



*Lifting burdens
of friends,
neighbors and
loved ones in
medical crisis!*

Facts About Caregiving

Here to Serve is providing a vital service in the community by relieving Caregiver Stress Syndrome. Caregiver Stress Syndrome is a new way to describe the physiological and psychological changes experienced as the result of chronic stress due to ongoing caregiving activities.

Caregiver Stress Syndrome are actual physiological, psychological and emotional symptoms that can result from the ongoing emotional strain of caregiving for a loved one, or attending to the all of the needs of a child or dependent adult.

Physicians are being encouraged to identify their patients at risk for Caregiver Stress Syndrome, so they can get some help and some respite care. Here are some of reasons why Here to Serve is providing a vital service:

- Sixty-two percent of all bankruptcies filed in 2007 were linked to medical expenses, according to a nationwide study by the American Journal of Medicine. That's nearly 20 percentage points higher than in 2001.
- In a study of 500 caregivers conducted by Family Caregivers Alliance, 90% found caregiving to be frustrating, draining, and painful. They also reported caregivers have increased stress within their families and have made substantial financial sacrifices. Half reported that their own health had deteriorated since becoming caregivers.
- According to the Department of Health and Human Services, during any given year:
 - More than 44 million Americans (21% of the adult population) will provide unpaid care giving.
 - 61% of caregivers are women. Most caregivers are middle-aged.
 - 59% of informal caregivers have jobs in addition to caring for another person. Because of time spent caregiving, more than half of employed women caregivers show
 - are more likely to be have symptoms of depression or anxiety
 - are more likely to have a long-term medical problem, such as heart disease, cancer, diabetes, or arthritis
 - have higher levels of stress hormones
 - spend more days sick with an infectious disease
 - have a weaker immune response to the influenza, or flu, vaccine
 - have slower wound healing
 - have higher levels of obesity
 - may be at higher risk for mental decline, including problems with memory and paying attention

