How Employers Can Flatten the Caregiver Crisis Curve

"In order to change this conversation, we have to move caregiving from a bedroom issue to a government or boardroom issue."

"Long before anyone had ever heard of COVID-19, millions of U.S. workers were already buckling under the strains of working full-time in their jobs while juggling the demands of providing care for a child with special needs or aging parents or in many cases both. In fact, according to the Caregiving in the US report from AARP and the National Alliance for Caregiving, there are an estimated 53 million caregivers in the United States, up from the estimated 43.5 million caregivers in 2015. The pandemic has only increased the crisis workers were already facing. According to the Torchlight Report of Working Caregiver Concerns, employees are self-reporting a 35.5% rise in anxiety and depression since mid-March 2020 as they juggle their work lives and families."

By Grace Whiting, Jennifer Olsen, Adam Goldberg and Carolyn Romano

From: BenefitsPro | January 27, 2021

States Selected to Advance Caregiving Strategies

"The Center for Health Care Strategies (CHCS) today announced that eight states—Indiana, Iowa, Michigan, Minnesota, New York, Tennessee, Texas, and Washington—were selected to join the second phase of Helping States Support Families Caring for an Aging America, a multi-state collaborative aimed at strengthening state-based opportunities to support family caregivers of older adults. This national initiative, led by the Center Health Care Strategies (CHCS), is made possible by The John A.

Respite for Families Affected by Angelman Syndrome

"A recent study published in Neurology found that the most challenging symptoms for caregivers of those with Angelman syndrome include the patients' inability to express physical or emotional pain, acts of physical aggression and potential harm to themselves or others, and sleep issues.

More generally, the National Alliance for Caregiving states that nearly four in 10 caregivers consider their situation highly stressful, and 28% of survey respondents..."
report moderate emotional stress.

While it can be complicated to take a break from caring for a loved one, doing so is good for you, your family, and your loved one with Angelman syndrome. It gives you a chance to rejuvenate and take care of yourself. Ultimately, this will allow you to be a better caregiver."

Honoring Black History Month

In honor of Black History Month, we are spotlighting the contributions and experiences of African American caregivers. Our Caregiving in the U.S. 2020 study with AARP found that African American caregivers are more often in high-intensity care situations, and have been caring for 5.2 years on average. They also provide an average of 31.2 hours of care per week. Typically, African American caregivers do not reporting having paid or additional unpaid help for their caregiving duties.

Though a majority of African American caregivers find a sense of purpose or meaning in their caregiving role--more so than non-Hispanic white or Asian caregivers--African American caregivers less often report being in excellent or very good health than non-Hispanic white caregivers. A January 2020 article from OZY sheds some light on this disparity:

"There are socioeconomic factors that contribute to the disparities between caregivers from different ethnic groups, but cultural elements also explain why the strain caregiving places on African Americans is heavier, according to observers.

‘One of the things that we’ve learned is that in diverse communities what happens in the home stays in the home. There has not been a lot of external conversation about these challenges,’ says Rita Choula, director of Caregiving Projects for the AARP Public Policy Institute and a former caregiver herself. She says that for African Americans there is an expectation that ‘we manage many things and we manage it on our own. Many African American caregivers in the past haven’t felt comfortable talking about this and what they’re carrying.’"

The challenges and needs of African American caregivers are examined in an upcoming report from the National Alliance for Caregiving focusing on the experiences of diverse caregivers. Stay tuned to learn more!

If you’d like to learn more about Black History Month and get involved this February, check out THIS LINK for resources and upcoming events during Black
History Month. The site is a collaborative project of the Library of Congress and the National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution, United States Holocaust Memorial Museum and U.S. National Archives and Records Administration.

LEARN MORE >

EVENTS & OPPORTUNITIES

UPCOMING WEBINARS

Older Adults and COVID-19: Implications for Aging Policy and Practice

February 19, 2021 | 2:00 PM EST | Online

This webinar is based on a special double-issue of the Journal of Aging & Social Policy (JASP) that has recently been released as a book by Routledge, Taylor & Francis Group. This volume includes 28 articles written by leading gerontology researchers who offer perspectives on a range of issues surrounding the virus and its impact on older adults, their families, caregivers, and communities.

The webinar will examine the impact of COVID-19 for delivering and financing long-term services and supports (LTSS); high-risk older adults in communities; families and caregivers of older adults; local government and community responses; economic risks for older workers and retirees; and, documenting and combating ageism. It proposes policies and strategies for protecting and improving the lives of older people during the pandemic. It draws lessons for aging policy and practice more generally, given underlying challenges brought to the fore by government, provider, community, and individual responses to the pandemic.

REGISTER >

PAST EVENTS

The Quality of Care in Nursing Homes: Public Webinar #1

January 26, 2021 | Online

The committee on the Quality of Care in Nursing Homes hosted a virtual public webinar on January 26th, 2021 from 12pm - 3pm ET. The discussion explored a range of issues related to the quality of care in nursing homes and featured resident, family, consumer and practitioner perspectives.
Serious Illness Care, Structural Racism and Health Disparities in the Era of COVID-19: A Webinar

January 29, 2021 | Online

On January 29, 2021, the Roundtable on Quality Care for People with Serious Illness hosted a discussion among members of the interdisciplinary care team sharing their individual perspectives and reflecting on their front-line experiences caring for seriously ill people during the COVID-19 pandemic. The discussion explored a range of issues, including lessons learned, long-term strategies to mitigate suffering for marginalized populations in the future, effective approaches to build community trust in the health care system as vaccines become more widely available, the role of clinical training in addressing health disparities, and models to help ensure access to care and equity for all people facing seriously illness.

CALL FOR NOMINATIONS

United Hospital Fund 2021 Distinguished Community Service Award
Deadline: March 1, 2021

The Distinguished Community Service Award annually recognizes exceptional voluntary leadership of a specific initiative that is improving health and health care in the New York metropolitan area.

To nominate an outstanding leader for the award, send a brief e-mail to dsca@uhfnyc.org with the following information:

- Nominee’s full name, title, and business affiliation (if any), address, and telephone number;
- Description of the nominee’s specific initiative, project, or organization, its significance, and its benefit to the community;
- Summary of the nominee’s role in the initiative, particularly their voluntary leadership;
- Your name and affiliation (if any), contact information, and how you know the nominee.

E-mail nomination to dsca@uhfnyc.org by March 1, 2021!

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**Patient and Caregiver Surveys**

**Impact of Social Media and In-person Support on Caregivers**

Researchers at the University of British Columbia are developing a study to explore the experiences and impacts of social media and in-person support on the well-being of family caregivers of individuals with spinal cord injury.

The survey will take approximately 30 minutes to complete, after you review the consent form.

Participants will be able to enter a draw for a $100 gift card as a token of appreciation for your time.

**Seeking Female Caregivers for Research Participation**

Researchers at the University of Denver are recruiting participants for a study on the experiences of working women who provide care to adults over the age of 50 during the coronavirus pandemic.

If you are a woman who works at least 20 hours/week and cares for an adult age 50 or older, you may be eligible to participate in this research.

Interested in participating? Contact Jessica King at Jessica.king@du.edu or (970)-658-0267.

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**Conversation Guides About You or Your Care Recipient's Wishes for End-of-Life Care**

The Conversation Project has updated its guides, also available in Spanish, to help patients and caregivers have ‘the conversation’ about wishes for end-of-life care.

Guides include:

- Conversation Starter Guide
- Your Guide to Being a Health Care Proxy
Your Conversation Starter Guide for Caregivers of a Child with a Serious Illness
Your Conversation Guide for Caregivers of People with Alzheimer's or Dementia

SEE MORE

FOLLOW US TO STAY CURRENT ON CAREGIVING!