

SENIORS AND CAREGIVERS

Orange County Women's Health Summit
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PSYCHIATRIST, RECONNECT PROGRAM FOR OLDER ADULTS, COUNCIL ON AGING ORANGE COUNTY



Council on Aging
Southern California



Council on Aging

Helping adults through compassion, education and advocacy since 1973

Helping Seniors Remain Healthy, Connected & Protected

Southern California

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Answers

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AGENDA

- Who are the caregivers? Who are the care recipients?
- What are the impacts of caregiving on health?
- How is COVID-19 impacting caregivers? Older adults?
- How can we help support caregivers?

DEFINITION

- Family Caregiver- provides unpaid care or support to a friend or family member
- Older Adult- 60+
- Generations:

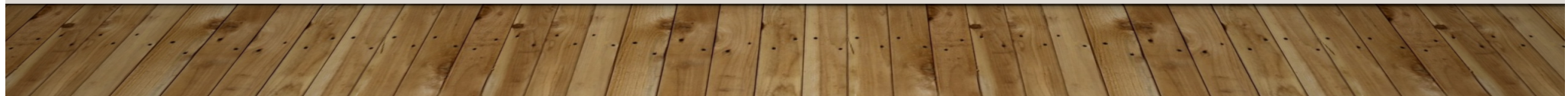
23y/o + younger
 24-39y/o
 40-55y/o
 56-74y/o
 74y/o + older

Figure 5. Percentage of Caregivers of Adults Who Are in Each Generation, 2020 vs. 2015

	2020 (n = 1,392)	2015 (n = 1,248)
Generation Z (born 1997 or after)	6%*	–
Millennial (born 1981 to 1996)	23%	23%
Generation X (born 1965 to 1980)	29%*	25%
Baby Boomers (born 1946 to 1964)	34%	39%*
Silent/Greatest (born 1945 or prior)	7%	13%*

* Significantly higher than comparison year.

Note: Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.



CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015  **53 million**
2020

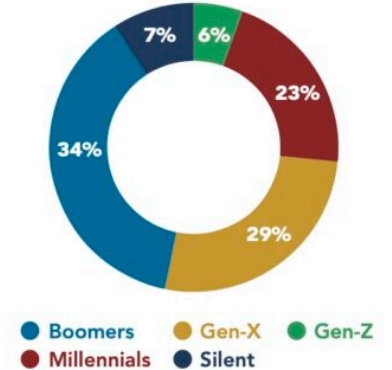


18%
2015  **21%**
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING
UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

WHO ARE THE CAREGIVERS?

- 61-75+% of all caregivers are female, spend as much as 50% more time providing care than males
- Average age: 49.2, 34% are 65+



CAREGIVING DEMOGRAPHICS

- Race/ethnicity: 62% White, 13% African American, 17% Hispanic, 6% Asian American
- Prevalence: Hispanic 21%, African American 20.3%, Asian American 19.7%, White 16.9%
- 9% have served in active duty in the US Armed Forces
- 8% of caregivers identify as LGBTQ

INCREASING NUMBER OF CARE RECIPIENTS

More Americans are caring for more than one person.



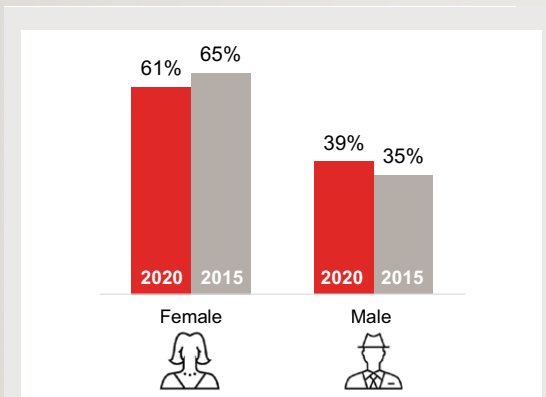
18%
2015



24%
2020

- 24% caring for 2 or more recipients
- 3 in 10 caregivers also live with a child or grandchild
- 89% of caregivers care for a relative or loved one

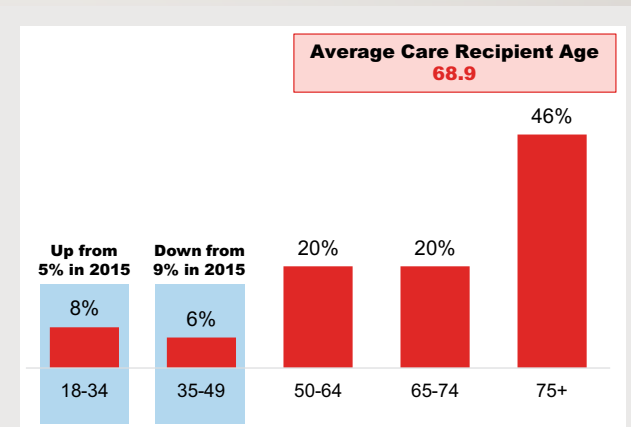
CARE RECIPIENTS



Q9. And is/was the person you care/cared for ...

2020 Base: Caregivers of Recipient Age 18+ (n=1,392)

2015 Base: Caregivers of Recipient Age 18+ (n=1,248)



Q5. How old is/was that adult [at the time you provided care]?

2020 Base: Caregivers of Recipient Age 18+ (n=1,392)

FINANCIAL HEALTH

- At least \$470 billion worth of unpaid care (as of 2017)

45%
HAVE HAD AT
LEAST ONE
FINANCIAL IMPACT



61%
WORK

IMPACT OF CAREGIVING ON HEALTH

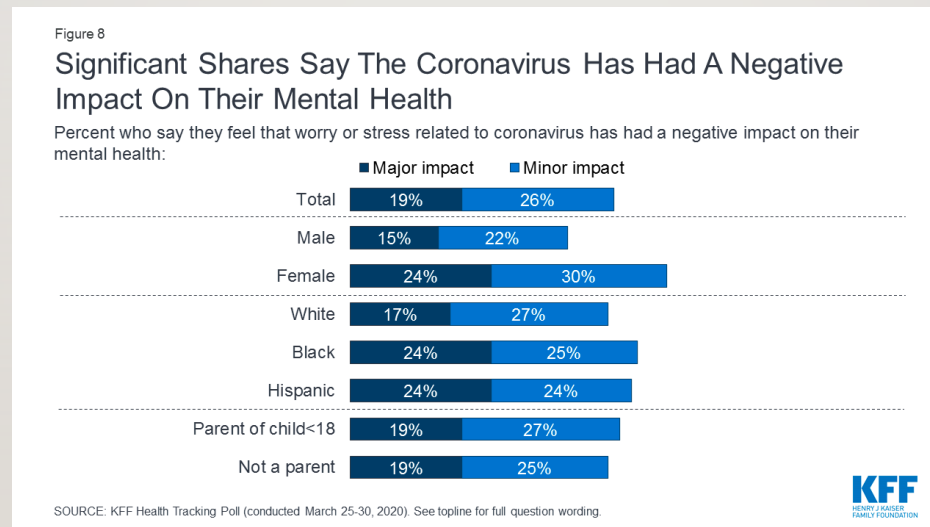
- Mental health
- Physical health
- Positive benefits

More family caregivers report their own health is fair to poor.



COVID-19 MENTAL HEALTH IMPACTS

- 1/3 of Americans are showing signs of clinical depression or anxiety



COVID-19 IMPACTS ON OLDER ADULTS

- Older adults are at significantly increased risk of severe disease and death following infection
- ~85% of deaths from COVID-19 in California have been in adults 60+ per CDPH
 - 45% of TOTAL deaths have been in residents of skilled nursing facilities
- Concern re: social isolation as a risk factor for medical and mental health disorders

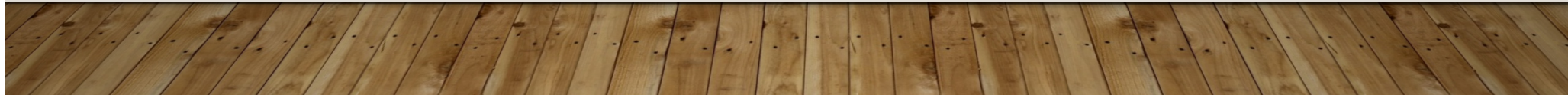
COVID-19 IMPACT ON GRANDPARENTS

"COVID-19 is creating a new cohort of people who are identifying themselves as caregivers for the first time because it's creating a need that hadn't been there."

- Dr. Ann Steffen

"All the grandparents in the country are aching. Some are aching because they can't see their grandchildren- some are aching because they can't get away from them."

- Dr. Madonna Harrington Meyer



COVID IMPACT ON CAREGIVERS

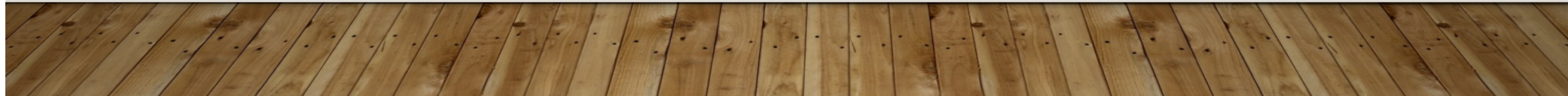
- 82% of caregivers say stress is higher
- 74% more concerned about finances
- 37% said sheltering in place was creating additional tension about keeping a loved one at home
- 24% said it was hard for them to be close to a loved one with Alzheimer's 24/7
- 32% want additional government support for their caregiving

COVID-19 IMPACTS ON CAREGIVERS IN OC

- Less availability for and greater anxiety around respite care- day care, friends/family
- Disruption in access to health care and support networks
- Lack of transportation options
- Social isolation/separation from loved ones

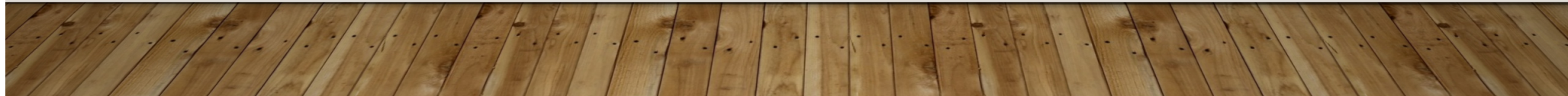
INTERVENTIONS TO HELP CAREGIVERS & OLDER ADULTS

- Respite care
 - Transportation
- House cleaning, meals, home health aide/physical therapy
- Education
- Advocacy for public policy and funding
 - Income tax credit
 - Caregiver pay
 - Paid leave
- ACTION ITEMS:
 - Proposed CA Budget Cuts to IHSS, Caregiver Resource Centers, elimination of Community Based Adult Services and Multipurpose Senior Services Program -> cuts to all Adult Day Care programs
 - At our organizations/workplace
 - In our lives and communities



CAREGIVER AND OLDER ADULT RESOURCES IN ORANGE COUNTY

- **Alzheimer's OC**- virtual support groups and FB group
- **Alzheimer's Association**- virtual support groups and classes
- **Orange County Family Caregiver Resource Center** www.caregiveroc.org(caregiver information and support, individual counseling, support groups, respite care, multicultural services).
- **Council on Aging-Southern California** Answers COVID-19 E-newsletter, ReConnect and Friendly Visitor Programs - clinical case management, care navigation, family support, support groups
- **Health Care Agency Covid 19 Older Adult Resources** <https://ocovid19.ochealthinfo.com/older-adults>
- **BeWellOC - Helps Happens Here** A mental health wellness portal to offer support to the Orange County community during the Covid-19 pandemic <https://bewelloc.org/be-well-oc-announces-help-happens-here>
- **OC4Vets Program & Veteran Behavioral Health Peer Navigation**
Team: <https://www.ochealthinfo.com/bhs/about/nit/veterans>



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