



**Caring for Caregivers**

## Dane County Resources for Family Caregivers



# Dane County Caregiver Program

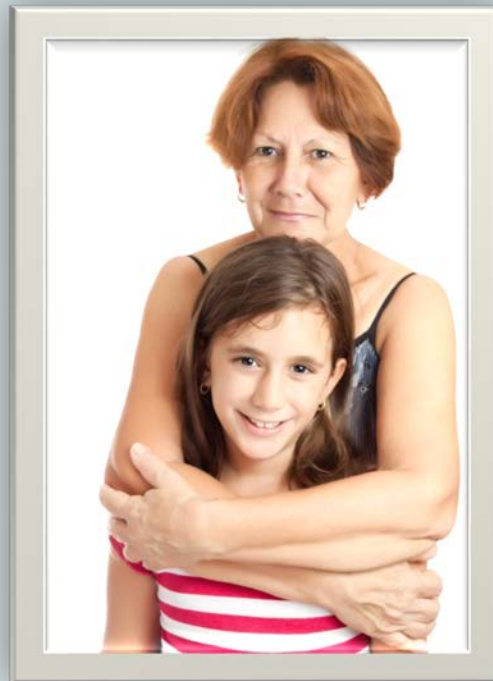
- Program and funding from the Older Americans Act, Title III E
- National Family Caregiver Program (NFCSP) established in 2000
- Recognition that caregivers are critical to keeping older adults living in the community

# **Program serves unpaid or family caregivers**

Caregivers of any age caring for someone 60+ or someone with a dementia diagnosis



# **Grandparents or other relatives 55+ raising a child under the age of 18**



**Parents 55+ caring for a child  
ages 19 – 59  
with a severe disability**



# Why Are Caregivers Critical to our Communities?

*578,000 unpaid family caregivers in Wisconsin provide 538 million hours of care, about \$7 billion in services per year in 2013.*

(2015 AARP Public Policy Report)

- 55% of family caregivers report being overwhelmed by the amount of care their family member needs
- 38% of family caregivers report a moderate (20%) to high degree (18%) of financial strain as a result of providing care
- In 2014, 60% of family caregivers had full- or part-time jobs

# The Caregiver's Health is Important

- Caregivers have higher stress levels than non-caregivers and are more likely to suffer health problems
- Providing resources for the caregiver improves their ability to provide better care, and for a longer time



**Everyone is a  
“caregiver in waiting”  
and planning can change lives**







## It's a Marathon - Going the Distance

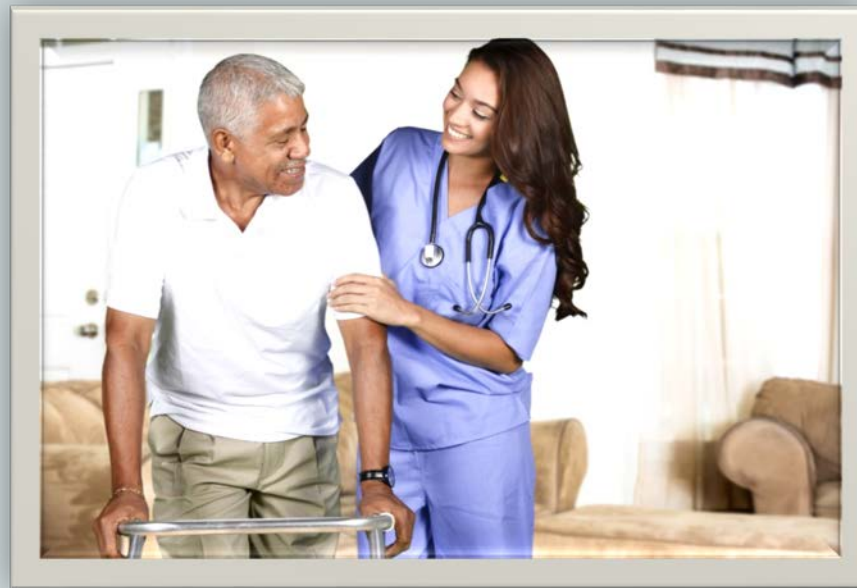


# Working Caregivers

More than 1 in 6 Americans working fulltime or part-time report assisting with the care of an elderly or disabled family member, relative, or friend

(National Alliance for Caregiving & AARP 2015)

70% of working caregivers suffer work-related difficulties due to their dual roles and 49% feel they have no choice in taking on caregiver responsibilities



69% of working caregivers report the need to rearrange their work schedules, decrease their hours, or take unpaid leave



6 of 10 Caregivers go through at least one change in their employment due to caregiving including:

- Cutting back work hours
- Taking a leave of absence
- Receiving a warning about performance/attendance
- Turn down a promotion
- Retire early
- Give up working entirely

34% leave their job because their work does not provide flexible hours



10 million caregivers ages 50+ who care for their parents lose an estimated \$3 trillion in wages, retirement, and benefits





Employees with caregiving responsibilities cost their employers an estimated 8% (an additional \$13.4 billion per year) in healthcare costs



**A dozen people sit in my immediate area at work. Of those, seven are providing some level of care for their parents still living “independently.”**

- In crisis? (it alternates)
- Four parents require personal cares
- Six are caregiving long distance
- Two caregivers also have dependent children
- Five have adult children and grandchildren

# Intergenerational Caregiving

Did you know that millennials represent one-in-four or 10 million of the more than 40-million Americans who are unpaid family caregivers?



# Need a break?

Yes, you do.

Caring for someone  
can be a 24/7 job.

Taking time for yourself  
is important.

[www.wisconsin caregiver.org](http://www.wisconsin caregiver.org)

1-866-843-9810

Wisconsin's  
**Family**Caregiver  
Support Programs

# The Caregiver Program

Information to caregivers about available services

Assistance to caregivers in gaining access to services

National Family Caregiver Support Program Administration

- Caregiver options meeting or consultation
- Refer to the Senior Focal Points Case Managers & ADRC
- Referrals to other community partners

Help identify options, solve problems,  
and plan for the future

# Respite and Supplemental Services

Respite care to temporarily relieve caregivers from their responsibilities

Supplemental services that complement care provided or make it possible for the older adult to live safely in the community

# Caregiver Chronicles

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**J**ust living is not enough . . . one must have  
sunshine, freedom, and a little flower.

*—Hans Christian Andersen*