

Family Caregiver Support: The Federal Perspective

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“There are only four kinds of people in this world:

- Those who have been caregivers
- Those who currently are caregivers
- Those who will be caregivers
- Those who will need caregivers”

Rosalynn Carter





Who Are Family Caregivers

- 44.4 million US caregivers
- 34 million caring for someone age 50 or older
- Average caregiver is a 46 year old baby boomer with some college education who works and spends more than 20 hours per week caring for her mother who lives nearby



Employed Caregivers

- Nearly two-thirds of caregivers work outside of home
 - 30% of workforce has some responsibility for a relative – expected to increase to 54% by 2008
 - As much of \$33.6 billion in lost productivity each year
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Long Distance Caregivers

- Approximately 7 million
 - 51% visit a few times/month
 - Almost 75% assist with IADLS
 - 80% work full or part-time
 - 40% rearrange work schedule
 - \$392/month – travel & out of pocket expenses
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Characteristics of Caregivers

- Percentage of male caregivers increasing – 39%
- Most caregivers work full or part-time
- Usually caring for a mother or mother-in-law
- 23% are caring for a relative with Alzheimer's Disease

Caregiving in the US, National Alliance for Caregiving and AARP, April 2004





Impact on Caregiver

- High levels of stress & overload – symptoms of depression & burnout
 - Greater use of psychotropic drugs
 - Isolation, sleep loss, poor nutrition
 - Neglect own health
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Economic Value of Family Caregivers

- Unpaid family caregivers contributed an estimated \$306 billion in 2004
 - More than the amount spent on formal home care (\$43 billion) and nursing home care (\$115 billion) combined
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National Family Caregiver Support Program

- Included in Reauthorization of Older Americans Act
 - Passed by Congress in 2000
 - \$125 Million Appropriated Originally
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National Family Caregiver Support Program

- Focus on Caregiver vs. Care Recipient
 - Formula Funding to States
 - State Units on Aging
 - Area Agencies on Aging
 - Local Service Providers
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National Family Caregiver Support Program

- \$162 million appropriation – FY2007
 - Over \$155 million allocated to States
 - Based on proportionate share of 70 plus population and statutory minima
 - \$6.3 million earmarked for Native American Caregiver Support Program
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Allowable Services

- Information about Services
 - Assistance with Access to Services
 - Individual Counseling; Support Groups; Caregiver Training
 - Respite Care
 - Supplemental Services on Limited Basis
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Supplemental Services

- Home Modifications
 - Assistive Technologies
 - Emergency Response Systems
 - Equipment
 - Incontinence Supplies
 - Transportation
 - Whatever the Caregiver Needs . . .
- 



Populations Served

- Family Caregivers of Older Adults
 - Grandparents and Relative Caregivers of Children Not More Than 18 Years of Age
 - Caregivers of Persons with Alzheimer's disease or related dementia
 - Relative Caregivers of Adult Children with Disability
- 



Outcomes – 2003 Data

- Over 8 million received information on caregiver services in 2003
 - 590,000 – Assistance to Access Services
 - 300,000 – Counseling, Training, Support Groups
 - 200,000 – Respite Care
 - 223,000 – Supplemental Services
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National Family Caregiver Support Program Grants

- Survey States for Baseline Caregiving Efforts
 - Provide Technical Assistance to States
 - Develop Training Programs for Caregivers
 - Research Special Populations
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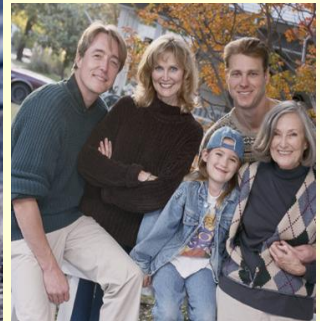
Choices for Independence

People are **living longer**, and the older adult population is increasing.

The number of people age 65 and older will **double by 2030**.

There are **76 million** baby boomers.

People age 85 and older comprise one of the **fastest-growing** segments of the population.



Offering More Choices for High-Risk Individuals

Through Flexible Service Dollars
And Consumer-Directed
Approaches

Helping Moderate and Low-
Income Individuals at High Risk
of Nursing Home Placement
Builds on *The Cash & Counseling
Demo*



Empowering Individuals to Make Informed Choices

Through “one-stop shop” resource centers and public education campaigns. Builds on:

- *Aging & Disability Resource Centers*
- *Own Your Future Campaign*



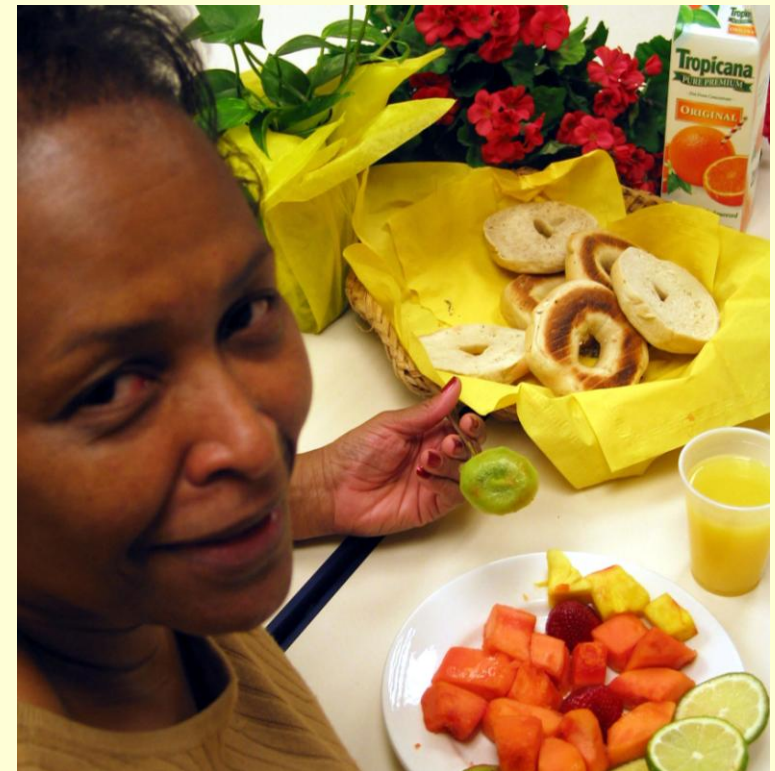
Building Prevention Into Community Living

Evidence-based programs, such as:

- Chronic Disease Self-Management
- Falls Prevention
- Nutrition
- Physical Activity

Delivered Through Aging
Services Providers

Builds on *AoA's Evidence-Based Initiative*





Contact Information

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