The Sandwich Generation

Caregiving Includes Caring for Me

Suzanne Engelder, MSW, ASW
Suzanne.Engelder@providence.org
714-488-2627

Stephanie Pizzola, MSG
Stephanie.Pizzola@stjoe.org
714-446-5030
Institute for Human Caring

• Team of clinicians, educators, health systems experts
• Change within Providence St. Joseph Health → people of every age and stage of illness can get the best care possible
• Physical, emotional, spiritual, interpersonal and social well being
• To improve Quality → Care for the Whole Person
• Quality Improvement engine
  – Collaborate with clinicians across disciplines and specialties to drive measurable improvement in patient-centered whole person care
Mission:

“To Increase the Quality of Life of Caregivers by Helping Families and Communities Master the Challenges of Caregiving”
“Silver Tsunami”

10,000 people a day are turning 65!
“In 2015, 40 million caregivers in the United States provided unpaid care to older relatives and friends. Almost three in 10 people who are caring for someone say their life has changed, often negatively. More than one in five says her weight, exercise habits, and/or social life have suffered. And emotionally, one in five says she is generally unhappier – with one in three saying she feels sad or depressed.” (AARP)
Crisis

• Let’s face it, we are in a caregiver crisis!
Definition of a Caregiver

- **Informal or family caregiver:** is an *unpaid individual* (for example, a spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks.

- **Formal caregivers** are *paid care providers* providing care in one's home or in a care setting (adult day care, residential facility, long-term care facility).
Caregiving

• May involve:
  – helping with medical care, procedures and therapy
  – assisting with meals, personal care and transportation
  – providing emotional, mental and spiritual support
  – devoting just a few hours a week or around the clock care
Startling Statistics

• Approximately 44 million Americans have provided **unpaid care** to an **adult or child** in the last 12 months

• Approximately 40 million caregivers provide care to adults (**aged 18+**) with a disability or illness. This represents 17% of Americans

• About 16 million adult family caregivers care for someone who has **Alzheimer's disease or other dementia**
Age & Gender

- 65% of care recipients are female
- 60% of caregivers are females
- Spousal caregivers are the oldest: 63 years old
- Males share more caregiving tasks than in the past
- Females still shoulder the major burden of care
CG & Care Recipients

• Parent care continues to be the primary caregiving situation for mid-life caregivers with 70% of the caregivers between the ages of 50 and 64
• Unpaid caregivers provide complex chronic care:
  – 46% perform medical and nursing tasks
  – More than 96% provide help with activities of daily living (ADLs)
Time Spent Caregiving

• Average of 24 hours per week for 4 years
• Older = more hours of CG

Number of Hours Dedicated to Caregiving by Age of Family Caregiver

What is the Sandwich Generation?

• The **Sandwich** Generation is a generation of people who care for their aging parents while supporting their own children.
  – Younger parents (30-40’s) caring for their own minor children and aging parents
  – Middle aged parents (50-60’s) caring for their grown children (more financial) and aging parents

• Club Sandwich: Those in their 50’s-60’s sandwiched between aging parents, adult children and grandchildren, or those in their 30’s-40’s, with young children, aging parents and grandparents.
Sandwich Generation: Contributors

- Increase in aging population
- Generation of young adults struggling to achieve financial independence
- Grandparents Raising Grandchildren
  - 2.4 million grandparents raising 4.5 million children
The Cost

• Services provided by unpaid caregivers: estimated economic value of $470 billion in 2013
  – up from $450 billion in 2009 and $375 billion in 2007
• The value of unpaid caregiving exceeded the value of paid home care and total Medicaid spending in the same year, and nearly matched the value of the sales of one of the world’s largest company, Wal-Mart ($477 billion)
• The economic value of the care provided by unpaid caregivers of those with Alzheimer's disease or other dementias was $217.7 billion in 2014
The Burden

• Unpaid caregivers: positive activities in their respective daily lives are reduced by 27%

• Burdens and responsibilities of middle-aged Americans are increasing:
  – Nearly half (47%) of adults in their 40s and 50’s have a parent age 65 or older and are either raising a young child or financially supporting a grown child (age 18 or older).
  – About one-in-seven middle-aged adults (15%) is providing financial support to both an aging parent and a child

• Pew Research: burden is more from grown children rather than aging parents
  – Boomerang children
  – Factors: recession and sluggish economy
Help for the Family CG

Family Caregiver Resource Center
Phone (800) 543-8312 or (714) 446-5030
www.caregiveroc.org
California Caregiver Resource Center System est. 1984

https://www.caregiver.org/californias-caregiver-resource-centers

11 Caregiver Resource Centers
Family Caregiver Resource Center

Orange County

- Serving all of Orange County since 1988
- Grant funded non-profit program of St. Jude Medical Center.
- Part of the California Caregiver Resource System (CA Dept Health Care Services)
- Contract Agency for Older American’s Act, Title III-E, Family Caregiver Support Program (Federal Grant via CA Dept. of Aging)
Mission:
“To Increase the Quality of Life of Caregivers by Helping Families and Communities Master the Challenges of Caregiving”
For unpaid family caregivers

Education, Support and Counseling

• Professional staff focusing on issues specific to successful family caregiving and self care.
• Services are provided in a variety of modalities i.e., individually, in groups and through a variety of events and classes.
• Grants for respite and other services
Our Mantra

“Caregiving includes caring for me.”
When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be toward others.

-Eda LeShan-
3 Underlying Beliefs for Self-Care

• Caring for yourself will also benefit the person you care for
• You can “thrive” not just “survive” as a caregiver
• Feeling alone is a choice – support and help is available
Health Consequences

Caregivers can suffer tremendous negative physical health effects

• As the care receiver’s health deteriorates, so does the potential for the caregiver’s.
Emotional Consequences

• Caregivers potentially suffer tremendous negative emotional health effects
  – Stress
  – Anxiety
  – Depression
Managing Stress

- Recognize
- Take time out
- Sensory cues
- Humor
- Conflict reduction
Start with a Dx

• Learn as much as you can about your loved one’s condition
• Activities of daily living (ADL’s) are no longer “routine" for your loved one
• Establish a “new normal” for yourself
Home Care Needs

• Gather as much information about your loved one’s condition and the care required.
  – Detail the daily schedule of care and decide how much you are able to provide.
  – Make sure the space you have is appropriate and equipped for you and your loved one.
  – Think about getting an in-home assessment.
Crafty Ways to Re-engineer Simple Household Items

Caregiving Tips and Hacks are crafty ways to re-engineer simple household items to solve everyday problems, from opening jars to holding a hand of cards. Browse through these DIY (do it yourself) ideas to find clever ways to work around day-to-day obstacles.

Share your Ideas!
Are you the handyman/handywoman of your household – able to jury-rig common items to meet your needs? Share with us your caregiving tips and hacks.

Costs to providing care

• Is your loved one eligible for public funded or subsidized care.

• Understand the benefits of their current health plan and any supplemental health insurance policies (i.e. LTC Insurance).

• What other resources are available and what are you and/or others willing to pay for?
Communication Foundation

• Keep everyone informed
• Focus on the present
• Be honest about the toll of caregiving on you - physical, emotional & spiritual
• Recognize your limitations
• Learn to ask for help
Accept and Ask for Help

• Develop the “LIST”
  – Honor those offering to help.
  – Help does not have to be directly related to care, but something that needs doing.
Communicate

• Talk to your loved one
  – Health care wishes – Advanced Directives
  – Finances – Estate Planning, Powers of Attorney
Advance Care Planning Resources

The Center for Advance Care Planning and Advocacy: 714-712-7050


– Home visits to assist with advance care planning, completion of an advance direction and uploaded to electronic health record

Family Caregiver Resource Center: 714-446-5030

– ACP workshops

– www.caregiveroc.org/
Communicate

• Talk to family and close friends and bring them together to discuss your loved one's care.
  – A family meeting
Family Dynamics

- Expectations/Promises
- Family Personality
- Sibling issues
- Proximity
- Decision-making style
- Emotions
Conflict Management

- Put your past behind you - stay in the present
- Understand underlying reasons for behavior
- What’s your part?
- Listen...Listen...Listen
- Acknowledge their worries/requests, but remain firm
- Problem solve & negotiate when appropriate
- Respect their position in the family
- Pick your battles
Tips to Remember

• Be realistic with each other
• Active listening - reflect/paraphrase
• Use “I” statements
• Use outside resources - use a third party
• Develop an agreed upon plan with clear steps
• Re-evaluate the plan periodically
Avoiding Stress

If the one you are caring for is cognitively impaired...please avoid:

• Arguing
• Reasoning
• Explaining
Respite Planning

Respite: “...a usually short interval of rest or reprieve...”

• Get used to planning time for yourself.
• Make it meaningful and guilt free.
Self Care Action Plan

• Make a commitment to yourself
• Write it down
• Share it with others
• Make your plan meaningful
Self Care Action Plan

• It’s something you want to do
• It’s reachable (accomplish during the next week)
• It answers: What? How much often?
• It has a high confidence level

Plan A
Plan B
Plan C
SUPPORT GROUPS

Find one that fits you.
"There are four kinds of people in this world:
• those who have been caregivers,
• those who currently are caregivers,
• those who will be caregivers,
• and those who will need caregivers."
Resources

• Family Caregiver Resource Center
  – www.caregiveroc.org/
  – 714-446-5030

• National Alliance for Caregiving
  – www.caregiving.org/

• Caregiver Action Network
  – www.caregiveraction.org/

• AARP
  – www.careconnection.org
  – aarp.org/caregiving
Questions?
Sources for Stats

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• Wagner, D. & Takagi, E. (2010). Health Affairs: Informal Caregiving by and for Older Adults