

Supporting Caregivers

... the foundation of community long term care

Supporting seniors who need care means we also need to support the caregivers who assist with shopping, transportation, medications, personal care and much more.

Seniors often need assistance to remain in their homes. Some are able to purchase help. Most, however, rely on informal assistance known as informal care usually by family or friends

Why it is important

Informal caregivers provide the majority of personal care and household assistance to America's elders and are the foundation of care given in the home. (long term care.)

- There are approximately 18,917 households in Broome County with a caregiver.
- 64% of caregivers are employed - 52% fulltime

- 93% of caregivers (usually family and friends) receive no compensation.
- 21% reported they would need to move to assisted living or a nursing home if the caregiver was no longer able to help.

Mathematica

Caregivers can delay or prevent a move to a nursing home a more costly option usually paid for by government.

Why the need has grown

In Broome County, fewer people are available for caregiving because the under-60 workforce population is leaving the area. In the meantime, the number of people 75 and older remaining in our community and continues to grow. Adult children commonly serve as caregivers when needed. Without them our community

People are living longer due to advances in health

care and work that is less physically demanding than that of their predecessors.

What caregivers need

- Support so they do not burnout
- Information that will make their task easier.
- Help and support when the type and amount of care changes and increases.
- A break from their caregiving role perhaps provided by volunteers.

How we can help

- Communicate effectively, proactively and efficiently with family/friend caregivers.
- Motivate caregivers to develop and carry out care plans
- Increase volunteer support

Pilot projects that support caregivers during critical transition points are underway and being spearheaded by the Aging Futures Partnership.