



# **Homecare and Caregiver Burden**

**A case formulation and  
discussion of barriers,  
concerns and support.**

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# Homecare and Caregiver Burden

- Of the older population, about 30% require substantial long-term care needs as defined by three or more ADL impacted limitations.
  - About 25% are 85 years old and older.
  - About 70% report being in fair to poor health.
- In 2000, of the estimated 10 million Americans requiring long term care :
  - About 63% are people aged 65 and older (6.3 million)
  - About 37% are people aged 64 and younger (3.7)
- [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=440&expandnodeid=384](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=440&expandnodeid=384)

# Homecare and Caregiver Burden

- As of 2050, the need for paid long-term care (e.g., at home, residential care such as assisted living, or skilled nursing facilities) is anticipated to double from 13 million in 2000, to 27 million.
- This estimate is impacted by growth in the population of older people in need of care.
- Of the older population, 40% with long-term care needs report being poor or near poor with incomes below 150% of the federal poverty level
- [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=440&expandnodeid=384](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=440&expandnodeid=384)



## Homecare and Caregiver Burden

- It is estimated that 5.8 to 7 million people (family, friends and neighbors) are informal caregivers to someone 65 and older who requires assistance with everyday activities.
- There are 8.9 million informal caregivers who care for someone aged 50+ with diagnosed with dementia.
- By 2007, caregiving households for persons aged 50+ could reach 39 million.
- [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=440&expandnodeid=384](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=440&expandnodeid=384)



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- Of those needing Long-Term Care, 79% live at home or in community settings, not in institutions.
- Only 16% of the total hours were paid care (about \$32 billion), leaving 84% of hours to be provided (unpaid labor) by informal caregivers.
- [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=440&expandnodeid=384](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=440&expandnodeid=384)

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	<b>NY</b>	<b>US</b>
<b>Care Receivers</b>		
% Pop. 21-64 Years w/Disability	10.8	12.1
% Pop. 65+ w/Disability	36.3	39.6
% 65+ by Type of Disability		
Sensory	12.9	16.0
Physical	28.5	30.2
Self-Care	9.9	9.3
Mental	10.4	10.9
Difficulty Going Outside Home	17.0	16.3

- [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=1789](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1789)





# Homecare and Caregiver Burden

## Signs of Distress for Caregivers include:

- sleep deprivation
- poor eating habits
- failure to exercise
- failure to stay in bed when ill
- postponement of or failure to make medical appointments.

Estimates show 40 to 70% of caregivers have clinically significant symptoms of depression. About one quarter to one half of caregivers meet the diagnostic criteria for major depression.

Caring for someone with a cognitive disorder (such as Alzheimer's, other dementias or brain impairments) can be a 24/7 job. It can be more stressful than caring for someone with a physical disability due to the unpredictability of the care recipient's behavior.

- [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=847](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=847)



# Homecare and Caregiver Burden

- **Taking Responsibility for Your Own Care**
- **Identifying Personal Barriers**
- **Moving Forward**
  - **Tool #1: Reducing Personal Stress**
  - **Tool #2: Setting Goals**
  - **Tool #3: Seeking Solutions**
  - **Tool #4: Communicating Constructively**
  - **Tool #5: Asking for and Accepting Help**
  - **Tool #6: Talking to the Physician**
  - **Tool #7: Starting to Exercise**
  - **Tool #8: Learning from Our Emotions**