



## Health & Wellness Caregiver Support Industry Snapshot

### Overview:

Currently there are close to 42 Million adult children involved in the day to day care of an elder parent. According to statistics, they spend an average of 25 hours per week, and experience close to a 40% job loss.

Family Caregivers experience twice the national average of heart disease, obesity, depression, and addictive behaviors. They tend to put themselves last and have lives that tend to be off balance.

### Specialization:

Geriatric Mental Health Professionals can usually be found through referral from a doctor, and seeking one out, if referred, can be covered by Medicare. There are several triggers that cause the escalation of mental illness:

- ✓ Physical disability
- ✓ Long-term illness (e.g., heart disease or cancer)
- ✓ Dementia-causing illness (e.g. Alzheimer's disease)
- ✓ Physical illnesses that can affect thought, memory, and emotion (e.g. thyroid or adrenal disease)
- ✓ Change of environment, like moving into assisted living
- ✓ Illness or loss of a loved one
- ✓ Medication interactions
- ✓ Alcohol or substance abuse
- ✓ Poor diet or malnutrition



## Health & Wellness Caregiver Support Provider Selection

### Preparation:

You are not alone. There are numerous resources- including Answers for Elders that is dedicated to providing resources and support that you need as a family caregiver. If thrust into the role of caregiving a senior parent, there are several foundational things you should consider:

- ✓ Set up a Caregiver bank account. Track direct expenses. This is critical for a multitude of reasons, including if your parent ever needs to qualify for Medicaid or other governmental assistance programs.
- ✓ Seek Balance. It is important that you do not give up your life. If your parent needs more care than what is reasonable for your life, you should seek out other living solutions
- ✓ Take Care of Your Health. Diet and Exercise is just as important for you as it is for your parent.
- ✓ Communicate with other family members. Make sure that they understand fully your boundaries and that they are informed with the status of your senior loved one
- ✓ Find a strong support network. Reach out and connect to various community and church oriented networks.
- ✓ You have rights. If your parent is ill or needs your help, you cannot be fired for missing work. You are protected under the Family Medical Leave Act.

### Evaluation:

Seeking out professionals for help with caregiving come in various forms. You can seek out more criteria on each here in the Decision Guide:

1. Home Caregiving Companies. Seek out professionally licensed, bonded and insured companies that can provide non-medical home care for Mom or Dad a few days per week
2. Professional Geriatric Care Managers can help you with seeking out the best option for your parent. They take the whole picture, including your capacity to care for your loved one, and make professional recommendations
3. Mental Health Counselors: Seek out counselors who specialize in Caregiving. In some cases they are called Caregiver Coaches
4. Elder Law Attorneys can provide the proper legal paperwork such as Durable Power of Attorney or Healthcare Directive documents should your parent need your intervention



## DISCOVER THE ANSWERS FOR ELDERS RADIO SHOW



1PM SATURDAYS!  
820AM • AM1590

9PM SUNDAYS!  
AM1590



If you or your family are navigating senior care, discover the Answers for Elders Radio Show! Learn from our many podcasts here, our live broadcast 820AM or 1590AM on Saturdays and Sundays in Western Washington, or on iHeartRadio, worldwide. Now in our third year, Answers for Elders is “the voice of senior care”, featuring content on all of the Decision Guide topics here, and even more!



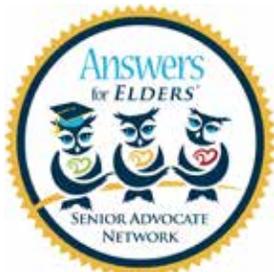
Hosted by Suzanne Newman, she intertwines her own journey as caregiving her mother. Through her real-life experience, and her passion for supporting families, caregivers, and seniors, she interviews top providers in senior care. Coming at it from a family member’s perspective, you will discover how to make later life care decisions a lot easier no matter what stage you are in. Because eldercare is interconnected, there are many moving parts and options that you may not know about. Answers for Elders and the most respected eldercare experts in the industry help you learn through their knowledge and wisdom. Each week we tackle subjects like caregiving, housing, living options, aging in place, healthcare, financial, legal questions and more.

Understanding the different options helps make later life a lot easier. It also helps you be more proactive before changes need to be made so that you can make the best decisions for you and your family members.

## ABOUT THE HOST

Suzanne Perkins Newman, Founder & CEO, Former Family Caregiver  
My Passion: Advocacy for Caregivers & Seniors

- Host of the Answers for Elders Radio Show!
- Founder/CEO Answers for Elders, Inc.
- Family Caregiver “Coach” • Former Family Caregiver for her own Mother
- Author of *The Advocate’s Heart: Finding Your Real Strength in Caring for Aging Loved Ones*
- 25-Year Executive in Advertising, Publishing & Digital Media



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