

SUPPORTING FAMILY CAREGIVERS OF THE ELDERLY

Aging in the U.S.

- By 2050, the number of adults over the age of 65 will be almost double to 88 million.
- In New York City, the elderly population will increase up to 1.86 million by 2040.



Family Caregivers Background

- In 2014, Americans relied on 43.5 million family caregivers to provide daily care; 34.2 million provide unpaid care.
- 51% of family caregivers are 50 years and older; and mostly are employed.
- Mostly women.
- Majority a Spouse or adult child.
- In 2015, 61.2% family caregivers lived with their elderly family member.
- They assist with activities of daily living, managing medications and medical appointments.
- 14% of family caregivers provide complex medical/nursing tasks (i.e. tube feeds, wound care, etc.).

Family Caregiver Burden

- Emotional, mental, financial and physical distress.
- Maintaining employment.
- On average; \$7000 annual out of pocket costs of voluntary family caregivers.
- Lack of assessing their needs and resources.

Benefits of Family Caregivers

- Cost effective.
- Decreases risk of institutionalization.
- Reduces hospitalization.
- Improves quality of life of the elderly population.

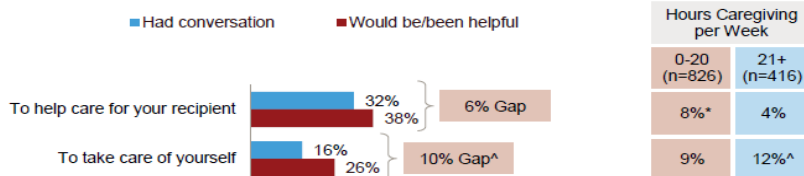
Figure 1: Estimates of Individual Caregiving Prevalence by Age of Recipient

	Prevalence	Number of Adults Ages 18+ in the U.S.	Estimated Number of Adult Caregivers in the U.S.
Overall	18.2%	239,340,657	43.5 million
Only child recipients	1.6%	239,340,657	3.7 million
Only adult recipients	13.9%	239,340,657	33.3 million
Both adult and child recipients	2.7%	239,340,657	6.5 million
Caregivers of recipients ages 50+	14.3%	239,340,657	34.2 million

Figure 25: Need Gap in Conversations with Providers

Q45. In your experience as a caregiver, have you ever had a doctor, nurse, or social worker ask you what you need/needed.../N20. Which of the following do you think would be/helpful to you: require a doctor, nurse, or social worker to ask you about what you need/needed...

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



Federal & State Legislation

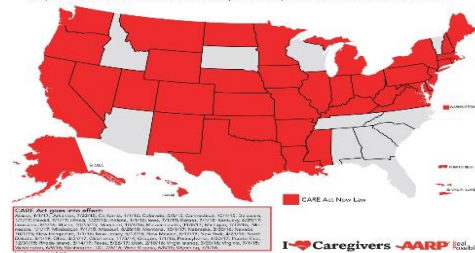
- CARE Act (Care Advise, Record and Enable)** is a public policy signed into law in 40 states including District of Columbia, Puerto Rico, and the U.S. Virgin Islands that advocates for needs of family caregivers and their recipients.
- NY CARE Act S676A (2015)** signed to address necessary resources to deliver care to older adults with long-term needs in a home setting.
- Local Law 97 (2016)**, required the New York City's Department for the Aging (DFTA) to develop and conduct surveys of unpaid family caregivers to help meet their needs.
- Family and Medical Leave Act (FMLA) of 1993**, the only federal public policy that guarantees up to 12 weeks of unpaid job protection to care for a family member.

Next Steps: Proposed Legislations

- Stronger policies to help maintain job security of family caregivers.
- Policies to include family caregiver needs assessment.
- Policy to assist family caregivers through tax incentives.

The Caregiver Advise, Record, Enable (CARE) Act

The CARE Act is a comprehensive solution that supports family caregivers when their loved ones go into the hospital, and provides for instruction on the medical tasks they will need to perform when their loved ones return home.



Conclusion

- Family caregivers play a vital role for community dwelling elders.
- It is important to assess family caregivers' needs to prevent family caregiver burden by utilization of Burden Scale for Family Caregivers (BSFC) or similar assessment tools.
- Family caregivers may offset health care related costs of the elderly.
- Medical professionals should incorporate family caregivers in patient's care plan and assess their needs as well.
- [The Family Caregiver Platform Project \(FCPP\)](#) a platform to include caregiving issues in state party political platforms across the U.S.

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