

STATE OPPORTUNITIES TO SUPPORT FAMILY CAREGIVERS

Family caregivers represent an overlooked — but vital — source of care for older adults. Approximately **34 million Americans provide unpaid care** to an adult aged 50 and older. In 2013, unpaid caregivers provided **\$470 billion worth of care**.



FAMILY CAREGIVERS' ROLES ARE BROAD

Providing **care management, emotional support,** and help with **activities of daily living**, such as:



MOBILITY



HYGIENE



DRESSING



FEEDING

Managing **medical and nursing tasks** — for which they receive little or no training — such as:



MEDICATION MANAGEMENT



URINARY CATHETERIZATION



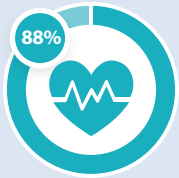
TUBE FEEDING



WOUND CARE

FAMILY CAREGIVERS CAN IMPROVE HEALTH CARE QUALITY & REDUCE COSTS

Primary care providers have cited the benefits of working with family caregivers, reporting:



BETTER PATIENT OUTCOMES



LOWER HOSPITAL READMISSION RATES

Family caregivers help older adults remain at home and avoid the cost of hospitals and long-term care facilities:



NURSING HOME CARE ESTIMATED ANNUAL COST



HOME HEALTH AIDE ESTIMATED ANNUAL COST

WITHOUT SUPPORT, CAREGIVING TAKES A MAJOR PERSONAL & ECONOMIC TOLL

6 in 10



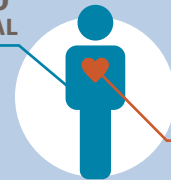
Family caregivers report cutting work hours, taking leaves of absence, or receiving performance warnings

\$300,000



Approximate value of lost wages and benefits resulting from retiring early to become a family caregiver

20% PHYSICAL



40% EMOTIONAL

Individuals who report negative impacts from the stress of family caregiving on their physical and emotional health

STATES CAN ENACT POLICIES TO INCREASE SUPPORT FOR FAMILY CAREGIVERS



Create uniform policies across agencies to streamline caregiver information and access to services



Inventory community services and caregiver resources



Establish data sources to identify and track family caregivers, and assess their needs



Provide trainings to family caregivers on key care topics



Expand access to respite and adult day care services to reduce caregiver stress and prevent burnout



Invest in programs that help keep family members in their homes for as long as possible

