

# STATE OPPORTUNITIES TO SUPPORT FAMILY CAREGIVERS

Family caregivers represent an overlooked — but vital — source of care for older adults. Approximately **40 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



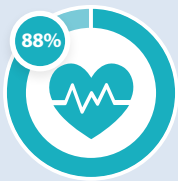
TUBE  
FEEDING



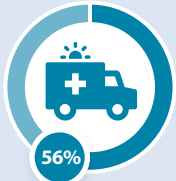
WOUND  
CARE

## 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



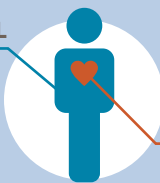
Family caregivers report cutting work hours, taking leaves of absence, or receiving performance warnings

\$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

