

Caregiving Assistance and Resources from HIP Health Plan of New York

Care for the Caregiver: A Place to Start

This booklet is available to HIP members and covers the basics of family caregivers, caregiving tips and training, legal and financial issues caregivers must consider, and where to turn for help.

Seniorlink

This national eldercare advisory service provides access to expert assistance in senior care planning. For a fee, those with elderly relatives in need of care may obtain information online as well as advice from a Seniorlink Care Advisor via telephone and/or e-mail, 24/7, regardless of where the care recipient lives.

HIP's Care for the Caregiver program has partnered with Seniorlink to provide HIP members with these services at a discounted fee.

Web Site: hipusa.com

Simply visit www.hipusa.com, select "Integrative Wellness" from the HIP homepage, and click on "Care for Caregivers" on the sidebar. Visitors will find an online version of *Care for the Caregiver: A Place to Start*, caregiver facts and links to leading caregiving Web sites and resources.

Sources:

1. The White House Conference on Aging: *Care for the Family Caregiver*. December 2005, p. 1.
2. The National Alliance for Caregiving in collaboration with AARP, funded by Metlife Foundation: *Caregiving in the United States Executive Summary*. 2005, pg. 4.
3. National Alliance for Caregiving and Evercare®: *"Evercare® Study of Caregivers in Decline: A Close-up Look at the Health Risks of Caring for a Loved One."* September 2006.
4. National Family Caregiver Association
<http://www.nfcacares.org>
5. Metlife Mature Market Institute and National Alliance for Caregiving: *The Metlife Caregiving Cost Study: Productivity Losses to U.S. Businesses*. July 2006, pg 4.



Family Caregiving: The Evidence-Based Reality

*"There are only four kinds of people
in this world: those who have been
caregivers, those who currently are
caregivers, those who will be caregivers
and those who will need caregivers.*

Caregiving is universal."

*- Rosalynn Carter,
Former First Lady of the United States.*

Family caregiving in the United States reaches far and wide, affecting 21% of the adult population. Each day caregivers are faced with the struggle of caring for loved ones who may be ill, elderly, and/or have chronic medical conditions, all the while trying to work, manage a household, and maintain their own health.

A “family caregiver” is a non-professional who provides unpaid care for relatives or loved ones in the home.¹ The person receiving care might be a member of the caregiver’s *family of origin* or *family of choice* such as a special friend, neighbor or life partner.

After reading these caregiver facts, we hope that you will have a clearer understanding of the challenges family caregivers face and identify ways that you can support them in meeting their needs.

The Reality and Facts about Family Caregiving in the United States

FACT #1

44.4 million Americans ages 18 and older, or 21% of the adult US population, are unpaid caregivers. ²

FACT #2

On average, caregivers spend **41 hours each week** giving care.³

FACT #3

The valuation of “*free services*” provided by family caregivers to their chronically ill, disabled or aged loved ones has increased 19% over the past four years to a total market valuation of **\$306 billion**. The largest caregiving states, according to the National Family Caregiver Association in 2006, are California leading with an annual market value of over \$46 billion, followed by Texas at \$22 billion, New York at \$20 billion, and Florida at \$19 billion.⁴

FACT #4

The total estimated **cost to employers** for all full-time, employed caregivers is \$33.6 billion with an average cost per employee of \$2,110.00.⁵

FACT #5

A caregivers’ health is often at increased risk; 15% of those surveyed in 2006 said their health had gotten “a lot worse”; 44% said it had gotten “moderately worse” and 41% said their health was “a little worse” as a result of their caregiving. Fully half say that the decline in health has affected their ability to provide care.³