

Employee Services, Inc.

A Division of



Monthly Newsletter

View Online at www.theEAP.com

November is National Family Caregivers Month

In November 2003, President Bush proclaimed November as National Family Caregivers Month, a time during which to honor and remember those working Americans who also serve as the primary caregivers to an elderly parent or relative. As we reflect this month on the efforts of this invisible army of caregivers, we might be surprised at the following statistics compiled by the National Family Caregivers Association:

- **More than one quarter (26.6%) of the American adult population has provided care for a chronically ill, disabled or aged family member or friend during the past year.** Based on current census data, this translates into more than 54 million people.
- **Caregiving is no longer predominantly a women's issue.** Men now make up 44% of the caregiving population.
- **The value of services rendered by family caregivers for "free" is estimated to exceed \$196 billion a year.**
- **Virtually one half of the current U.S. adult population has a chronic condition.** Of these, 41 million are significantly limited in their daily activities and 12 million are unable to live independently.
- **People over 85 years of age are the fastest growing segment of the population.** Half of them require significant help with personal care.
- **Older caregivers with a history of chronic illness themselves have a 63% higher mortality rate than their non-caregiving peers.**
- **The pool of family caregivers is dwindling.** In 1990 there were 11 potential caregivers for each person needing care. By 2050, that ratio will be 4:1.
- **Sixty-one percent of "intense" family caregivers (those providing at least 21 hours of care per week) suffer from depression.** Some studies have shown that continued caregiver stress inhibits healing.
- **Heavy-duty caregivers, especially spousal caregivers, do not get consistent help from other family members.** One study has shown that as many as 75% of these caregivers are "going it alone."
- **Approximately 80% of all home care services are rendered by family caregivers.** The remainder is provided by various community health and eldercare resources.
- **A recent study calculated that American businesses lose between \$11 billion and \$29 billion each year due to employees' need to care for family members.** (MetLife Study of Employer Costs for Working Caregivers, 2004)
- **Fifty nine percent of the current adult population is or expects to be a family caregiver.** (Random sample of 1,000 adults sponsored by Aleve)

The National Family Caregivers Association can be contacted at www.nfca cares.org for additional information and helpful resources. Your Employee Assistance Program salutes the many caregivers covered under our plan and reminds you that we are here to assist with your diverse eldercare needs (transportation; housing; nutrition; socialization) and to offer you personal stress management services and support.