



March 2013

Issue No. 89

IN SIGHT for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

CAREGIVING STATISTICS

If you are a caregiver, you are not alone. You've probably heard that before, but you may not know just how much company you have. A study by the National Alliance for Caregiving and AARP found that 44.4 million Americans age 18 or older are providing unpaid care to an adult.

Americans provide 37 billion hours of unpaid, informal care each year for adult family members and friends with chronic illnesses or conditions that prevent them from handling daily activities. Family caregivers, especially women, provide over 75% of caregiving support in the United States.

Data from many studies and reports reveal the following information about caregivers:

- The typical caregiver is a 46-year-old woman who works outside the home and spends more than 20 hours per week providing care.

- The majority of caregivers are between the ages of 35 and 64.

- The average length of caregiving is 4.3 years, although some people spend many more years in a caregiving role.

- Many caregivers fulfill multiple roles. Most caregivers are married or living with a partner (62%), and most have worked and managed caregiving responsibilities at the same time (74%).

- Almost 60% of all caregivers either work or have worked while provid-

ing care. Sixty-two percent have had to make adjustments to their work life.

- One quarter of caregivers helping someone age 50 or older report that the person they care for is suffering from Alzheimer's, dementia, or some other mental confusion.

- The most frequently reported unmet needs of caregivers are finding time for themselves (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%).

- One in five caregivers say they need help talking with doctors and other healthcare professionals (22%) or making end-of-life decisions (20%).

With the dramatic aging of the population, we will be relying even more on families to provide care for aging parents, relatives, and friends for months and years at a time. Yet the enormous pressure and risks of family caregiving – burnout, compromised health, depression, and depletion of financial resources – are a reality of daily life for millions of American families and pose great strain on family caregivers, many of whom are struggling to balance work and family responsibilities.

Families need information and their own support services to preserve their critical role as caregivers, but frequently they do not know where to turn for help.

Because of the multi-faceted role that families and informal caregivers play, they need a range of support services to remain healthy, improve their caregiving skills,

OREGON ATTORNEY ASSISTANCE PROGRAM

503-226-1057
1-800-321-OAAP
www.oaap.org

Helping lawyers and judges for over 30 years

- Alcohol & Chemical Dependency
- Career Change & Transition
- Gambling Addiction
- Mental Health
- Procrastination & Time Management

A free, nonprofit, confidential program for you.

and remain in their caregiving role. Support services include information, assistance, counseling, respite, home modifications or assistive devices, caregiver and family counseling, and support groups.

See the resources for caregivers in the box on page 6.

Sources: www.familycaregiving101.org/not_alone/stats.cfm; *Family Caregivers Alliance*.

Assistance for Caregivers – Resources

- **Office of Personal Management (OPM) Work/Life Handbook of Elder Care Resources:** This federal Web site lists a variety of publications on topics related to caregivers in the workplace, including information on home care, long-distance caregiving, services in the community, and nursing homes and provides financial, insurance, and long-term care-related materials. <http://www.opm.gov/policy-data-oversight/worklife/reference-materials/the-handbook-of-elder-care-resources-for-the-federal-workplace/>
- **National Family Caregiver Support Program:** This federal Web site provides families, caregivers, and professionals with information about the National Family Caregiver Support Program, including where you can turn for support and assistance and find services for caregivers. http://www.aoa.gov/aoa_programs/hcltc/caregiver/index.aspx
- **Caregivers (Eldercare Locator):** This section of the Eldercare Locator includes resources and publications related to support for caregivers. It includes links to the Administration on Aging Caregiver Resource Room, the Alzheimer's Resource Room, as well as Internet notes on more than 60 aging-related issues. <http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Topic/Caregiver.aspx>
- **Family Caregiver Alliance:** This organization's Web site is a central source of information and technical assistance on caregiving and long-term care. The site contains many resources for caregivers, including fact sheets, research, and policy studies. The Family Caregiver Alliance operates the National Center on Caregiving (NCC). <http://www.caregiver.org/caregiver/jsp/home.jsp>
- **National Alliance on Caregiving (NAC):** The NAC's Web site provides publications and information about caregiving and surveys on the status of caregiving. The NAC is a coalition of national organizations focused on issues related to and in support of caregiving. <http://www.caregiving.org>
- **Family Caregiving 101:** This Web site, developed by the Family Caregiver Alliance and the National Alliance for Caregiving, provides information and resources for family caregivers. <http://www.familycaregiving101.org>
- **National Family Caregivers Association (NFCA):** The NFCA's Web site includes resources to link and support family caregivers. The NFCA focuses on public awareness and caregiver education and support, especially as it relates to helping family caregivers work effectively with healthcare providers. <http://caregiveraction.org>

Source: U.S. Department of Health and Human Services, National Clearinghouse for Long-Term Care Information (www.longtermcare.gov/Main_Site/Resources/Caregiving.aspx).