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.

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.

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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