One in Three of Us Are Caregivers

More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year.
It takes time.

Caregivers spend an average of 20 hours per week providing care for their loved one.

Some do it 24-7.
It has a financial cost.

- Caregivers spend an additional $5000 a year connected to caregiving on average.
- They pass up promotions.
- They reduce work hours.
- They leave their careers.
- It effects retirement income.
It has a personal cost.

- Caregivers put their own health and well being at risk.
- They are at greater risk for chronic health problems than non-cargiving peers.
- They are at greater risk for depression.
Lifespan Respite Caregiver Program supports caregivers:

Primary, unpaid caregivers caring for:

- Anyone of any age
- With any disability,
- Chronic illness or
- Frailty connected with aging &
- Grandparents raising grandchildren

in 12 county AACOG region
How does LRCP help caregivers?

Respite care:
short, temporary care to allow caregivers to do the things they need and want to do

* Homemaker  * Personal Assistance  * Emergency  * Institutional/Residential
How does LRCP help caregivers?

ACE Training and Coaching

• Caring for an adult
• Caring for a child
What about the training?

- Basics of caregiving
- Wheelchair transfers
- Skin care and skin ulcers (greatest cause of hospitalization of people with diabetics)
- When to call 9-1-1
- Medication (60% of hospitalizations of older adults)
- Home Safety
- Suctioning, breathing treatments
- MUCH MORE . . .
Why is caring for the caregiver so important?

Family caregivers provide about 90% of the home healthcare in the United States.

We could not as a national absorb this cost.
It touches each one of us.

We all have been, are or will be a caregiver.

We will all need care.

- Talk with the caregivers you know.
- Help them identify as a caregiver.
- Let them know there is help.
- **Give them the ASC number:**

  477-3275