

# Aging in Uncertain Times: Creating Elder Friendly Futures for Caregivers

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# Learning Objectives

- Describe the quality and inequalities of supports for caregivers within diverse communities as we prepare for the growing number of older people with caregiving needs.
- Discuss ways to enhance services for family and informal caregivers that address health care needs and minimize the health disparities that some caregivers may experience

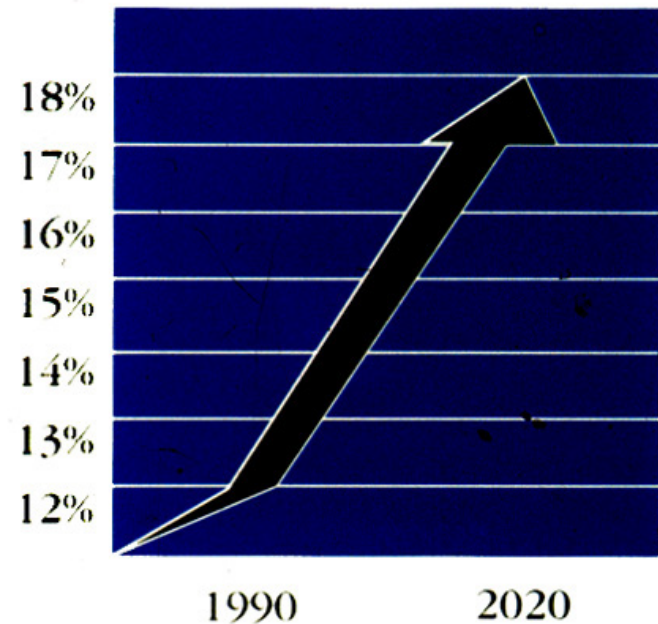


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*“By the year 2020,  
a projected 18%  
of the American  
population will be  
aged 65 or older as  
compared to 12%  
in 1990.”*



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Grandparents as Caregivers









# From Acute Care to Chronic Care

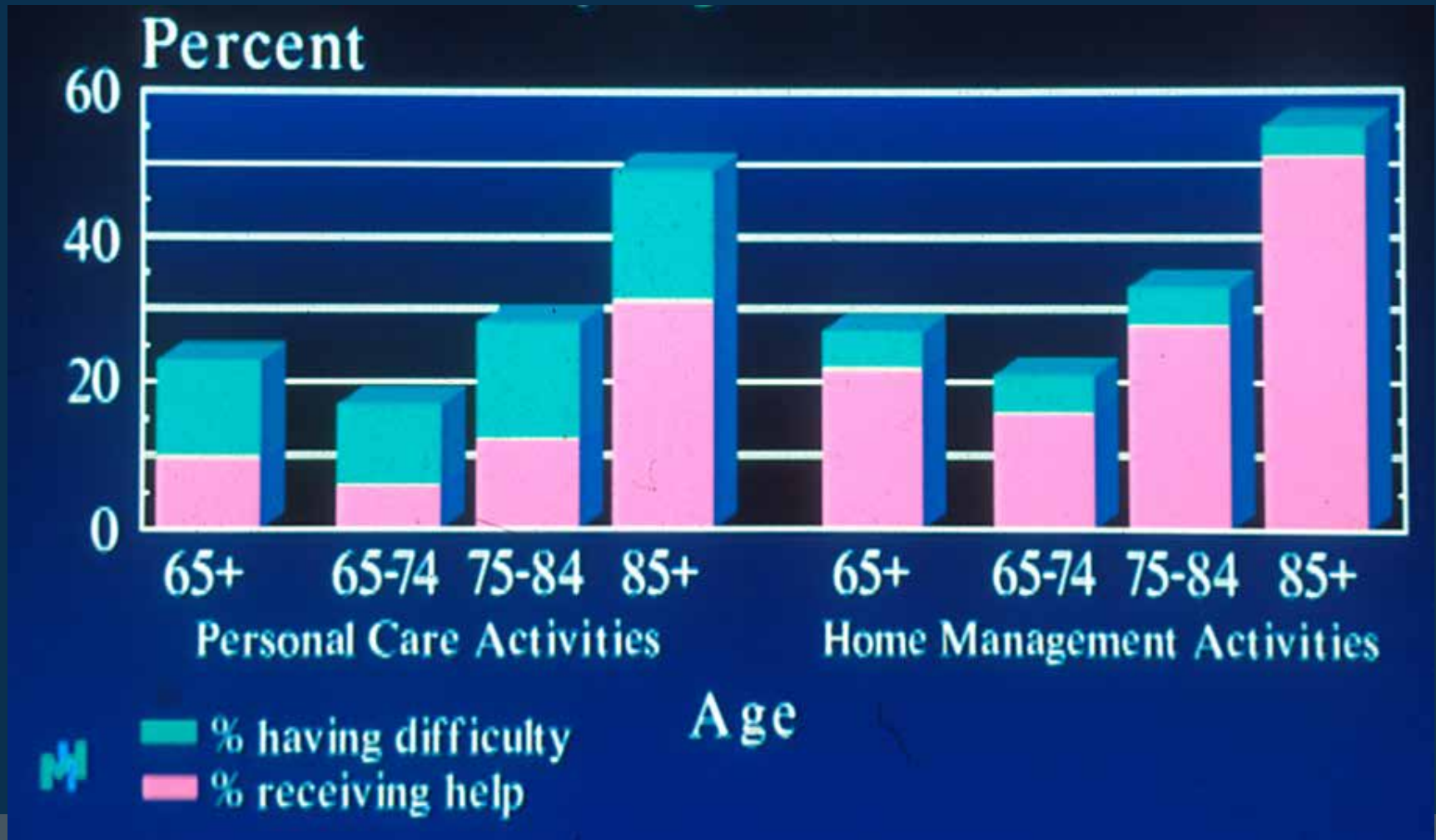
- Chronic Illness
  - Effects over 100 million people
  - Over 65 may have 5-6
  - 80% of older adults needing care are cared for in the home
  - Care often provided by family members for both ADL and IADL



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# Percent with Difficulty and Receiving Help with Selected Activities by Age

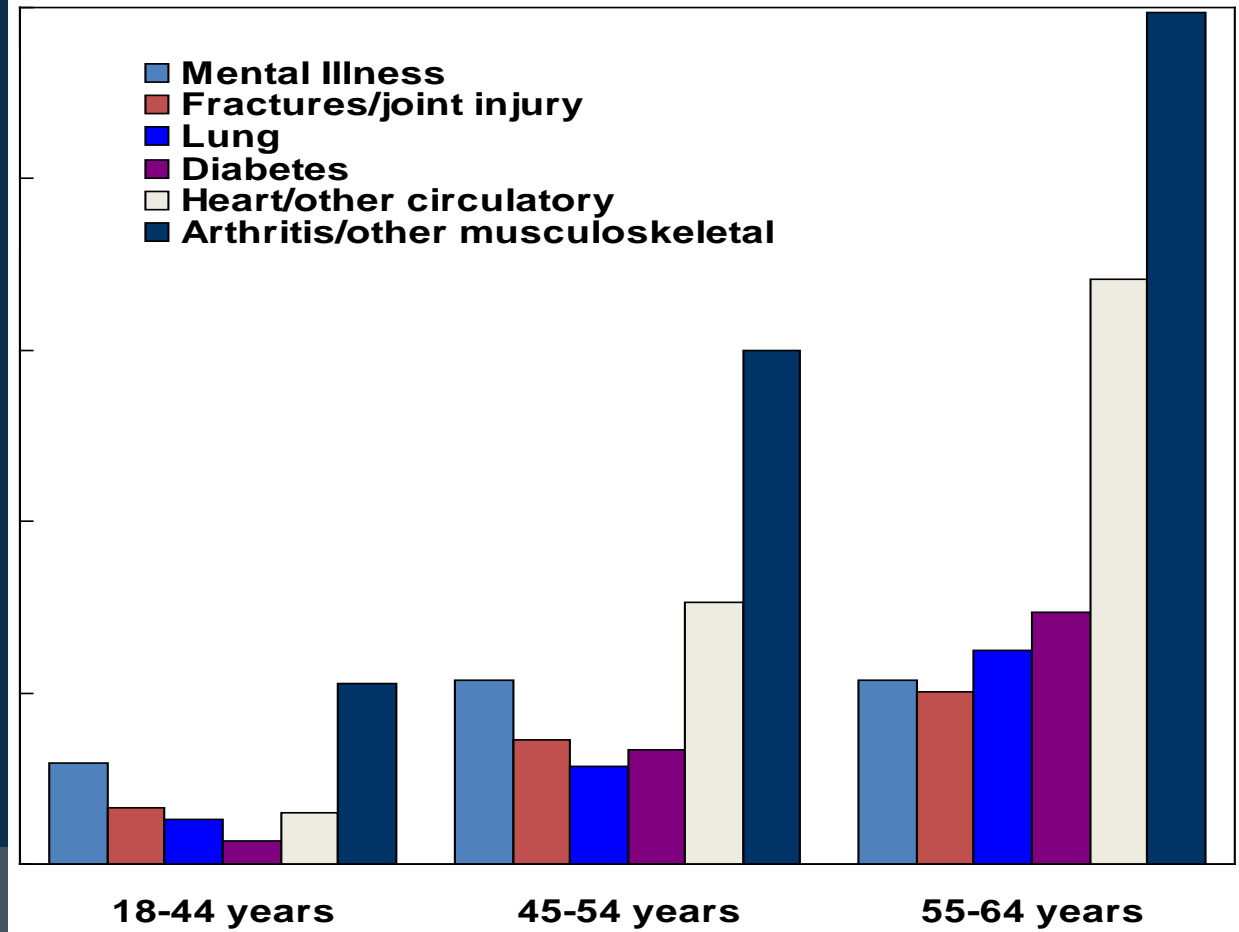


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# Selected Chronic Health Conditions Causing Limitation of Activity Among Working-Age Adults by Age: 2000-2002

Number of persons with limitation of activity caused by selected chronic health conditions per 1,000 population



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# Family/Kin Caregiving: Foundation of Long Term Care

- } 78% of adults living in community needing LTC depend on family and friends for help (Thompson, 2004)
- } “Free”, unpaid care \$375 billion annually -- More than twice cost of home care and nursing home services (\$158 billion) (NAC & Evercare, 2009)
- } On average provide 20 hrs/wk of care; 13%  $\geq$  40 per week (NAC & AARP, 2009)
- } Cost to business estimated \$34 billion annually for employees to care for someone  $\geq$  50 (Metlife & NACB, 2006)



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# Informal Family Caregiving:

- } 65 million people (29% of US population) provide care to chronically ill, disabled, or aged family member or friend;
- } 66% are women; 37% have children and grandchildren under 18 living with them;
- } Typical caregiver is a married, employed 49 year old woman caring for widowed 69 year old mother who does not live with her

(NAC & AARP, 2009)



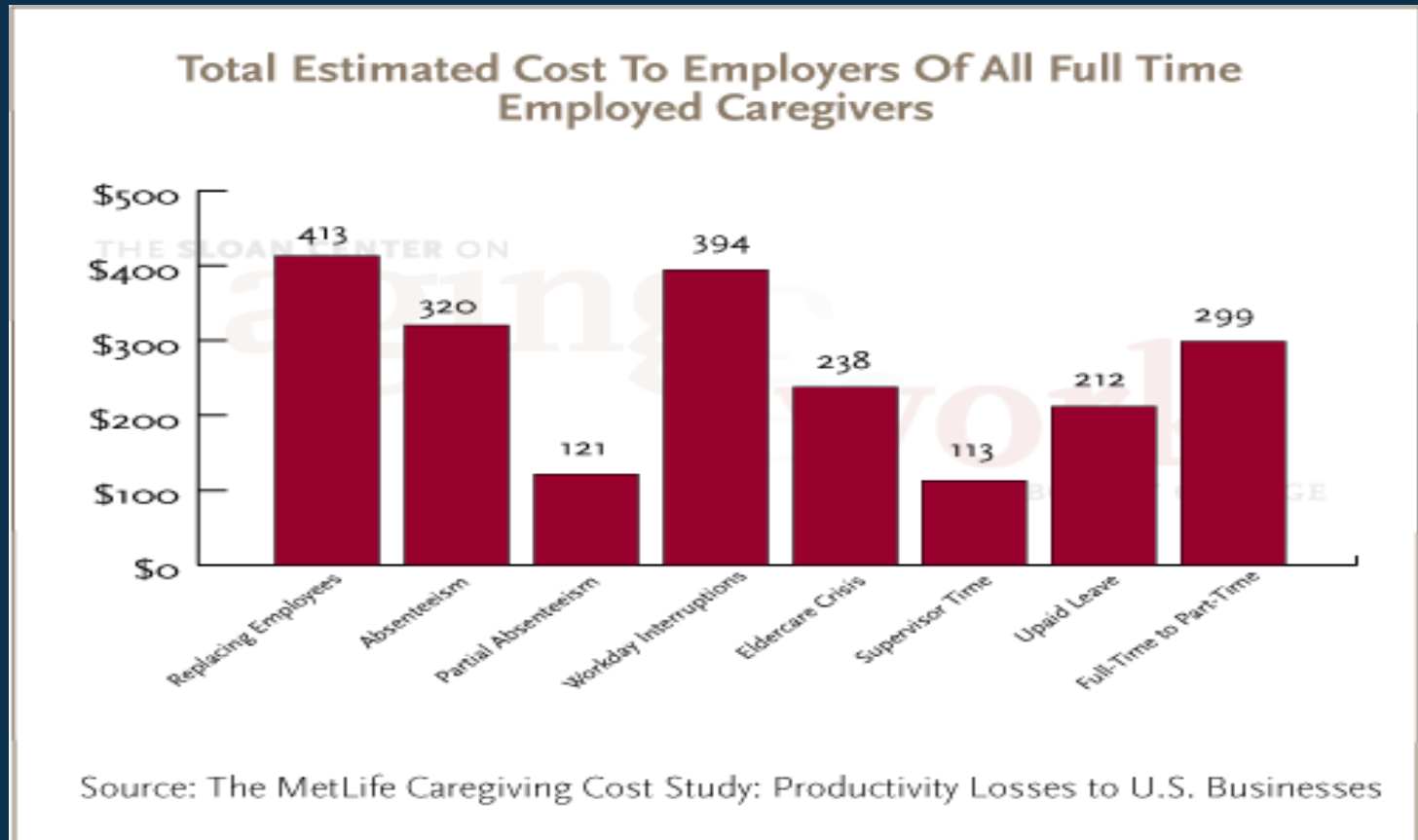
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# Caregivers and Employer Costs

Employee caregiver of older adults have 8% higher health care costs annually – worth \$13.4 billion

Caregivers 18-39 years of age have higher rates depression and illness than non-caregiver peers (Metlife & NAC, 2010).



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# Informal Family Caregiving: Older Adults—Intra and Intergenerational

- } 6 in 10 caregivers are employed (NAC & Metlife, 2010)
- } 36% care for parents; 7 out of 10 care for someone  $\geq 50$  (NAC & AARP, 2009)
- } 1.4 million children ages 8 to 18 provide care for an adult relative; 72% care for parent/grandparent; 64% live same home; most not sole caregiver (NAC, 2005)
- } About 14% family caregivers care for special needs child < 18 years of age (est. 16.8 million); 55% caring for own child (NAC & AARP, 2009)



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# Issues for Care Recipient & Caregivers

- Income, Assets, Financial Management

Planning, Resources, Cost health care

- Insurance Coverage

Medicare, Supplemental health insurance, Long term care insurance, Medicaid

- Decision Making

Durable Power of Attorney

Health Power of Attorney



# Family Caregiving: Older Adults

- **Caregiving is still a women's issue: 59-79%**  
(DHHS, 2000; Kaiser Foundation, 2002)
  - 77% African American community
  - 74% Caucasian community
  - 67% Hispanic community
  - 52% Asian community
- **Number of male caregivers increasing (Kramer, 2002), with equal proportions among caregivers 75+ (McCann et al., 2000)**
- **1 in 3 men cared for by wife**
- **1 in 10 women cared for by husband**
- **14 to 20% have paid assistance in home**



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# Informal Family Caregiving: Care Recipients

- } 51% of care recipients live in own home;
  - } 29% live with their family caregiver;
  - } 4% live in nursing homes or assisted living
- (NAC & AARP, 2009)

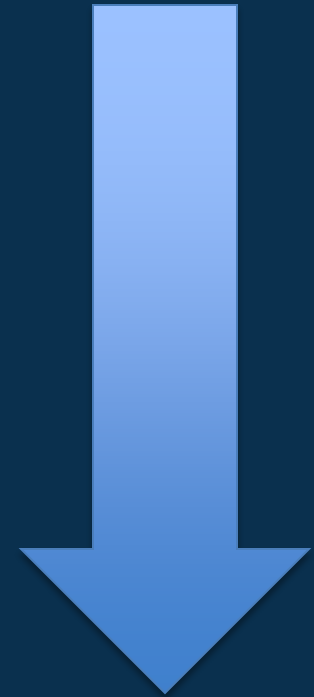


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# Conceptual Model for Caregiver Health

- Chronic Illness in a Close Relative
- Caregiver Role
- Caregiving Demands
- Stress + Situation Factors
- Dysphoria
- Ineffective Coping
- Depression
- Compromised Immune System
- Adverse Health Consequences



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# The Older Caregiver



# Strengthening the Care-Net



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# CARE-NETS

Education and Support

Research

Care Managers

Computer Applications

Caring

Communities

Quality care for care recipients  
and healthy caregivers.

# What Helps?

- Social activities
- Health care access
- Transportation
- Home care
- Community services
  - Knowledge and use
  - Comprehensive
  - Culturally sensitive
  - Available and affordable



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# Conclusions (1)

- Change in longevity
- Acute care to chronic care
- Increase evidence base for basic geriatric nursing care
- Focus on gerontological programs in higher education
- Continue improving clinical practice and nursing care models
- Increase health promotion, self care, and disease prevention



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# Conclusions (2)



- Better quality of care
- Focus on caregivers and community resources
- Need for appropriate geriatric health care policy
- Decrease stigma about ageism
- Decrease health disparities for minority elders



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