

# The Next 20 Years in Family Caregiving

March 21, 2016

American Aging on Society



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Mississippi Family  
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# Overview: The Next 20 Years in Family Caregiving

March 21, 2016

American Aging on Society

Gail Gibson Hunt, President & CEO, National Alliance for Caregiving



# The state of caregiving: 1996



- No federal programs for family caregivers
- Only a few states had developed services for family caregivers
  - These became the model for the National Family Caregiver Support Program, enacted in 2000
- Little awareness of family caregiving as a major issue

# Caregiving today



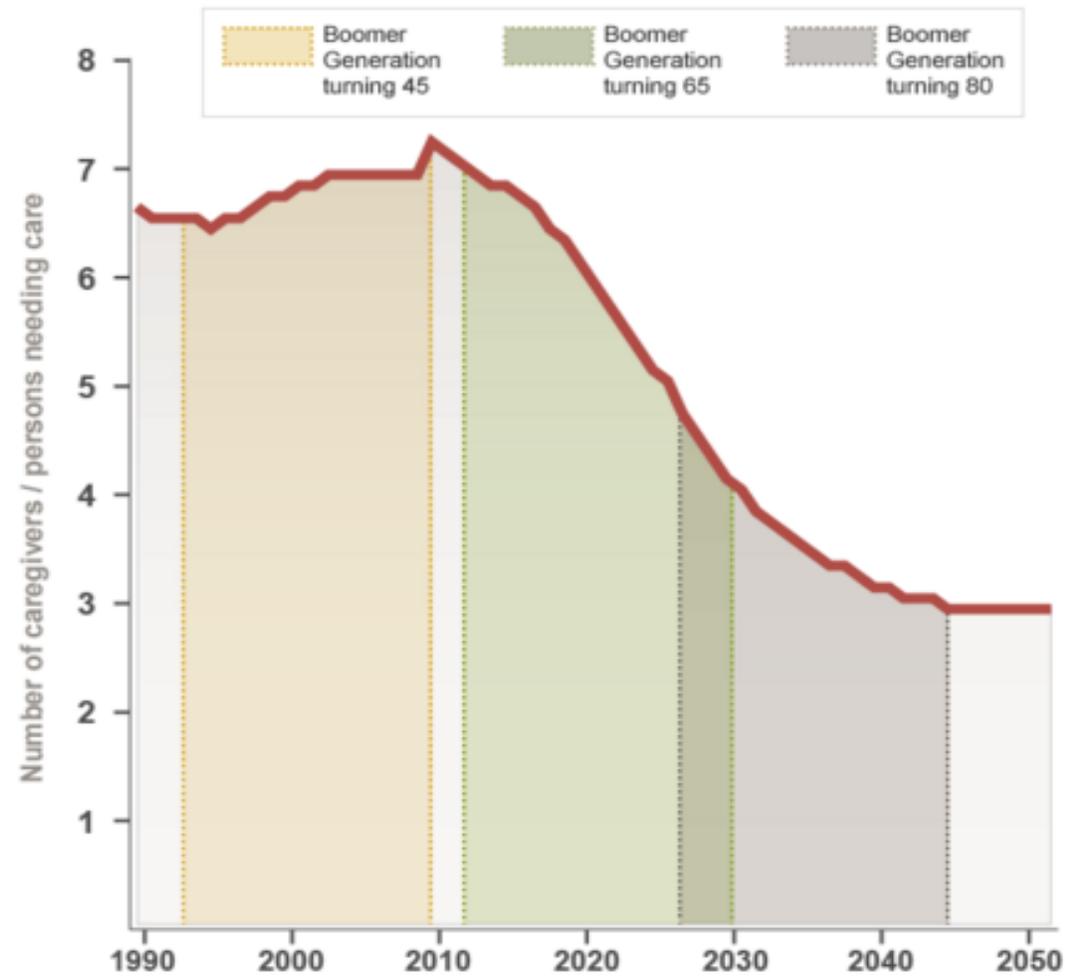
- Much greater awareness of caregiving as a public health issue
- Some federal support, including:
  - National Family Caregiver Support Program, under OAA
  - Lifespan Respite Program
  - Veterans Caregiver Support Program
- Expanded AAA and ADRC network in the states
- More research on different aspects of caregiving
- Employer interest, such as the ReACT Coalition
- International attention, such as IACO and the World Dementia Council

What's next?



# We're facing a mid-century "Care Gap"

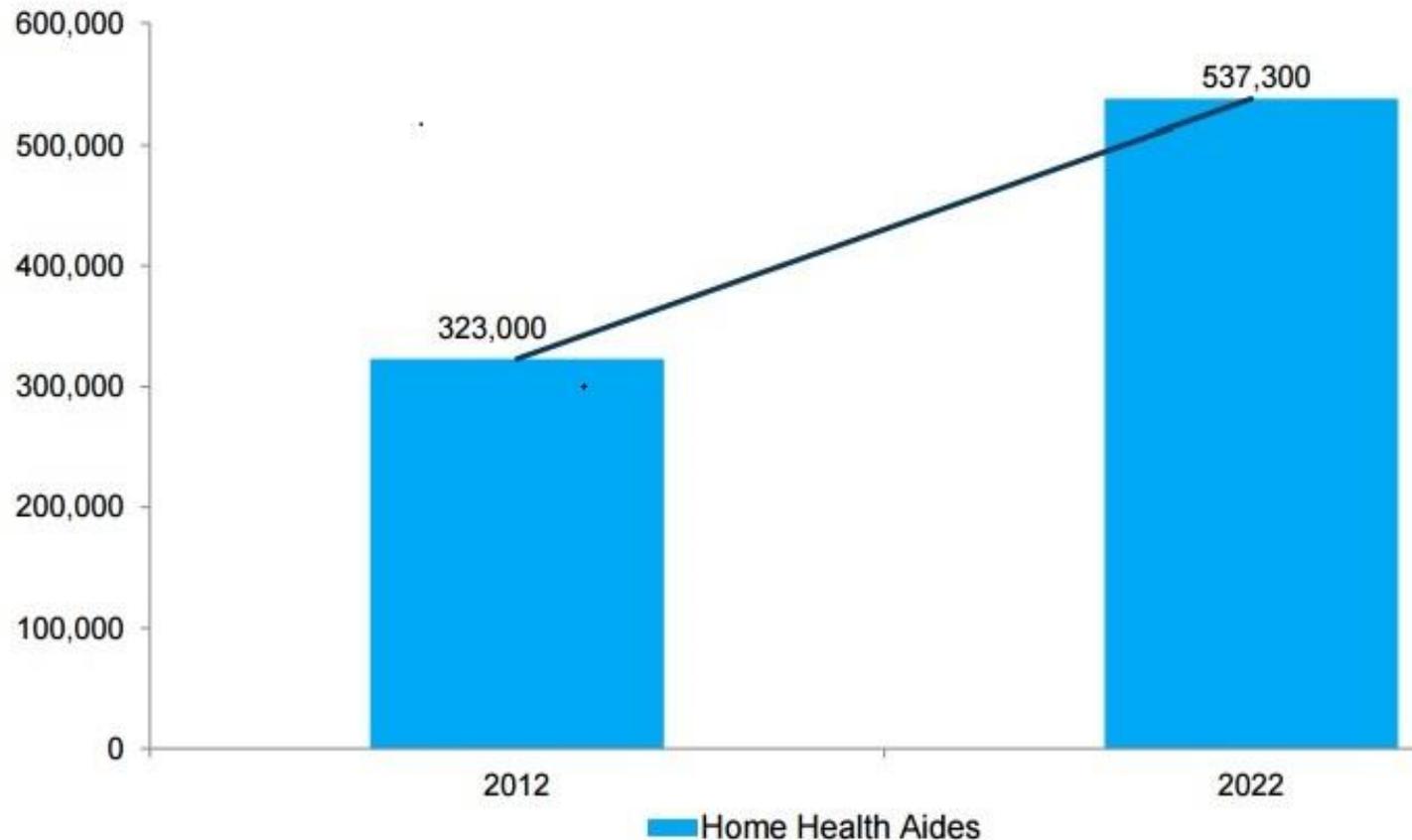
## Caregiver Support Ratio



From: AARP, The Aging of the Baby Boom and the Growing Care Gap: A Look at Future Declines in the Availability of Family Caregivers, <http://www.aarp.org/home-family/caregiving/info-08-2013/the-aging-of-the-baby-boom-and-the-growing-care-gap-AARP-ppi-ltc.html>

Home care becomes increasingly important

Number of Home Health Aides Employed in the Home Health Care Services Industry, 2012 and 2022 (Projected)



Source: Bureau of Labor Statistics Employment Projections program, U.S. Department of Commerce.

From: Alliance for Home Health Quality & Innovation, Home Health Chartbook, [http://ahhqi.org/images/uploads/AHHQI\\_2015\\_Chartbook\\_FINAL\\_October.pdf](http://ahhqi.org/images/uploads/AHHQI_2015_Chartbook_FINAL_October.pdf)

Caregivers  
are diverse  
and need  
culturally  
competent  
support

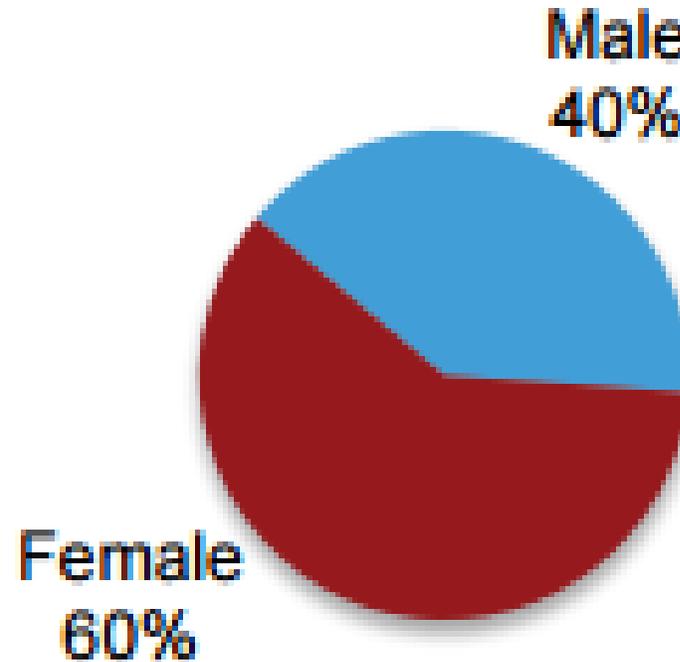
**Figure 2: Estimates of Individual Caregiving Prevalence by Race/Ethnicity**

|                      | Prevalence | Estimated Number of Caregivers |
|----------------------|------------|--------------------------------|
| White (Non-Hispanic) | 16.9%      | 26.5 million                   |
| African American     | 20.3%      | 5.6 million                    |
| Asian American       | 19.7%      | 2.7 million                    |
| Hispanic             | 21.0%      | 7.6 million                    |

From: National Alliance for Caregiving & AARP, Caregiving in the U.S. 2015, [http://www.caregiving.org/wp-content/uploads/2015/05/2015\\_CaregivingintheUS\\_Final-Report-June-4\\_WEB.pdf](http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf)

Men are  
“stepping up  
to the plate”  
as family  
caregivers

## Caregiver Gender



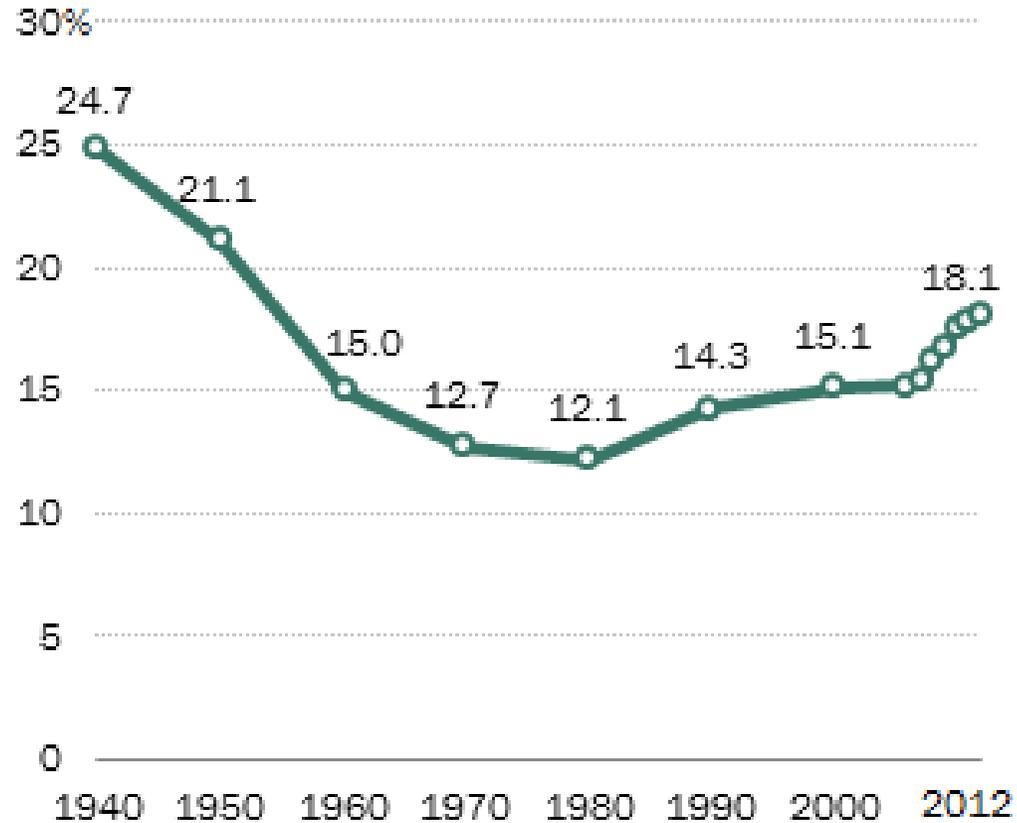
## % Female Caregivers

| Hours Caregiving per Week |                |
|---------------------------|----------------|
| 0-20<br>(n=826)           | 21+<br>(n=416) |
| 59%                       | 62%            |

From: National Alliance for Caregiving & AARP, Caregiving in the U.S. 2015, [http://www.caregiving.org/wp-content/uploads/2015/05/2015\\_CaregivingintheUS\\_Final-Report-June-4\\_WEB.pdf](http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf)

Multi-generation households & families are on the rise

## Share Living in Multi-generational Households Continues To Rise



Source: Pew Research Center analysis of U.S. Decennial Census data, 1940-2000, and 2006-12 revised weight American Community Surveys (IPUMS)

PEW RESEARCH CENTER

# Technology is changing how families communicate & care

- Care Coordination
- Telehealth
- Information & Support Groups



Source: <http://www.examiner.com/article/telehealth-telemedicine-s-little-sister-will-be-the-disruptive-technology>

Technology  
has changed  
how we  
work...

- Video/Digital  
Conferences
- Teleworking
- Flexible Leave



Source: <https://www.flickr.com/photos/socialeurope/4303391587/in/photostream>

...and  
technology –  
both assistive  
& mobile –  
have changed  
how we move



Source: <https://www.thezebra.com/insurance-news/2651/uber-lyft-handicap-accessibility>

## The Elephant in the Room:

## The Cost of Long-Term Care

- 2013 - Sebelius on the CLASS Act:  
**“I Do Not See a Viable Path Forward”**
- Congressional Long Term Care  
Commission – No consensus, no further  
action
- Bipartisan Policy Center’s new report  
may offer a path forward

Sources: <http://khn.org/morning-breakout/class-act-4/>  
<http://bipartisanpolicy.org/library/long-term-care-financing-recommendations/>

What's next?



Still from "Robot & Frank" (2012), <http://www.imdb.com/title/tt1990314/>

What the  
public  
sector could  
do now, to  
prepare for  
the future

- Provide benefits for caregivers as members of the health care team, ideally under Medicare & Medicaid
- Expand support for caregivers
  - Broaden the National Family Caregiver Support Program to caregivers across the lifespan
  - Support all caregivers of Vets, not just post-9/11
  - Provide tax and social security credits
- Work towards paid family/medical leave
- Address the growing health care and long-term care costs

What the  
private  
sector could  
do now  
(while we're  
waiting on  
government)

- Caregiving as a “social movement” supported by social media and tech
- Create better, affordable technologies to reduce caregiver burden and improve the care experience
- Integrate the family caregiver into health care delivery models
- View caregivers as partners during care transitions (such as hospital to home)
- Improve support for employed caregivers in the workplace

Thank  
You

Gail Gibson Hunt

President/CEO

National Alliance for Caregiving

[www.caregiving.org](http://www.caregiving.org)