

# Resources

The number of services for aging and impaired adults, their families and caregivers is growing. As a caregiver you need resource information to help you with critical issues that will affect you, your family and your loved one.

According to the Family Caregiver Alliance Clearinghouse, nearly one out of every four U.S. households (23% or 22.4 million families) is involved in caregiving to persons aged 50 or over. However, contrary to popular belief, only an estimated 10% to 20% of family caregivers use formal services through public or private agencies.

Although time spent caregiving varies by type of impairment, on average, caregivers provide personal care assistance and household maintenance chores for 12 hours per week, with 80 percent providing unpaid assistance 7 days a week. The duration of caregiving can last from less than a year to over 40 years. The majority of caregivers provide unpaid assistance for one to 4 years, with an additional 20 percent providing care for 5 years or longer.

Resources for caregivers is therefore critical and can include senior centers, independent living centers, Area Agencies on Aging, local chapters of national organizations and foundations such as the Alzheimer's Association, Brain Injury Association, Multiple Sclerosis Society and other specialized assistance programs, depending on need. In addition, there are nursing home programs, community mental centers, social service or case management agencies, nursing schools and church groups that can be sources of assistance for communities with fewer resources.

## Who Are the Caregivers?

- Eight-five percent of all home care is provided by family members and friends, with 71 percent of all long-term care being provided by the community. Only 14 percent of home care is rendered by paid providers. One-third of primary caregivers assume the role because they live closer to the care recipient than other family members.
- The average age of a caregiver is 57 years old, with 25 percent between 65 and 75 years of age, and another ten percent are 75 and older. Approximately 72 percent of caregivers are female. Research suggests that caregiving may be more prevalent in non-white families, ranging from 32 percent of Asian families to 29 percent for African Americans and 27 percent for Latinos compared to 24 percent for white families.
- An estimated 14.4 million full- and part-time workers are balancing caregiving and job responsibilities. In California, more than half (53 percent) of family caregivers under the age of 65—those most likely to be in the labor force—juggle work and caregiving responsibilities. Within this, it is important to also note that between 20 percent and 40 percent of caregivers have children under age 18 to care for in addition to their disabled relative.
- The average woman can expect to spend 17 years caring for a child and 18 years caring for an elderly parent.

## THE FOLLOWING LISTINGS OFFER INFORMATION AND REFERRALS.

**Family Caregiver Alliance**  
690 Market Street, Suite 600  
San Francisco, CA 94104  
(415) 434-3388  
(800) 445-8106 (in CA)  
www.caregiver.org  
E-mail: info@caregiver.org

**American Association of Retired Persons (AARP)**  
601 "E" Street NW  
Washington, DC 20049  
(202) 434-2277  
(publications on caregiving)  
www.aarp.org/caregiving

**Children of Aging Parents**  
Woodburn Office Campus  
1609 Woodburn Rd.,  
Ste. 302A  
Levittown, PA 19057  
(215) 945-6900  
(800) 227-7294

**National Association of Area Agencies on Aging**  
National Eldercare Locator  
1112 16th Street NW,  
Ste. 100  
Washington, DC 20036  
(202) 296-8130  
(800) 677-1116  
(nationwide AAA listings)  
www.ageinfo.org/elderloc/  
elderloc.html

**National Federation of Interfaith Volunteer Caregivers**  
368 Broadway, Suite 103  
Kingston, NY 12401  
(914) 331-1358  
(nationwide volunteer affiliates)  
(800) 350-7438  
www.NFIV.org

**Well Spouse Foundation**  
610 Lexington Ave., Suite 814  
New York, NY 10022-6005  
(212) 644-1241  
(800) 838-0879  
www.wellspouse.org

**The American Institute of Stress**  
124 Park Ave. Yonkers, New York 10703  
1(800) 24 RELAX  
(914) 963-1200  
Fax: (914) 965-6267  
E-mail: stress124@aol.com

**Caregiver Network Inc.**  
561 Avenue Road, Suite 206  
Toronto, ON M4V 2J8  
Canada  
(416) 323-1090  
Fax: (416) 966-2341  
www.caregiver.on.ca  
E-mail: karenh@caregiver.on.ca

## Organizations for Specific Diseases

**Alzheimer's Association**  
(800) 272-3900  
www.alz.org

**American Cancer Society**  
(800) 227-2345  
www.cancer.org

**Brain Injury Association**  
(800) 444-6443  
www.biausa.org

**Huntington's Disease Society of America**  
(800) 345-HDSA  
www.hdsa.mgh.harvard.edu

**National Parkinson Foundation**  
(800) 327-4545  
www.parkinson.org

**Stroke Connection**  
(800) 242-8721  
www.amhrt.org