



MINNESOTA GERONTOLOGICAL SOCIETY



FREE WEBINAR
May 22, 2023
12:00 - 1:00 pm

Handouts:
mngero.org

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Valuing the Invaluable: Strengthening Supports for Family Caregivers

Cathy McLeer, State Director
Minnesota AARP

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0

Valuing the Invaluable: 2023 Update Strengthening Supports for Family Caregivers

March 2023



1

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

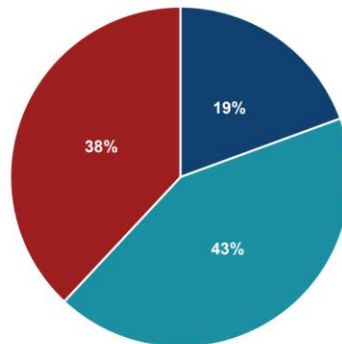
- ROSALYN CARTER



AARP Minnesota Vital Voices

One in 5 (19%) of Minnesota residents age 45+ are currently providing unpaid help to an adult relative or friend.

Percent Providing Unpaid Adult Care

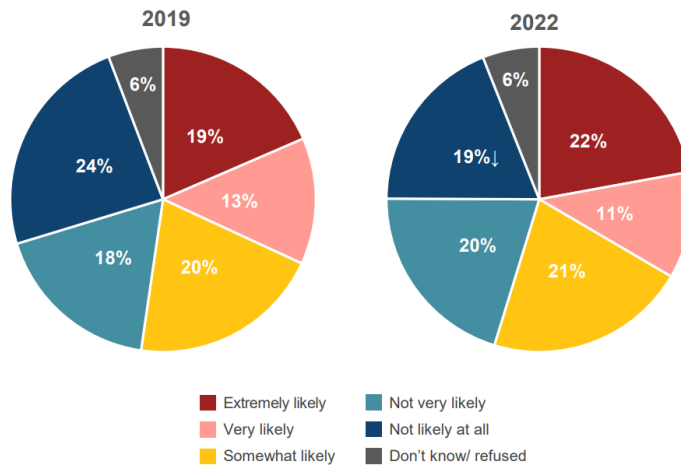


■ Yes, I am currently providing care ■ Yes, I have provided care in the past ■ No



Costs of Caregiving

Likelihood of Facing Financial Hardship If Taking Unpaid Leave



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Valuing the Invaluable

- Increase in economic impact since 2019
- Who family caregivers are
- Challenges
- Promising policies
- Specific recommendations

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1

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Family Caregiver:

Any relative, partner, friend, or neighbor who has a significant personal relationship with, and who provides a broad range of assistance for, an older person or an adult with a chronic, disabling, or serious health condition.

1

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6

Updating the National Estimated Economic Value of Family Caregiving

The term *family caregiving* here is defined by a range of tasks that include helping someone with:

- Activities of daily living (ADLs)
- Instrumental activities of daily living (IADLs) essential to living independently
- Complex medical and nursing tasks such as medication management, help with assistive mobility devices, preparation of special diets, and wound care

Many of the tasks caregivers take on parallel those handled by LTSS providers.

7

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Valuing the Invaluable

Recognizing and supporting family caregivers is crucial to the health and economic and social well-being of both the caregivers themselves and the people who receive their care.

Family caregivers provide needed day-to-day supports and services and manage complex care tasks for adults with chronic, disabling, or serious health conditions.

95%

of all older adults needing help with ADLs receive help from family or friends.

2/3

of those 95% needing help with ADLs rely solely on family for help.

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Valuing the Invaluable

Family caregivers also advocate for preferences & interests of their care recipients.

- Managing health insurance claims
- Communicating and coordinating care with various health care and social service providers across care settings
- Providing transportation to medical appointments
- Hiring and supervising direct care workers when needed and available



9

Costs of Caregiving

- Rewarding and Meaningful
- Highly strained & Overwhelmed
- Financial hardship
- Emotional & Physical toll
- Isolation and helplessness

10

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Impact of COVID-19



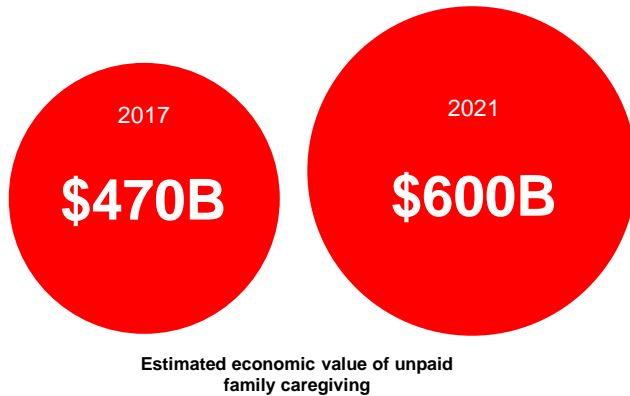
- Workforce Shortages
- Challenge in retaining workers
- 40-60% turnover rate annually
- Insufficient pay & training

11

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Updating the National Estimated Economic Value of Family Caregiving



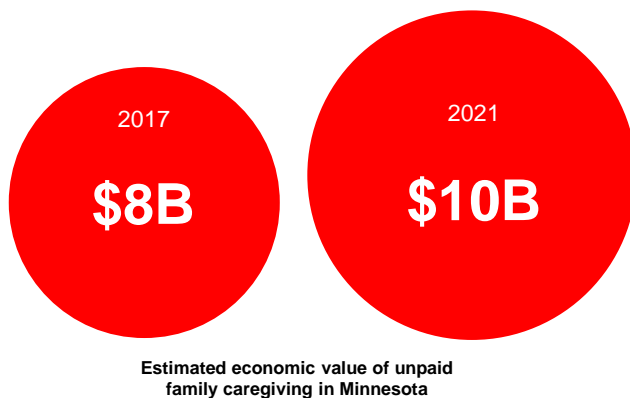
The estimated economic value of family caregiving was \$600 billion in 2021, based on about 38 million caregivers providing an average of 18 hours of care per week, at an average value of \$16.59 per hour.

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12

12

Minnesota's Estimated Economic Value of Family Caregiving



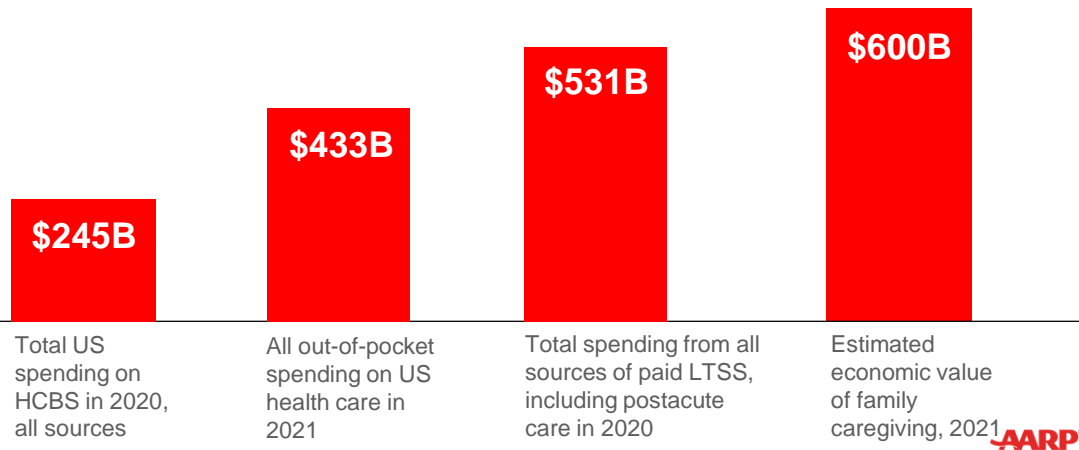
In Minnesota, the estimated economic value of family caregiving was \$10 billion in 2021, based on about 530,000 caregivers providing an average of 20 hours of care per week, at an average value of \$20.14 per hour.

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13

13

Estimated Economic Value of Caregiving Relative to Other Health Care Spending



14

Demographic Trends Shaping Family Caregiving in the U.S.

- Increasing longevity
- Declining birth rate
- Delaying having children
- Increasing racial & ethnic diversity of US population

EXPLAIN THESE PROMINENT ISSUES IN CAREGIVING:

- The balancing act of sandwich generation caregivers
- Impacts of caregiving on employment
- Impact of direct care workforce shortages on caregivers & care recipients
- Meeting the needs of racially & ethnically diverse caregivers and LGBTQ caregivers

15

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Sandwich Generation Caregivers

Caregivers caring for someone under 18 in their home AND older family member or friend.

30% of caregivers were caring for a child or grandchild AND an older adult in 2019.

Increasingly include Gen Z and millennial caregivers.

16

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Family Caregivers Balancing Work and Care

Population aging and growing shares of younger caregivers mean more caregivers will be in the labor force in the future.

60%

of caregivers worked full- or part-time in 2019.

54%

of caregivers worked in hourly wage positions.

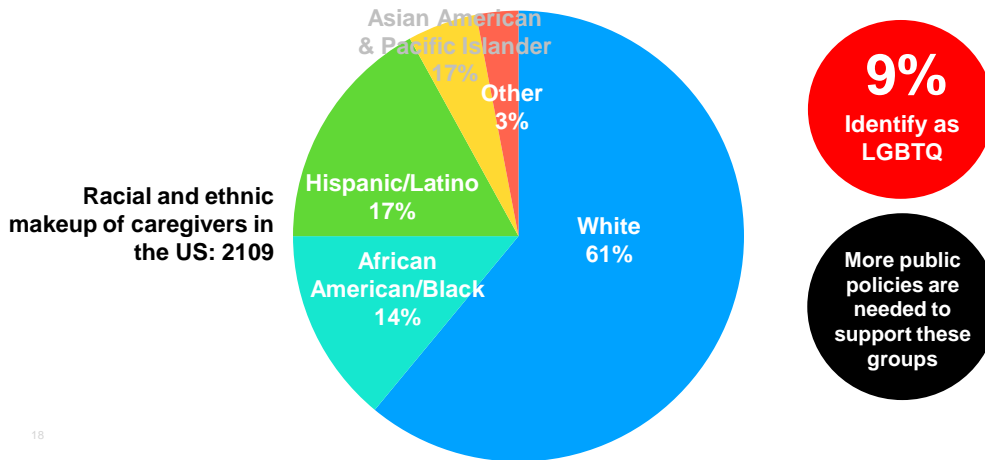
17

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17

Care Experiences of Racially & Ethnically Diverse and LGBTQ caregivers

Caregivers reflect the growing racial and ethnic diversity of the US



18

Care Experiences of Racially & Ethnically Diverse and LGBTQ caregivers

While there are commonalities in these various groups' care experiences, there are meaningful differences

- More Black/African American and Hispanic/Latino caregivers are involved in high-intensity care
- Black/African American caregivers often provide care alone with no other help
- Hispanic/Latino caregivers tend to be younger and more often have children under age 18 still at home
- Asian American caregivers more often have help from other unpaid caregivers; however, report feeling they had no choice in providing care

19

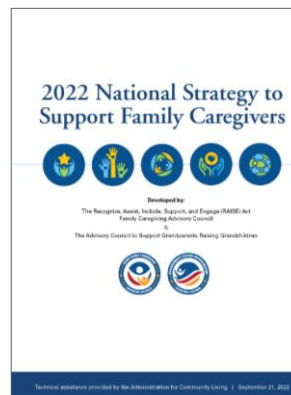
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19

Promising Policy and Practice Supporting Caregivers

National Strategy to Support Family Caregivers

- Released in September 2022
- Unified approach to improving recognition of and support for family caregivers
- Collaboration among 15 federal agencies to identify and commit to nearly 350 actions to support family caregiver



20

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20

Promising Policy and Practice Supporting Caregivers

Federal Level

- National Strategy to Support Family Caregivers
- Public Health Emergency Acute Hospital Care at Home (AHCaH) waiver
- Medicare: Supplemental benefits under Medicare Advantage
- Medicaid: American Rescue Plan Act of 2021
- Medicaid: Spousal impoverishment protections
- Veterans Affairs: Expanded supports for caregivers of veterans in Program of Comprehensive Assistance for Family Caregiver (PCAFC)
- Reauthorization of the Older Americans Act of 1965 (OAA)
- Lifespan Respite Care Program
- Volunteer Care Corps

21

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21



Resources:

AARP Caregiver Resource Center:
www.aarp.org/caregiving/

Valuing the Invaluable 2023 Update
aarp.org/valuing

AARP MN Caregiving Advocacy
aarp.org/mnadvocacy

22



Questions or comments?
Contact info@mngero.org

Next Webinar Monday June 12 12N-1PM

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23