



AARP

Family Caregiving™

THE REALITIES OF CAREGIVING: 2019 VERSION

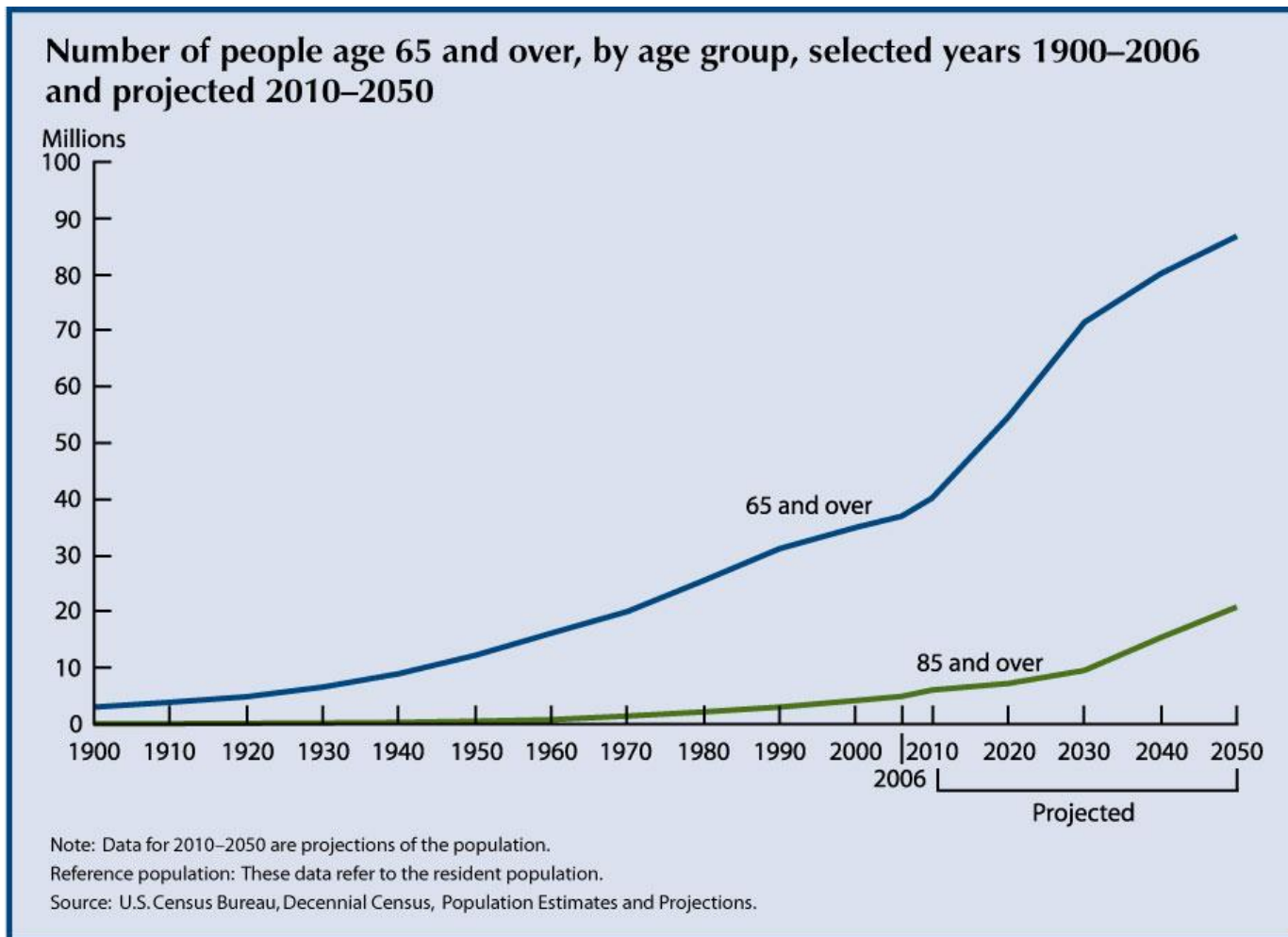
Sam Wilson

AARP Wisconsin State Director

January 15, 2018

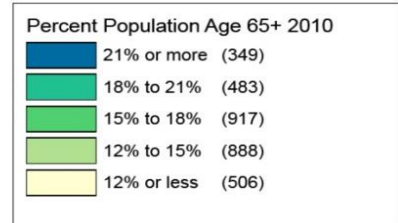
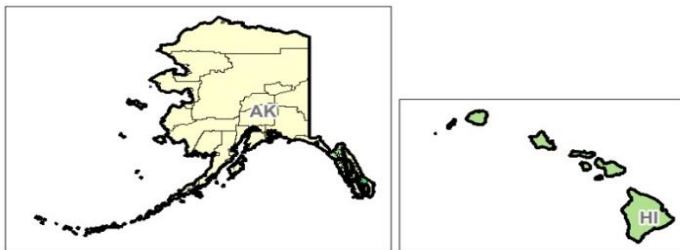
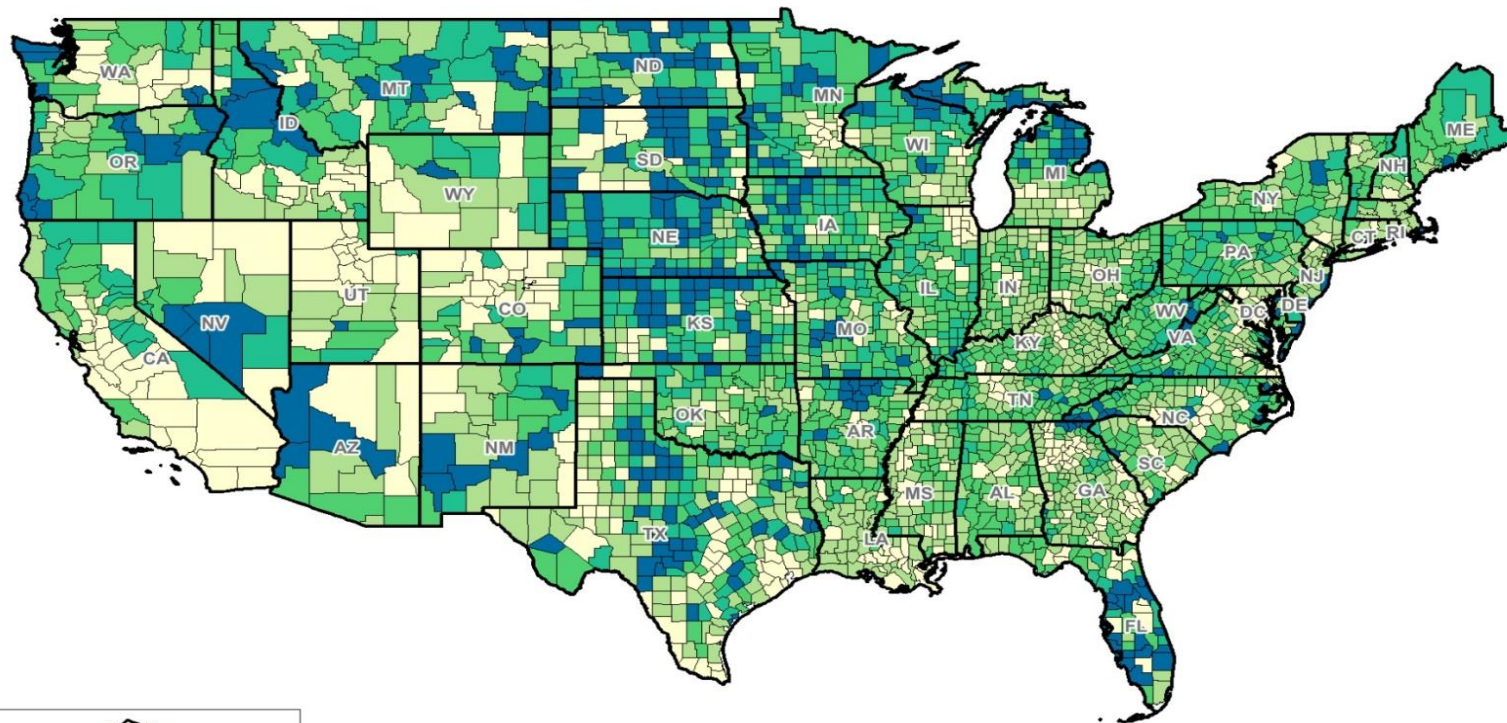


Population Trends



AMERICA IS AGING

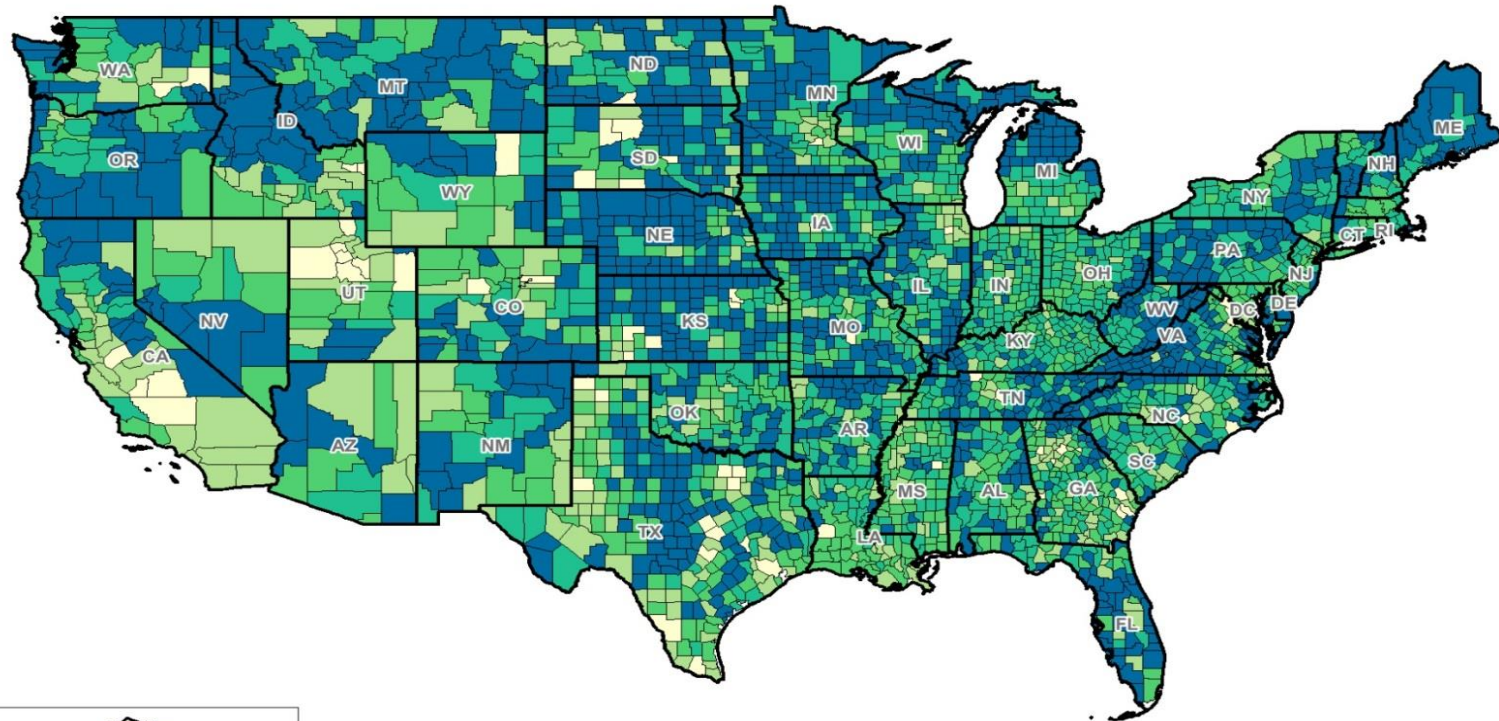
Percent of Population Age 65+ 2010



Source: U.S. Bureau of the Census, 2010 Census.

AMERICA IS AGING

Percent of Population Age 65+ 2020

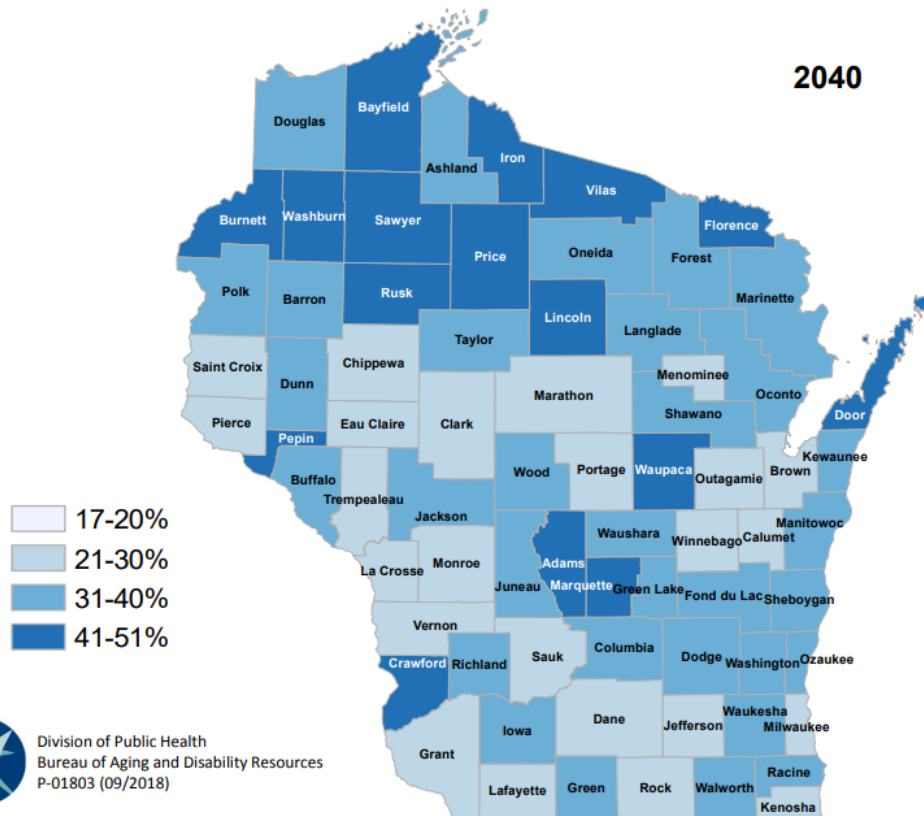


 21% or more (1161)
 18% to 21% (920)
 15% to 18% (643)
 12% to 15% (338)
 12% or less (81)

Source: The Nielsen Company, 2015.

Wisconsin Population Trends

Percent of the Projected Population Ages 60 and Older, 2015-2040



Source: Wisconsin Department of Administration, Demographic Services, 2010-2040 Population Projections, Vintage 2013



Division of Public Health
Bureau of Aging and Disability Resources
P-01803 (09/2018)





IT'S NOT DENIAL

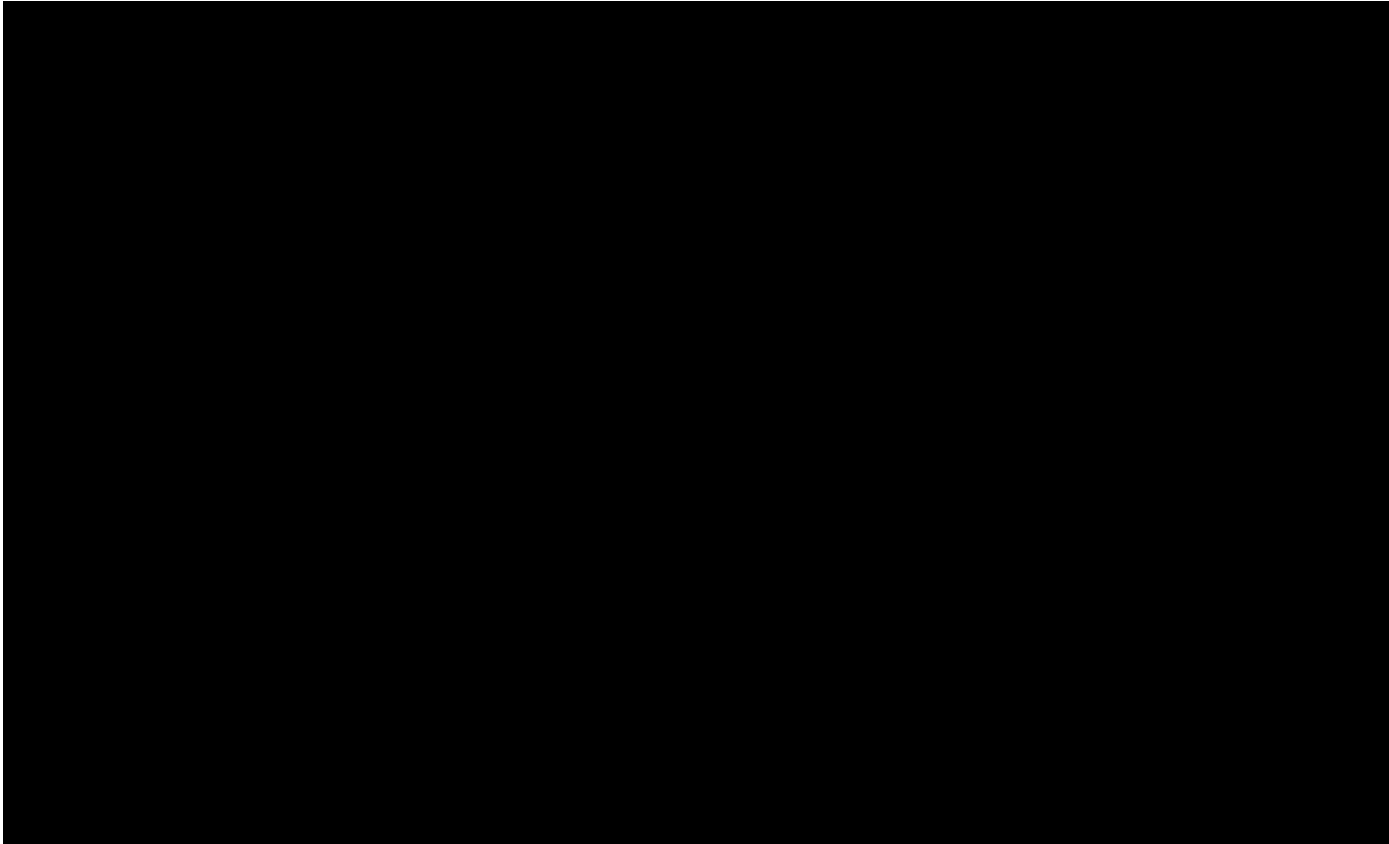
I'M JUST VERY
SELECTIVE
ABOUT THE
REALITY
I ACCEPT



AARP[®]

Real Possibilities

Caregiving – Roles Change...



AARP/Ad Council “Spoon”
<https://www.adcouncil.org/Our-Campaigns/Family-Community/Caregiver-Assistance>

Putting a Dollar Value to Family Caregiving

AARP® Real Possibilities

In 2013, about **40 million** family caregivers in the United States provided an estimated **37 billion hours** of care. The estimated value of their unpaid service was approximately **\$470 billion**.

HOW DOES FAMILY CAREGIVING COMPARE?

2013–2014 in billions

Walmart Annual Sales \$477

Family Caregiving estimated value \$470



Combined Annual Sales \$469

Apple, IBM, Hewlett Packard and Microsoft

Total Medicaid Expenditures \$449

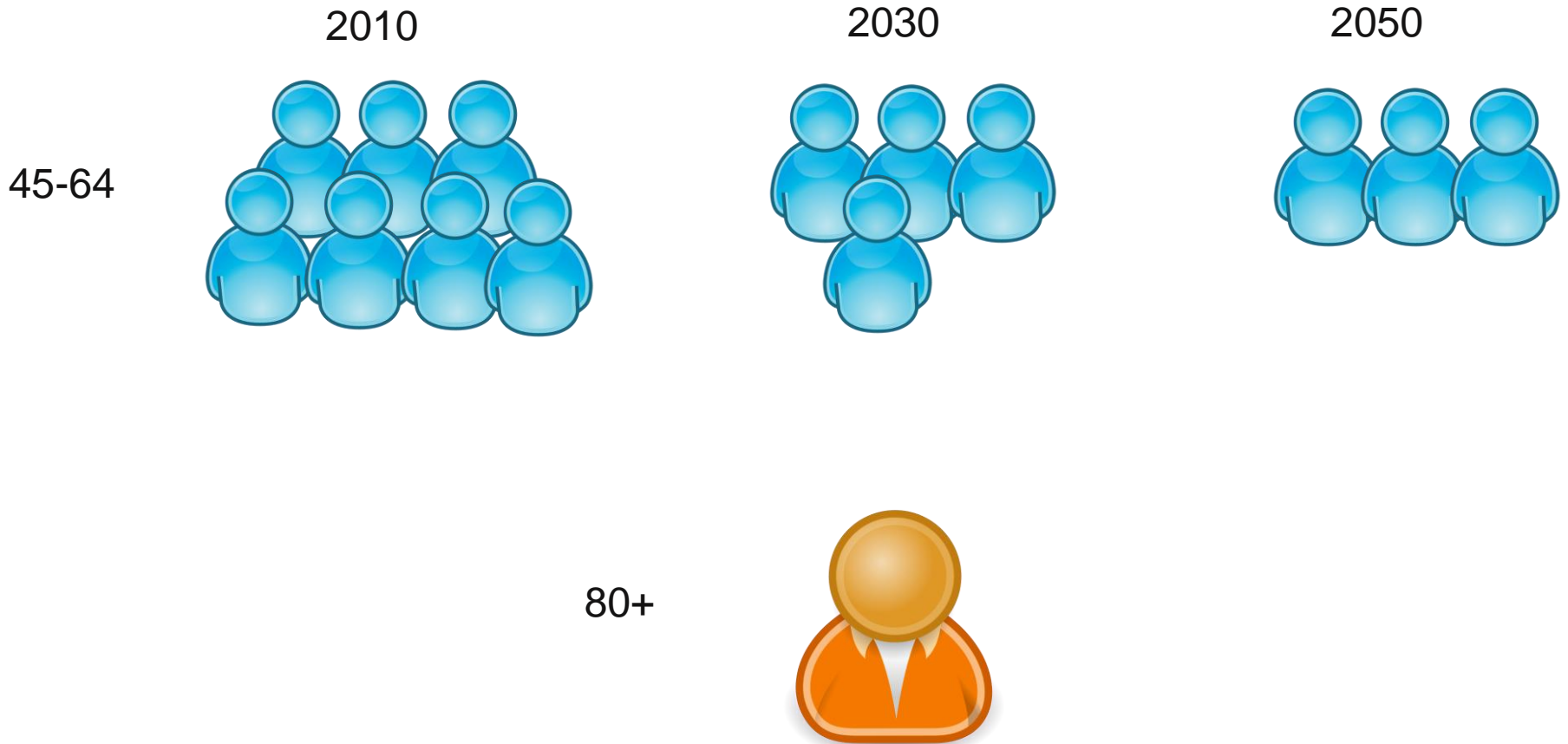


2015 AARP Public Policy Institute

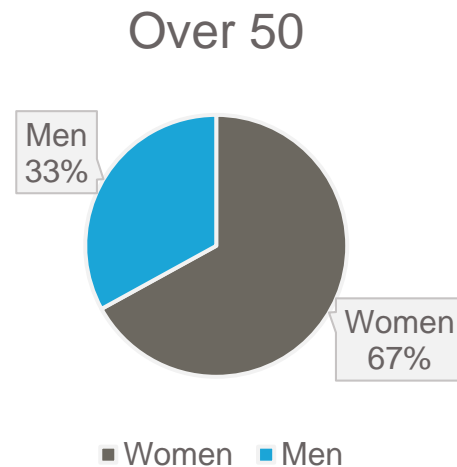
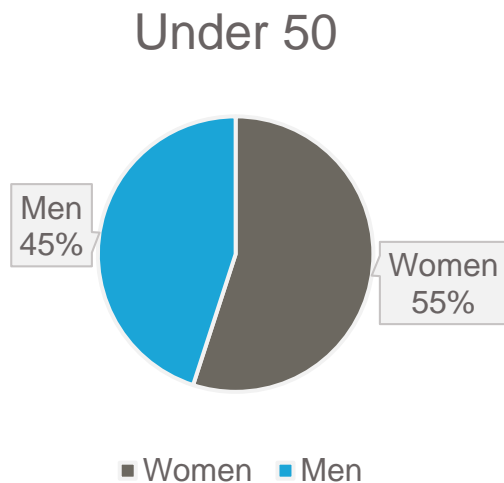
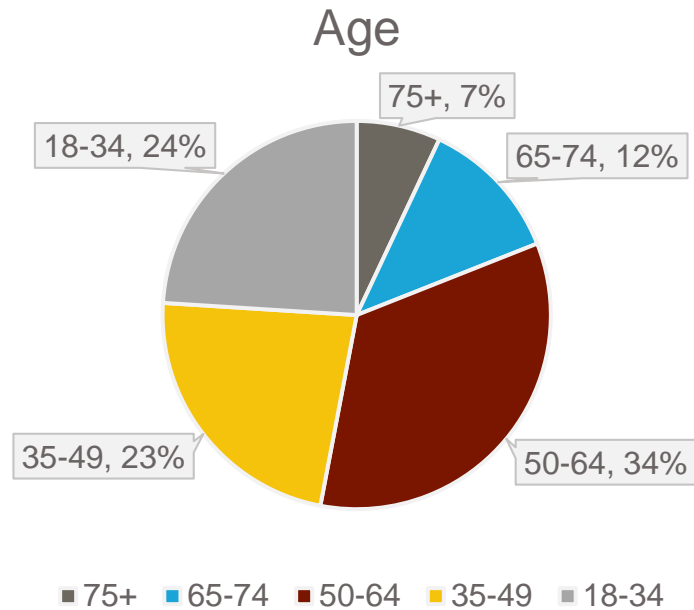
aarp.org/valuing



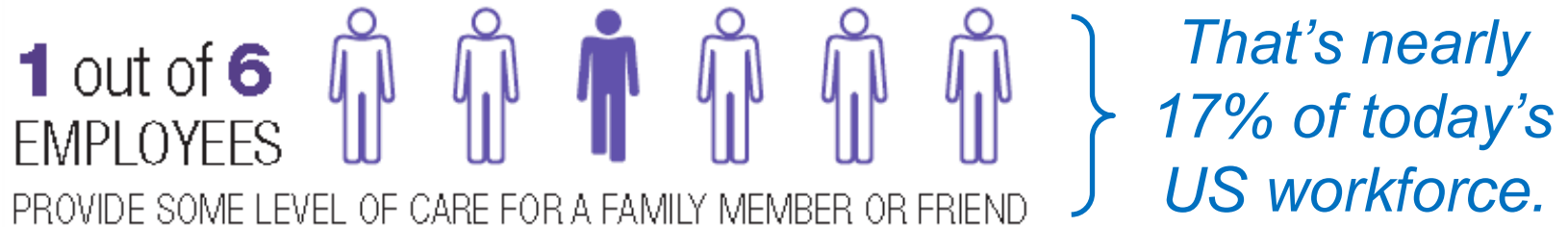
Demographic Shifts



Changing Caregiver Demographics



Family Caregivers Work



- Number of employee-caregivers expected to grow exponentially over next decade
- Almost everyone will give or receive care at some point in their lives

Personal/Life Impact of Caregiving

- **Relationships** - Lack of time, exhaustion, depleted
- **Mental Health** - Distress, depression, anxiety, isolation, overwhelmed
- **Physical health** – More likely poor/fair
- **Self-care** – Lack of support/time, priorities, last



The Working Caregiver Experience



Modifications to Work Life

Modification to Work Situation	Percent of workers
Go in late, leave early, take time off	56%
Leave of absence	15%
Reduced work hours/take less demanding job	14%
Received warnings about performance/attendance	7%
Gave up working	6%
Turned down promotion	5%
Retired early	4%
Lost job benefits	3%
Got fired	2%

Stretched Finances

- Most **use their own money** (68%)
- Many **feel financially strained** (39%) - more w/ higher-hour and long-distance
- The **longer** we are caregiving the more likely to feel financial strain
- Many are **sandwiched** between parents and children, provide financial support for both



REPORT SPOTLIGHTS FINANCIAL TOLL OF FAMILY CAREGIVING

Credit for Caring Act Could Help

\$6,954

Average Out-of-Pocket Expenses for Family Caregivers in 2016

Family Caregivers in the U.S. Provide \$470 Billion in Unpaid Care

Source: Valuing the Invaluable 2015 Update: Undeniable Progress, but Big Gap Remains, AARP Public Policy Institute

More than three in four family caregivers (78%) are incurring out-of-pocket costs as a result of caregiving

78%

\$11,923

Average Out-of-Pocket Expenses for Long-Distance Caregivers in 2016

20%

Family caregivers are spending, on average, nearly 20% of their income on caregiving activities

AFRICAN AMERICAN

\$6,616

Average Out-of-Pocket Expenses in 2016

34%

of Income Spent on Caregiving Activities, on Average

HISPANIC/LATINO

\$9,022

Average Out-of-Pocket Expenses in 2016

44%

of Income Spent on Caregiving Activities, on Average

ASIAN AMERICANS & PACIFIC ISLANDERS

\$2,935

Average Out-of-Pocket Expenses in 2016

9%

of Income Spent on Caregiving Activities, on Average

Most Caregivers Have No Paid Help!!





Her cook

Her personal assistant

Her housekeeper

Her nurse

Her daughter

Caring for a loved one requires playing many roles you never expected. But you're not alone.



Connect with experts and other caregivers

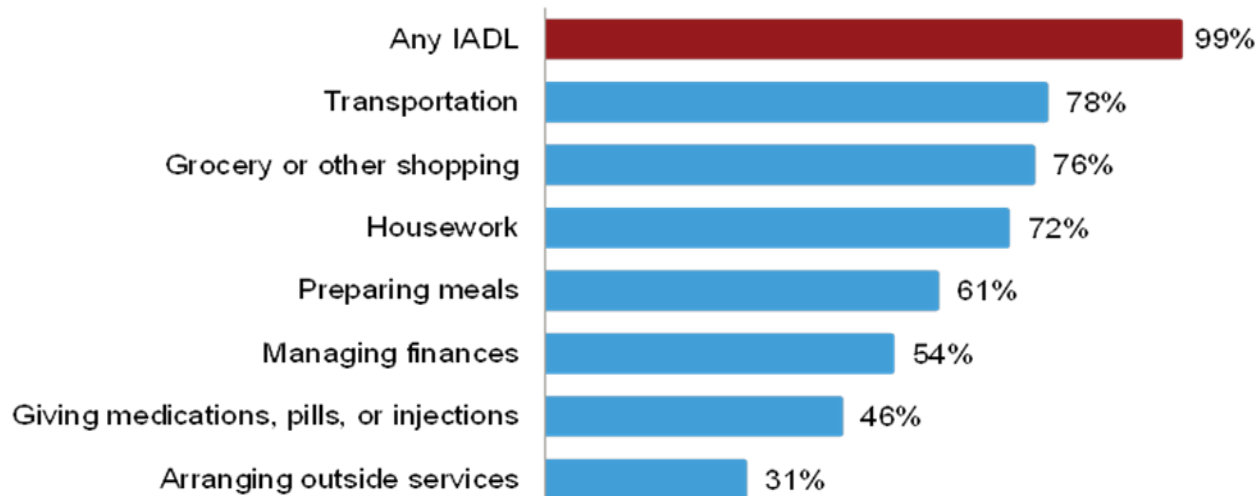
aarp.org/caregiving
1.877.333.5885



What do family caregivers do?

Instrumental Activities of Daily Living

Base: Caregivers of Recipient
Age 18+ (n=1,248)



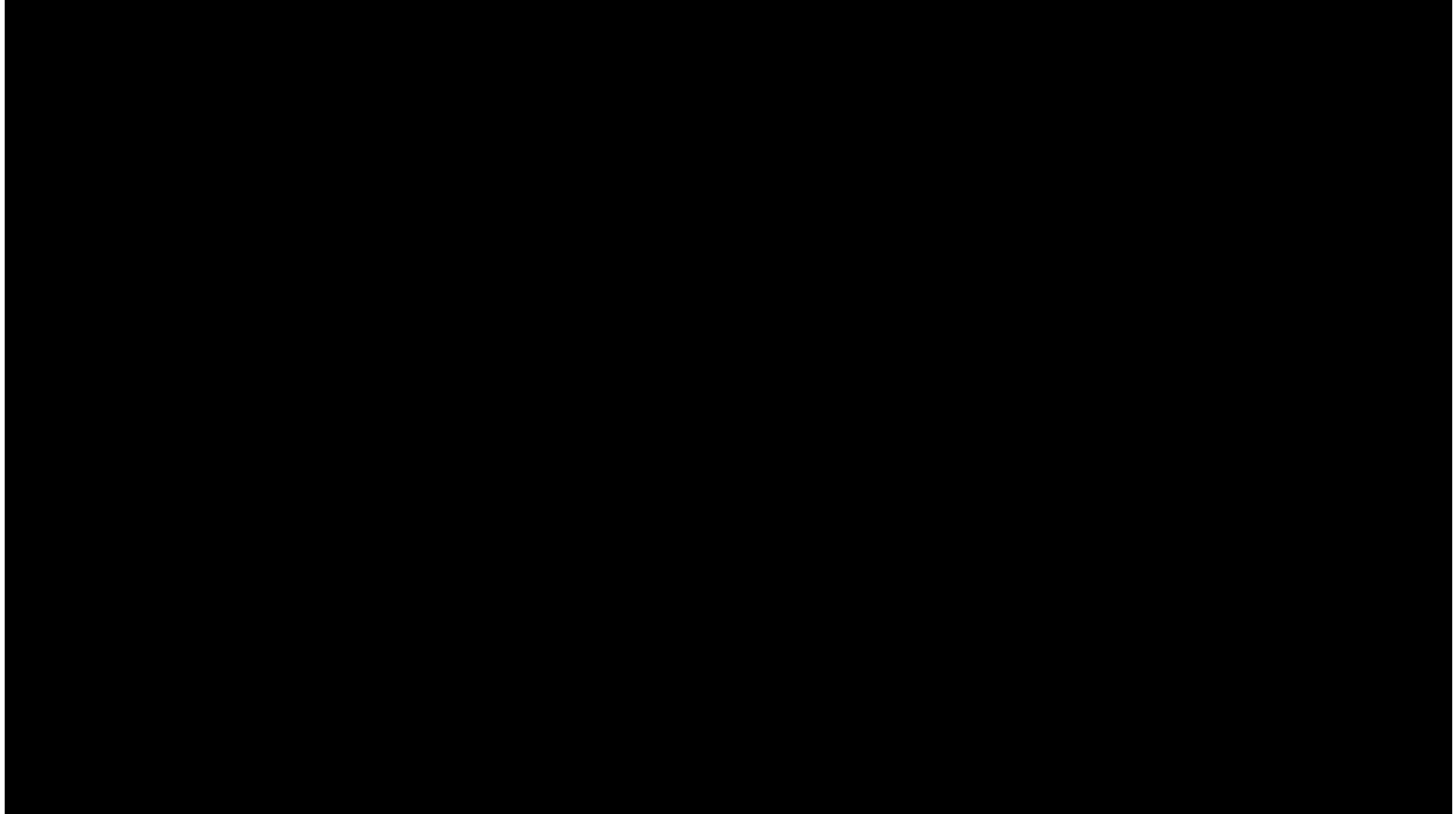
Hours Caregiving per Week	
0-20 (n=826)	21+ (n=416)
99%	100%
72%	89%*
69%	89%*
65%	89%*
49%	86%*
47%	67%*
34%	71%*
26%	41%*

Complex Medical/Nursing Tasks

- More than **half** of caregivers
- Injections
- Tube feedings
- Catheter and colostomy care
- Managing multiple medications
- Wound care
- **62%** of high-burden caregivers are performing medical/nursing tasks **without prior preparation**



Caregiving – Roles Change...hearts grow



AARP/Ad Council “Bath”

<https://www.adcouncil.org/Our-Campaigns/Family-Community/Caregiver-Assistance>

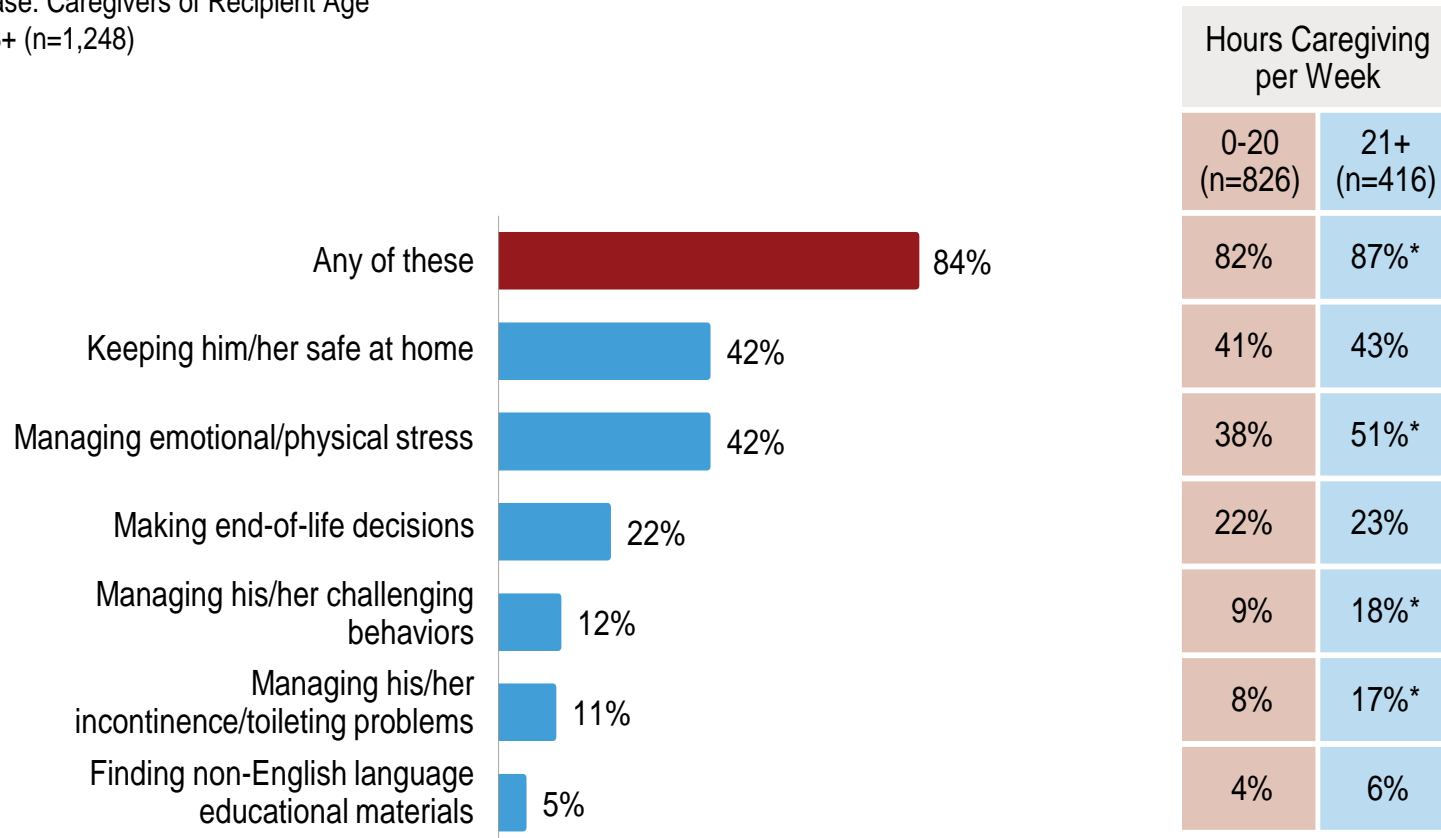
The Heart of Caregiving

- Don't self-identify as caregivers
- See it as a duty, responsibility
- Care gradually increases then suddenly becomes major
- Caregiving is not a burden, it's an honor
- Don't want to complain
- **Hesitate to ask for/receive help**
- Isolation



What Caregivers Need Help With...

Base: Caregivers of Recipient Age 18+ (n=1,248)





AARP's Commitment

- Equip employers with easy to use tools that provide practical guidance and tips for creating a supportive work environment
- Provide free consumer resources for employers to distribute to their caregiving employees
- Connect and convene employers with other employers, subject matter experts, and community resources and partners



Employer Resources on Caregiving

- Use the NEBGH/AARP Employer Caregiving Toolkit
 - www.employercaregivingtoolkit.org
- Take the self-assessment available at the site above and see how you stack up
- Look at your organization's existing policies and benefits
- AARP offers free resources you can provide your employees

AARP Resources

- **AARP Family Caregiving website**
 - English www.aarp.org/caregiving
 - Spanish www.aarp.org/cuidar
- **AARP Prepare to Care**
 - Framework for your caregiving journey:
www.aarp.org/preparetocare
 - Order FREE hardcopies at 1-877-333-5885

AARP Wisconsin Caregiving Resource Guide

<http://www.aarp.org/caregiverresourceguides>

I  Caregivers SM

 Real Possibilities in
Wisconsin



AARP WISCONSIN
CAREGIVING RESOURCE GUIDE



More AARP Resources

- **AARP Contact Center Caregiving Lines** (M-F, 7am-11pm EST; Sat 9am-5 pm EST)
 - English 1-877-333-5885
 - Spanish 1-888-971-2013
- **AARP Online Community:**
www.aarp.org/caregivingcommunity
 - Connect with other caregivers
- **AARP/Alzheimer's Association Community Resource Finder**
www.aarp.org/crf
 - Find local resources by zip code for dementia and other aging-related issues

State of Wisconsin Caregiving Resource Guide

www.dhs.wisconsin.gov/dementia/employers.htm

WISCONSIN DEPARTMENT of HEALTH SERVICES

Search Wisconsin DHS

About DHS | Data & Statistics | Diseases & Conditions | Health Care & Coverage | Long-Term Care & Support | Prevention & Healthy Living | Partners & Providers | Certification, Licenses & Permits

Topics A-Z: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Home > Long-Term Care & Support > Services for Older Adults > Dementia Redesign Home > Resources for Dementia-Friendly Employers

Resources for Dementia-Friendly Employers



The following information is available online for both employers and employees. The first section contains links to information for employers to learn more about the needs of caregiving employees and optional steps for businesses. The next section, relevant for both employers and employees, include links specific to learn more about dementia and general caregiving resources. You can include this information in your employee handbooks or any other materials available to your employees so they can access these resources.

Employer Resources

- A sample letter employers can use to provide information and resources to their employees.
- Employed Caregiver Needs Assessment Survey [↗](#)
- Employer Solutions for Family Caregivers [↗](#)
- AARP ReACT Employer Resources [↗](#)
- What Every Employer Needs to Know: Helping Employees Balance Work and Eldercare Guide [↗](#)
- Beyond The Workday: Finding Balance For The Working Caregiver Resource Guide For Employers [↗](#)
- Supporting Employees with Eldercare Needs: What Employers Can Do [↗](#)
- Creating a Supportive Environment: Getting Started [↗](#)
- Report: Best Practices in Workplace Eldercare [↗](#)



- Toolkit Home >
- Impact >
- Tools >



*You're there for Mom.
We're here for you.*

aarp.org/caregiving



AARP[®]
Real Possibilities

Ad
Council

How can we help caregivers together?

**ROLES
CHANGE**

AARP gives you the information to help care for your loved ones, just like they did with you once. You don't have to do it alone and it's okay to ask for help. Visit our website or call now to get practical health and wellness tips to provide even better care for those who once took care of you. We provide you information to give care and give back.

 aarp.org/caregiving 
1-877-333-5885 Real Possibilities

Contact:

AARP Family Caregiving
AskCaregiving@aarp.org