

# Abuse and Caregiving

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# Introduction

“There are only 4 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 caregivers.”

Rosalynn Carter  
Rosalynn Carter Institute for Caregiving



# Definition


- ▶ Caregiver refers to anyone who routinely helps others who are limited by physical or mental conditions.
- ▶ Two types
  - Formal
    - Volunteers or paid employees of social services or health programs/agencies.
  - Informal
    - Refers to family, friends, neighbors, life partners or other acquaintances.

# Family Caregivers for Elderly

## ▶ Caregivers

- 34 million Americans provide unpaid care to an adult age 50 or older
- About 16 million care for someone with dementia.
- 75% are female and on average are 49 years old.
- 85% are caring for a relative.

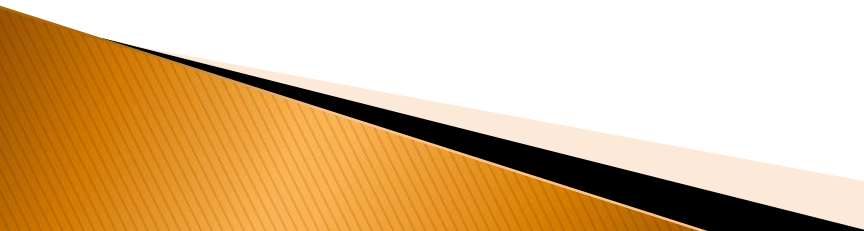
## ▶ Care Receivers

- 65% are female
  - Their average age is 69 years.
  - 47% are 75+ years of age or older.
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# Family Caregivers for Elderly

- ▶ 80% of long term care provided by family caregivers.
- ▶ 4.5 years spent in giving care.
  - Dementia Caregivers spend an additional 1–5 years of providing care.
- ▶ 24.5 hours a week in giving care.
- ▶ 40 hours a week for care by spouse/partner or live in caregiver.
  - Do more personal care for longer time.
- ▶ The longer a caregiver has been providing care, the more likely they have fair to poor health.

# Family Caregivers for Elderly

- ▶ 48% of care recipients reside in their own homes. 35% reside in the caregiver's home.
  - ▶ 57% of caregivers report they do not have a choice about performing physical tasks.
    - 43% feel it is their personal responsibility or do so because it is not covered by insurance.
    - 12% report being pressure by the care receiver.
    - 8% are pressured by family members.
  - ▶ 40% of caregivers are in high burden situations.
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# The Perfect Storm

## ▶ Medical

- Aging is a process to be fixed.
- Quantity (more time) does not equal Quality.

## ▶ Financial

- Caregivers lose about \$3 Trillion in lost wages, pensions, retirement funds and benefits.
- 25% of caregivers say it's difficult to get needed services

## ▶ Values

- "I'm independent and self-sufficient."
- "If you work hard you will be ....."
- "It's better to give than receive."

# Caregivers and Abuse

- ▶ Depression is a strong predictor of elder abuse.
  - 35% of non-dementia caregivers are depressed
    - This is twice the rate of the general population.
  - 43–46% of dementia caregivers are depressed.
  - 40–70% of these caregivers depressive symptoms are clinically significant.
    - One half meet the diagnostic criteria for major depression.
  - Caregivers also have higher levels of mental health problems than their non-caregiving peers.
- ▶ Depression and anxiety persist and even worsen after the care receiver is placed in a facility.



# Caregivers and Abuse

- ▶ Other predictors of possible abuse
  - Care receiver is 75+
  - Living with Care receiver
  - Inexperience or unwillingness to provide care
  - Providing high levels of physical care
  - Relationship conflict (past or current)
  - Hostile, threatening or aggressive behavior
  - Other caring demands from spouse or children
  - High stress/strain
  - Isolation or lack of social support
  - Poor or decreased problem solving skills

# Support Services

- ▶ Local Agencies providing specific services to support Caregivers
  - UCCS Aging Center – *Individual counseling, Caregiver Coping group and education classes*
  - Alzheimer’s Association
  - Silver Key – *education classes*
  - Pikes Peak Area Council of Governments–Area Agency on Aging – *Family Caregiver Support Center*

# Support Services

- ▶ Family Caregiver Support Center
  - Caregiver consultations/assessments
  - Respite
    - Vouchers and REST volunteers
  - Education
    - Powerful Tools for Caregivers, Stress Busters for Caregivers, Care Companions, PILLAR
  - Special Events
    - Navigating the Journey of Caregiving (Sept. 29, 2018)
    - Caregiver Pampering Day (Feb. 23, 2018)

# Resources for Caregivers

- ▶ **Medical**–*Disease organizations, Alzheimer’s Association (dementia issues)*
- ▶ **Legal**–*Elder Law Attorneys*
- ▶ **Housing**–**Care Facilities**–*Ombudsman*
- ▶ **Financial**–**Medicaid Long Term Care**–*SHIP counselors at PPACG AAA*
- ▶ **Emotional**–*Family Caregiver Support Center, UCCS Aging Center*

# Resources for Caregivers

- ▶ Publications – *Yellow Book, Blue Book*
- ▶ Websites
  - Pikes Peak Network of Care
    - [www.pikespeak.co.networkofcare.org](http://www.pikespeak.co.networkofcare.org)
  - Lots A Helping Hands
    - [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

# Conclusion

*“We cannot solve our problems with the same thinking we used when we created them.”*

Albert Einstein

*“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.”* Albert Einstein

# References

## ▶ References used:

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- National Center on Elder Abuse, Preventing Elder Abuse by Family Caregivers