Taking Care of You: Bringing Wisdom to Caregiving

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$6,954
Average Out of Pocket Expenses for Family Caregivers in 2016

Family Caregivers Provide $470 Billion in Unpaid Care

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

$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.

AARP® Real Possibilities

Source: Family Caregiving and Out-of-Pocket Costs: 2016 Report
aarp.org/caregivercosts

To learn more about the Credit for Caring Act (H.R. 4708/ S. 2759) visit aarp.org/supportcaregivers
2/3 Caregivers are Women

This impacts women significantly more than men

2X more time spent caregiving

Spend more time in elder care than childcare in your lifetime

$142,692 lost wages

This has significant impact on retirement and financial planning
Health Consequences

• Caregivers who provide substantial help with health care are twice as likely to experience physical, financial or emotional difficulty (JAMA Internal Medicine, Feb 2016)

• The mortality rates for older spousal caregivers is 63% higher than non-caregivers. (JAMA, Dec. 1999)

• Middle-aged and older women spousal caregivers are six times as likely as non-caregivers to suffer depressive or anxious symptoms. (American Journal of Public Health, Aug. 2002)
Health Risk

• Caregivers also reported chronic conditions (including heart attack/heart disease, cancer, diabetes and arthritis) at nearly twice the rate of noncaregivers (45 vs. 24%)

• Caregivers suffer from increased rates of physical ailments (including acid reflux, headaches, and pain/aching)

• Increased tendency to develop serious illness
Medical/Nursing Task

Family caregivers are increasingly performing tasks that nurses typically perform known as “medical/nursing tasks”. This includes:

• Injections
• Tube feedings
• Catheter and colostomy care
• Other complex care responsibilities.

About 6 in 10 caregivers assist with medical/nursing tasks (57%).
When you put your own health at risk

may unwittingly compromise the care they provide for your care receiver

Increase risk for abuse & neglect
Emotions & Caregiving

• Caregiving can be challenging and, at times, overwhelming.

• Frustrations is a normal and valid emotional response to many of the difficulties of being a caregiver.

• Extreme frustrations may negatively impact your physical health and influence the level of care you provide towards your loved one.
Signs of Frustrations

- Shortness of breath
- Knot in the throat
- Stomach cramps
- Chest pains
- Headache
- Compulsive Eating
- Excessive alcohol consumption
- Increased smoking
- Desire to strike out
Ask for Help

- You cannot take all the responsibilities of caregiving yourself.
- It is essential that you ask for and accept help.
- Discuss needs with family members and friends with whom might be willing to share caregiving responsibilities.
Responding to Frustrations

In order to respond without extreme frustration, you will need to:

– Learn to recognize warning signs
– Calm yourself physically
– Modify your thoughts
– Learn to communicate assertively
– Learn to ask for help
10 Tips* for Family Caregivers

*Plus 1 bonus tip!
Get involved in advocacy

Like on Facebook: California Caregivers Take Action

READ

CAREGIVING POLICY DIGEST
Engage family, friends, everyone
Take a class

Stress-Busting Program for Family Caregivers

Powerful Tools for Caregivers

C.A.L.M. Caregivers Are Learning More
Recognize beliefs are not facts
Emotions are normal responses to situations

“I do not believe that sheer suffering teaches. If suffering alone taught, all the world would be wise, since everyone suffers. To suffering must be added mourning, understanding, patience, love, openness and the willingness to remain vulnerable”

Anne Morrow Lindbergh
Set a positive attitude

A healthy attitude is contagious but don't wait to catch it, be a Carrier!
Practice positive self-talk

I’m doing the best I can
Information is power
Technology

https://www.caregiver.org/digital-technology-family-caregiver

• Personal computer, Tablet, Cellphone
  – Coordinate care, appointments, medication management

• Games console
  – Exercise, Yoga, meditation, brain games

• Digital Cameras
  – Memories and scrapbooks

• Web Cams
  – Safety
Expect Change

CHANGE is hard at first, messy in the middle and gorgeous at the end.  
~ Robin Sharma

TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO.  
~ Dr. Robert Schuller
You can do anything, but not everything.
—David Allen
#CaregiversFightOn

GET R E S P I T E!
RESOURCES

• Los Angeles Caregiver Resource Center
  – A program of USC Family Caregiver Support Center (google)

  855-USC-6060 (855-872-6060)

  Website: fcscgero.org
  – Email: fcscgero@usc.edu

• Area Agency on Aging Info Line
  – (800) 510-2020
• Disease Organizations
“Caregivers, both paid and unpaid, hold together the fabric of our society and should be honored, supported, and recognized.”

- Wendy Lustbader