

RI HOUSE OVERSIGHT  
SUBCOMMITTEE  
Aging & Senior Services

**Why Is Supporting Caregivers  
An Important Policy Issue for Legislators?**

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Long Term Care Coordinating Council

# Caregiver Definition

Family Caregiver: Broadly defined, refers to any relative, partner, friend, or neighbor who has a significant personal relationship with, and who provides a broad range of assistance for, an older person or an adult with a chronic, disabling, or serious health condition. (AARP)

“ There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver. ”

*Former First Lady Mrs. Rosalynn Carter*



# CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.\*



NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.\*\*

More Americans are caring for more than one person.



More family caregivers have difficulty coordinating care.



More Americans caring for someone with Alzheimer's disease or dementia.

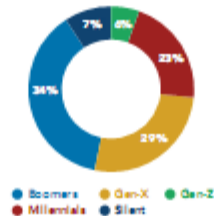
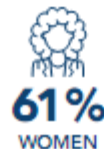


More family caregivers report their own health is fair to poor.

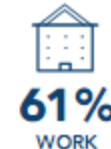


23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?



45%  
HAVE HAD AT LEAST ONE FINANCIAL IMPACT



Family Caregiving™

\*Provided care to an adult or child with special needs.  
\*\*The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.  
URL: [www.aarp.org/facaregiving](http://www.aarp.org/facaregiving) DOI: <https://doi.org/10.26419/pepi.00103.002>



Created with Caregiving in the U.S. 2020.  
National Institute on Aging  
For media inquiries, contact Media@aacp.org

# Rhode Island Family Caregivers

NOVEMBER 2019

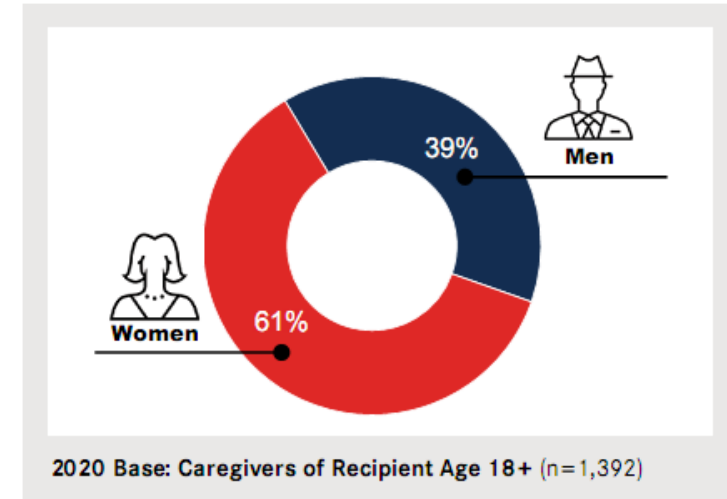
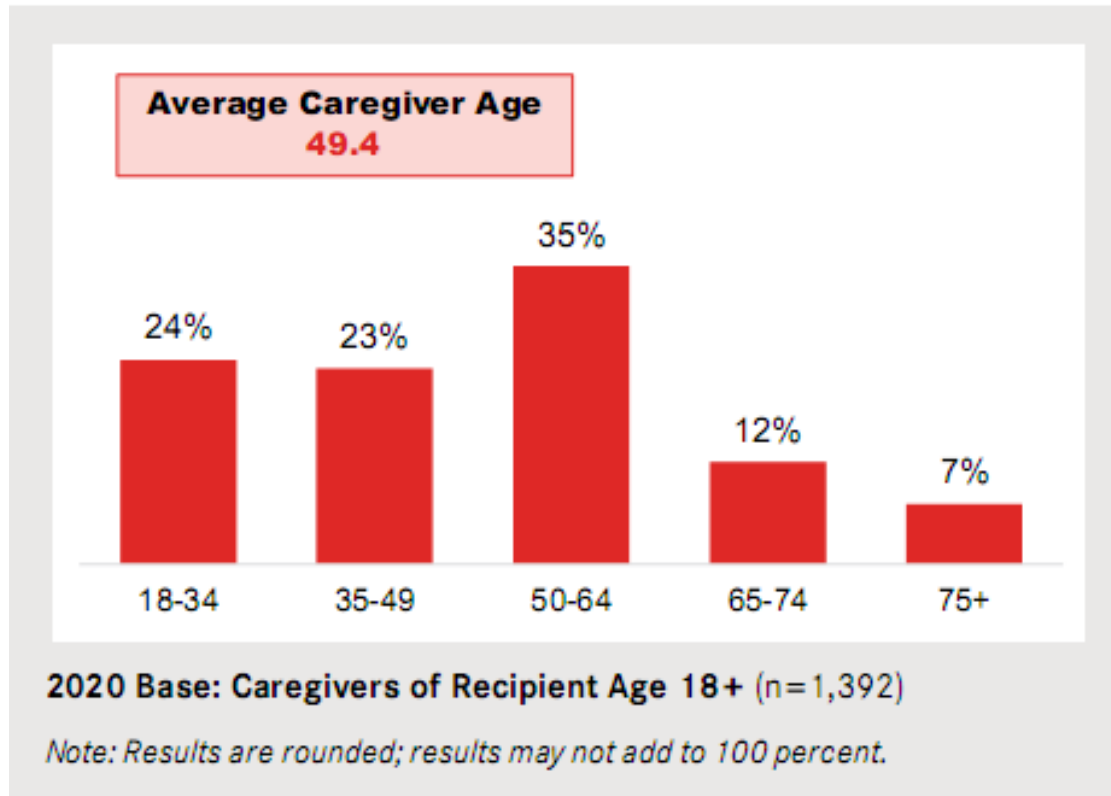
## Number of Family Caregivers, Hours, and Economic Value of Caregiving, by State, 2017.

State	Total State Population	Number of Caregivers	Number of Care Hours (millions)	Economic Value /Hour	Total Economic Value (millions)
Rhode Island	1,060,000	136,000	114	\$15.76	\$1,790

Source: AARP Valuing the Invaluable

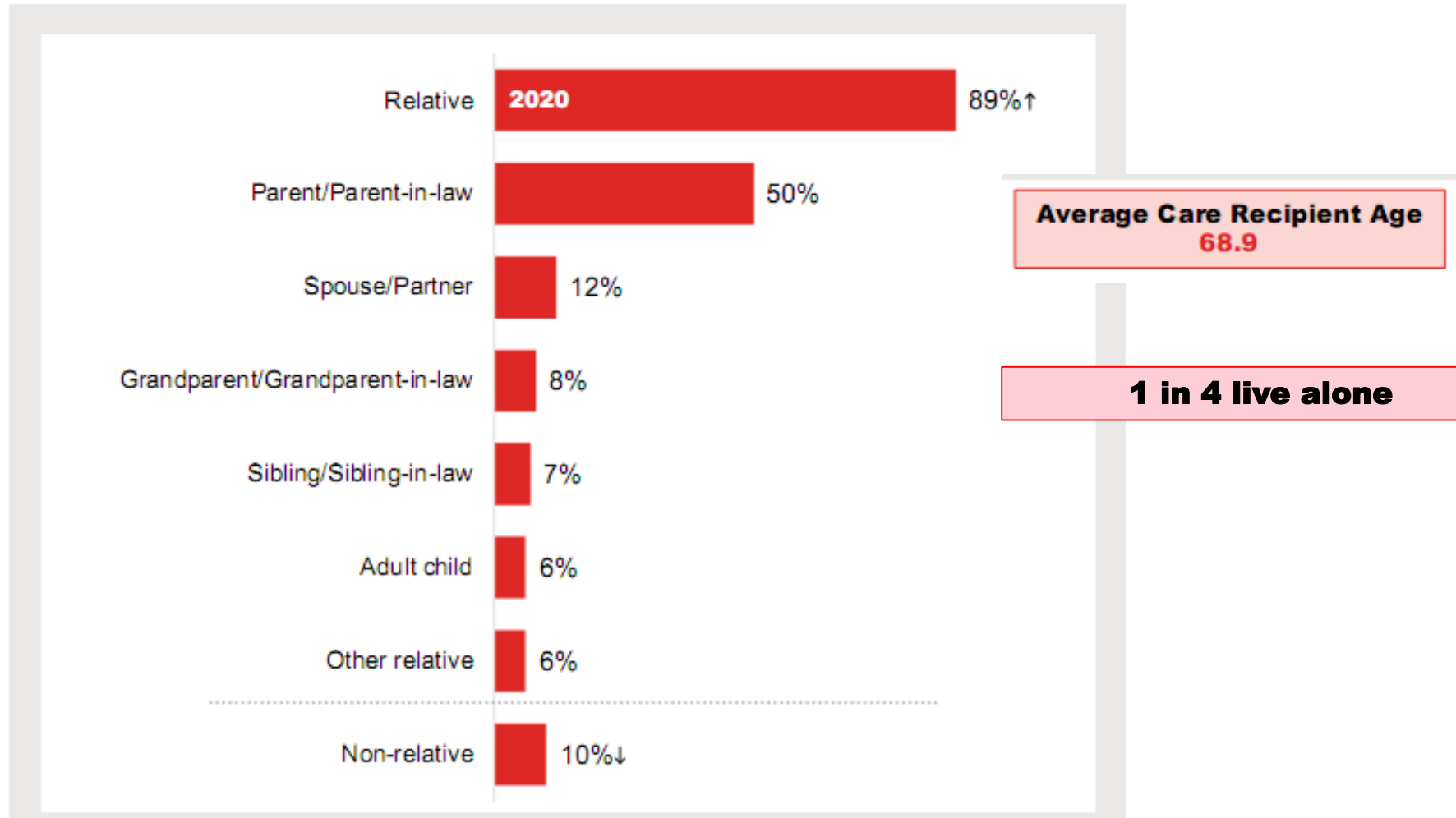
- Someone turning age 65 today has almost a 70% chance of needing some type of [long-term care services](#) and supports in their remaining years(Administration on Community Living)
- Projected that the value of care family caregivers provide is approximately equal to expected cost of paid LTSS. (ASPE Research. Long-term Services and supports for Older Americans 2020)

# Characteristics of Family Caregivers



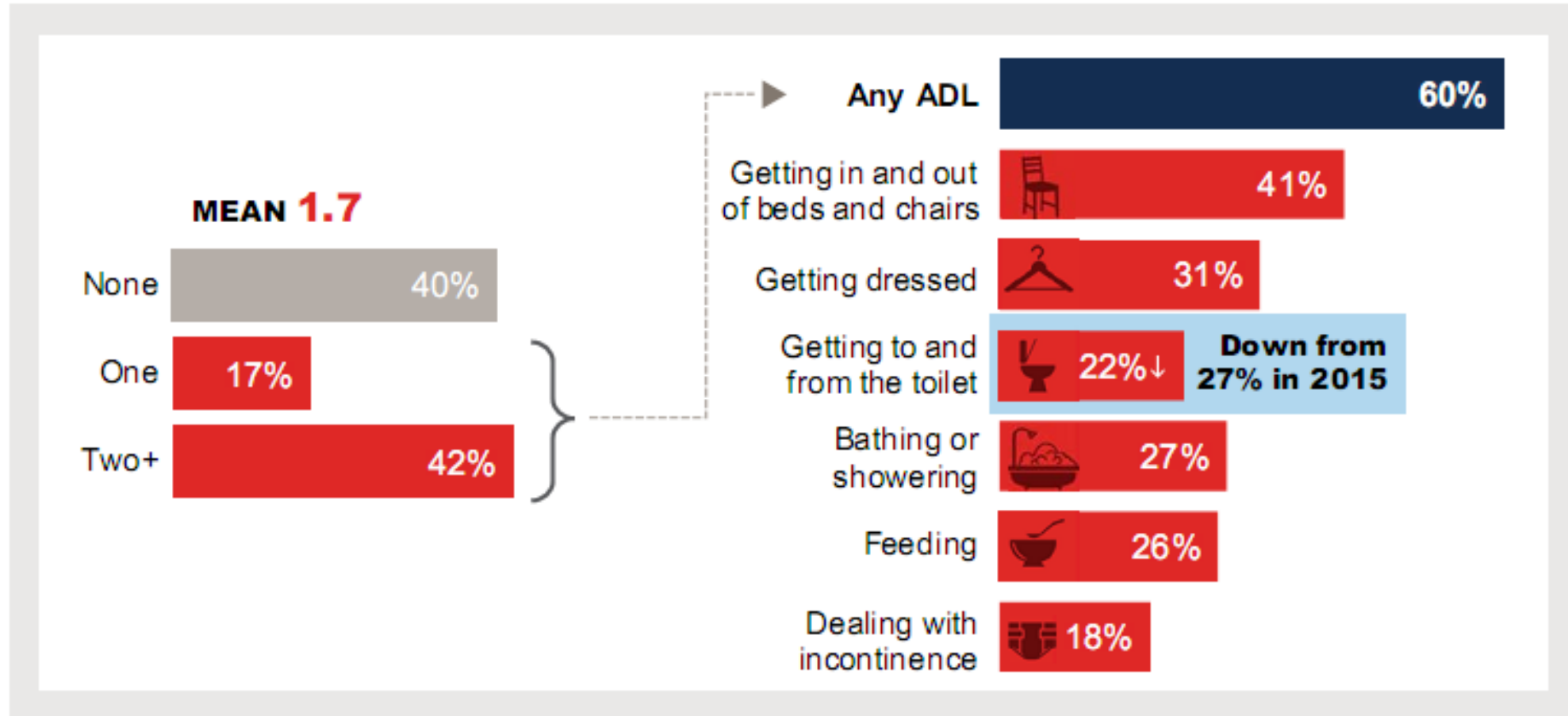
Race, Ethnicity of Caregivers	
White	61%
African American	14%
Hispanic	17%
Asian American	5%
Other	3%

# Who are the Care Recipients ?



Source: 2020 Report, Caregiving in the U.S.

# What Are Caregivers Providing?



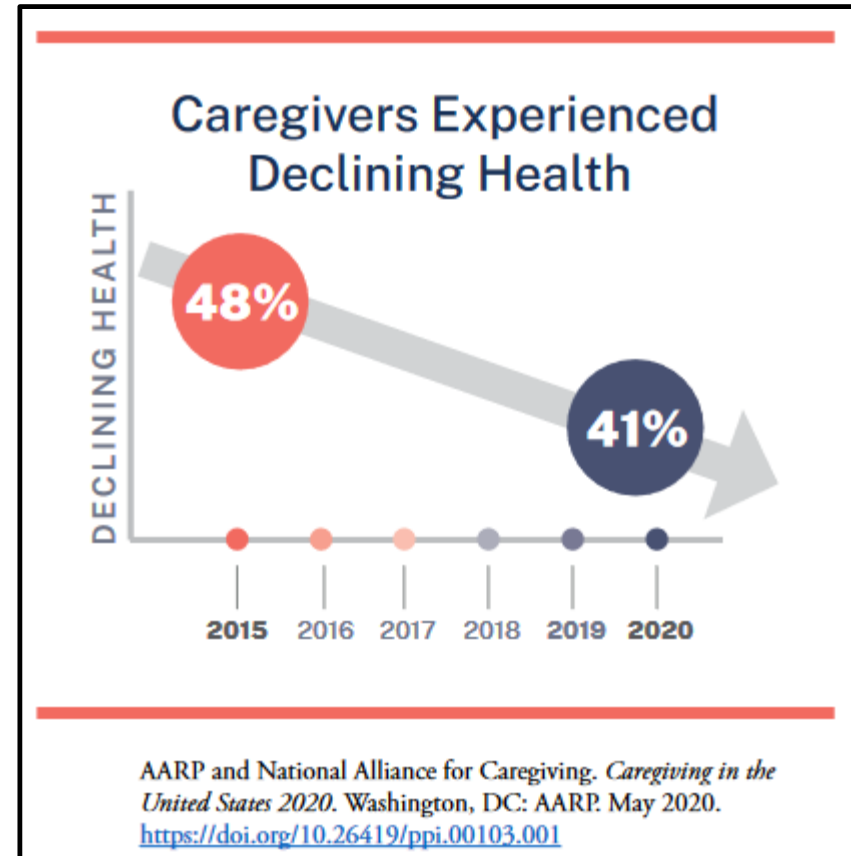
Source: 2020 Report Caregiving in the US 2020

# Caregivers – The Hidden Patient

## Caregivers at Risk For:

- Depression (>50% caregivers are depressed)
- Extreme fatigue, stress, anger/frustration
- Anxiety, upset, feeling overwhelmed
- Social isolation
- Financial loss
- Physical Health problems/Morbidity
- Mortality

Source: Family Caregiver Alliance





# What Do Caregivers Need?

- Physical & Emotional Support
- Recognition through screening
- Financial Support
- Information about resources
  - Respite
  - Benefits (state & federal)
  - Adult Day Services
  - Support groups
- Training for handling nursing tasks (AARP report found 58% report assist with these)
  - Caregiver College Videos (Family Caregiver Alliance)
- Guidance for dealing with self-care
  - Ex. Powerful Tools for Caregivers