



*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



- Research has shown that 50% of caregivers indicate that they do not have time for themselves, nor do they get enough sleep. A third reported they were near burnout or experienced symptoms of depression. Additional studies have shown that caregivers have a 63% higher risk of mortality than others, even when adjusted for chronic disease and other risk factors. Some caregivers have died before the recipients in their care.
- According to the Department of Health and Human Services caregivers report that, compared with the time before they became caregivers, they are less likely to:
 - get enough sleep
 - cook healthy meals
 - get enough physical activity
- According to the Family Caregivers Alliance (based on research statistics footnoted below):
 - 65.7 million caregivers make up 29% of the U.S. adult population
 - 52 million caregivers provide care to adults (aged 18+) with an illness or disability.
 - Caregiver services were valued at \$450 billion per year in 2009—up from \$375 billion in 2007—and unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S.
 - 51% of caregivers are between the ages of 18 and 49
- A 2009 survey reports that:

Care Recipient Relation to Caregiver	
Relative	86%
Parent	36%
Child	14%
Grandparents	8%
Spouse/Partner	5%
Grandchild	3%
Friend	11%
Neighbor	1%

- About six to ten caregivers (64%) were employed at some point in the last 12 months while caring for their relative or friend
- Seventy-four percent of caregivers were employed while taking care of a relative or friend
- 70% of working caregivers suffer work-related difficulties due to their dual caregiving roles. Among working caregivers caring for a family member or friend, 69% report having to rearrange their work schedule, decrease their hours or take an unpaid leave in order to meet their caregiving responsibilities

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