid care for older adults was approximately \$470 billion.
- The total cost to employers due to loss productivity for caregivers in the workforce is \$ 33.6 billion
- Total out-of-pocket costs (2007 study) were \$5,531, and \$3,000 more for long distance caregivers
- For those who leave workforce, lost wages, pension, and Social security total \$325,000

-Valuing the Invaluable 2015 Update: Undeniable Progress (2015), but Big Caps Remain, S. Reinhard, et al., available at [aarp.org/ppi/info-2015/valuing-the-invaluable-2015-update.html](http://aarp.org/ppi/info-2015/valuing-the-invaluable-2015-update.html)

-The MetLife Caregiving Cost Study: Productivity Losses to U.S. Businesses, available at [www.caregiving.org/pdf/research/Caregiver%20Cost%20Study.pdf](http://www.caregiving.org/pdf/research/Caregiver%20Cost%20Study.pdf)





# Foundation Grants in Caregiving

- Weinberg: Caregiving demos around country, especially for underserved populations
- Archstone: Funding for dissemination of caregiving reports
- Gordon and Betty Moore: Awards to Alzheimer's caregiver programs
- RWJF: -- Atlas of Caregiving
  - Three Scenarios for Caregiving 2031
- MetLife Foundation (Past): Caregiving in the US studies (2004 and 2009)

# How Can Foundations Make a Difference?

- Data studies to support public policy: e.g., long term care
- ROI demos: e.g., corporate eldercare
- Evidence-based interventions that are scalable (not *evidence-lite*)
- Be wary of manipulated numbers

# Major Topics for Research in Caregiving

- Care coordination/care transition support
- Training for medical/nursing tasks
- Technology
- What interventions in what doses make a difference for caregivers
- Caregiver health

# Thank you!

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