What We Know About Caregivers in Nevada

Preliminary Data Results from Lifespan Respite Balancing Initiative
JUNE 2012
Nevada Lifespan Respite Care Network

- CAREGIVER BURNOUT
- ACCESS TO RESPITE
- BARRIERS TO ACCESS
- USE OF RESPITE
Caregiving: How Long?

Caregivers Have Served

- More than 10 years
- 5–10 Years
- 1–5 Years
- Less than 1 year
- One Month or Less
How Long Can They Keep Going?

- 23% of family caregivers caring for five years or more reported their health is fair or poor. – National Alliance for Caregiving, 2009

- Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a family caregiver's life. – National Academy of Sciences, 2004
Awareness & Use of Respite

- Aware of Respite
  - Yes
  - No

- Used Respite Previously
  - Yes
  - No
What Prompted Use of Respite?

New Users

- Recommended by Others
- Care Demands
- Self-Preservation
- Emergency Need
- Now Available
People with developmental disabilities are living longer. Elderly are living longer too. Those who already give care take on additional care duties. Compound Caregivers burn out at much higher rate.
Caregiver Ages: 19–86 yrs old

- 19-50 yrs old: 67
- 50-64 yrs old: 34
- 65 + yrs old: 24
Caring for More Than One

- Seniors Only
- Minor + Senior
- Minor + Adult
- Adult + Senior
- Adults Only
- Children Only
Getting Caregivers to Respite

- Won’t use word
- Don’t recognize risks
- Won’t ask for it
- Won’t accept it
Impact on Caregivers

- Caregiving Stressful
- Relationships Suffered
- Substance Abuse
- Chronic Health Condition/Health Crisis

- Maybe
- No
- Yes
Measuring Stress

- Not measured by hours of care, or by the number or nature of tasks
- Is more mental and emotional, than physical
- Caregivers experience many changes, in both number and intensity
- Lack of knowledge/experience creates stress
- Compounding of care adds stress
What Has Changed?

Most Significant Changes

- Dependent on Caregiver
- No Money for Extra Care
- Little Time for Self
- Afraid of Future
- Living in My Home
- Care Demands Increasing
- Stretched/Work & Family
- Own Health Suffers
Caregiving becomes primary role, forcing out other roles

Care duties rise above and beyond an easily accommodated range of support

Caregiving is constantly needed and continuously provided without an end in sight
What are we going to do to make a difference?

Exhaustion of physical and/or emotional strength, usually as a result of prolonged stress

When will Caregiver Burnout Occur?
Caregivers Need Respite

- Respite
- Extra Help
- Good Information
- Ways to Make Care Easier
- Advice of Caregivers
- Training on Care
Caregivers Can No Longer Be
- Unseen
- Unrecognized
- Taken for Granted
We know barriers to respite still exist. The question becomes what steps we will take first.

What do caregivers NEED to take the next step towards Respite?
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