

THIS WEEK IN CAREGIVING



February 3, 2021



CAREGIVING IN THE NEWS

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

SEE MORE



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

Hartford Foundation and the Michigan Health Endowment Fund.

... Ensuring that family caregivers have what they need to support their loved ones with complex needs, maintain their own well-being, and improve the health outcomes of older adults is critical and takes on heightened importance in today's pandemic environment."

From: CHCS Press Release | January 26, 2021

SEE MORE
>

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."

From: Angelman Syndrome News | January 25, 2021

SEE MORE
>



CAREGIVING FACT OF THE WEEK

Honoring Black History Month

CAREGIVING IN THE U.S.

MAY 2020

Fact Sheet

The "Typical" African American Caregiver

National Alliance for Caregiving
AARP

WHO, CARING FOR WHO

African American caregivers are 47.7 years old on average. They are more often unmarried than all other racial/ethnic groups and report lower household incomes than non-Hispanic white and Asian caregivers. African American caregivers typically care for a parent, spouse, or grandparent who is 64.9 years old and has 1.2 conditions, usually a long-term physical condition. About half the time the recipient lives in the African American caregiver's home, more commonly than non-Hispanic whites.

DOING WHAT, WITH WHAT OTHER HELP

African American caregivers have been caring for 5.2 years on average. They more often are in a high intensity care situation than either non-Hispanic white or Asian caregivers; providing 31.2 hours of care weekly, helping with 2.1 ADLs, 4.7 IADLs, and medical/transport tasks. African American caregivers are typically the only unpaid caregiver helping their recipient and more provide care in isolation (no unpaid or paid help) than non-Hispanic whites.

WORK AND FINANCE

Most African American caregivers work while caregiving, for 37.5 hours per week on average and most reporting at least one impact on their work due to their caregiving role (typically going in late, leaving early, or taking time off to provide care). African American caregivers report experiencing 2.4 financial impacts as a result of providing care—more than either non-Hispanic white or Asian caregivers—most commonly stopping saving, leaving bills unpaid or paying them late, or taking on more debt.

HEALTH AND WELLBEING

About half of African American caregivers feel they had no choice in taking on their role, but the majority find a sense of purpose or meaning in that 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.



1200 Reservoir Road, Suite 112,
Washington, DC, 20036



Family Caregiving

4 AARP
601 E Street, NW
Washington DC 20004

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.

Competent Service Provision



- ✓ Recruiting
- ✓ Training – sufficient, ongoing, relevant, competency-based
- ✓ Organizing the work – focused on meeting individual needs, not checking off a series of tasks and going home. People ≠ widgets!
- ✓ Ensuring the presence of competent supervision every day on every shift – and that they are overseeing the work to assure staff competency. The Administrator must LEAD this presence.
- ✓ External oversight, compliance, and enforcement are the only tools for assurance we have.

contact@ourmothersvoice.org

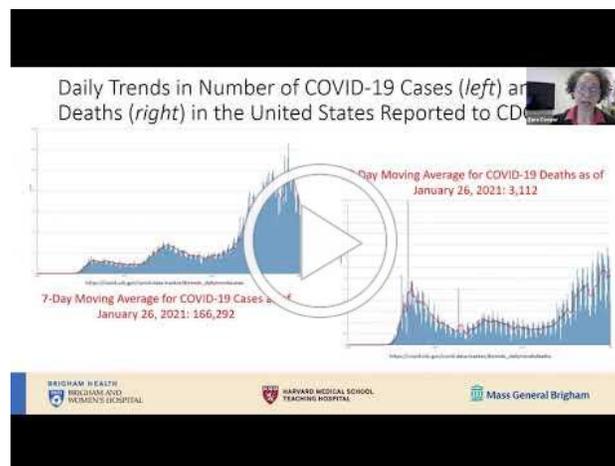
ACCESS THE PRESENTATION



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.



ACCESS THE PRESENTATION



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!

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.

TAKE THE SURVEY
>

LEARN MORE
>



RESEARCH & RESOURCES

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!

