

ELDER FAMILY CAREGIVING IN THE CONTEXT OF COVID19

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1. Aims of the Webinar

- Describe the contours of COVID19 in the older adult population
- Analyze elder family caregiving and its challenges in the COVID environment
- Identify relevant federal policies and programs
- Identify available services and best family caregiver support practices, with particular attention to mental health needs and services

2. COVID and the older adult population

Total US Population:
328.2 million ('19)

Total 65+ Population:
55.47 million or
16.9% of US pop ('20)

COVID Incidence:
2 million (6/11/20)

COVID Deaths:
112,924 — 80% older
Adults (6/11/20)

3.

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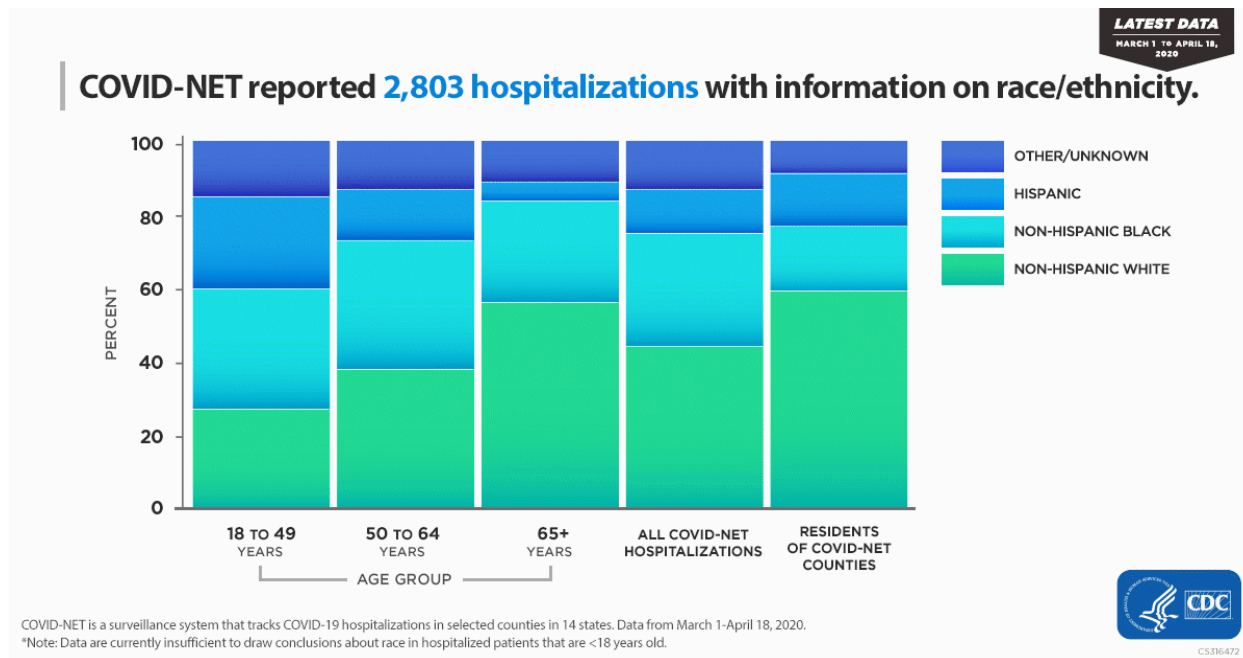
COVID19 INCIDENCE BY AGE (NYC, 5/13/20)

Age	Number of Deaths	Share of deaths	With underlying conditions	Without underlying conditions	Unknown if with underlying conditions	Unknown deaths & w/o underlying
0 - 17 years old	9	0.06%	6	3	0	0.02%
18 - 44 years old	601	3.9%	476	17	108	0.8%
45 - 64 years old	3,413	22.4%	2,851	72	490	3.7%
65 - 74 years old	3,788	24.9%	2,801	5	982	6.5%
75+ years old	7,419	48.7%	5,236	2	2,181	14.3%
TOTAL	15,230	100%	11,370 (75%)	99 (0.7%)	1,551 (24.7%)	25.3%

Worldometer, NYC Data

COVID Incidence:
2 million (6/11/20)

5. COVID Deaths: 112,924 — 80% ol



7. Hospitalizations:

6. COVID Incidence by Gender, NYC 5-13-20

	# of Deaths	Share of Deaths
Male	4095	61.8%
Female	2530	38.2%

8. Caregiving in the Context of COVID

Total 65+ Population: 55.47 million or 16.9% of the US population in '20
In nursing homes: 1.4-1.5 million or about 5% (CDC, 2018)
Non-institutionalized, self-rated fair or poor health: 21.7%
10 million in the community
7% need help with personal care
CDC, NCHS, Older Persons' Health, 2018

10.

Pre-COVID: 40.4 million caregivers for non-institutionalized older persons

Caregivers' Ages: 45-54 years of age: 21%
55-64 years of age: 24%
65+ years of age: 18%

Caregiving to: 39% to persons 85+
13% to persons 65+

Caregivers Length of Care: 50% for two years or more
15% for 10 years or more

11.

6 Activities of Daily Living (ADLs): mobility, transfer, eating, toileting, continence management, bathing
3/6 = usually need long term care

12.

6 Instrumental Activities of Daily Living: money management
household care
food preparation
transportation (driving)
communication (phone calling, etc.)

13. Long term care decision tree:

ADLs/IADLs: Functional limitations?

Require assistance?

If yes, then are they receiving help from:

Informal caregiver who lives separately?

Informal caregiver who lives with person?

Informal and formal care?

Formal care?

14. Multigenerational

- The sandwich generation
 - Middle-aged women: daughters and mothers
 - Balancing needs of older parents and younger children
 - In the context of COVID-19
 - More caregiving work
 - Economic stress
 - Family relationship during quarantine

15. Multigenerational families (cont.)

- Caregiving responsibilities in four-generation families
 - Care needs of great grandparents (1st generation) and great grandchildren (4th generation)
 - Incapacity of young parents (3rd generation)
 - Reward and stress of grandparent caregivers (2nd generation)
 - In the context of COVID-19
 - More work to supervise 4th generation
 - Challenges in health management for 1st and 2nd generations
 - Economic stress of 3rd generation
 - Family relationships

16. Challenges in ADL and IADL care

- Preventive practice
 - Wear mask
 - Social distance
- Groceries
 - Risk of infection

- PWD's safety at home

17. Challenges of health care management and coordination

- Chronic condition management
 - Trips to doctor's office
 - Medication refill
- Related to COVID-19
 - Visiting care recipients in nursing home
 - Hospitalization of care recipients and/or caregiver
- Concerns about home care services
 - Risk of infection
 - Lack of protective equipment
 - Family caregiving responsibilities of workers

18. Dementia care

- Cope with behavioral symptoms of people with dementia (PWD)
- ADL and IADL care
- Health care management and coordination

19. Challenges in coping with behavior symptoms

- Rebuild routine: meaningful activities
- PWD's Mental health
- Caregiver's burnout
- Faster cognitive decline

20. Challenges to Income Security

- 65+ unemployment rate jumped ~4X between March and April from 3.7% to 14.7%
 - 65+ lost 1.2 million jobs between March and April
 - Loss also of employer sponsored health insurance
 - Retirement income based on employment is put at risk
 - Low income women and women of color placed at greatest risk

21. COVID and Women

- 25% of women in the workplace experience extreme anxiety compared to 11% of men

- 75% of Black and Latino women working FT spend a total of 21 hours/week on housework compared to ~50 hours/week by White women
- And compared to ~50 hours by men
- Black and Latino women are also more likely to face job losses

22. Challenges to the Health Security of Caregivers

- Loss of health insurance with lay-offs, if tied to employment
- Options:
 - Affordable Care Act, depending upon state’s health insurance marketplace,
 - may be offering special enrollment periods if eligible
 - If below 400% of poverty, then premium subsidies can help with cost of premiums
 - See KFF.org/interactive/subsidy-calculator
 - if below 138% of poverty, if available in state. HealthCare.gov
 - COBRA, if for < 18 months coverage
 - Medicare, if did not enroll when eligible, special enrollment period

23. Caregiver Support

Family Caregiving Tasks	Elder	Caregiver
• Physical and Medical Care Management	X	2X
• Financial Issues	X	2X
• Psychological Coping	X	2X
• Anxiety		
• Depression	X	2X
• Exhaustion/Burnout		X

24. Best Practices

National Family Caregivers Support Program (2000)

- Provides grants to states and territories to support informal family caregivers of loved ones living at home for as long as possible.

– NFCSP funds five types of services to caregivers:

- Information about available services
- Assistance in gaining access to the services
- Individual counseling, organization of support groups, and caregiver training
- Respite care; and
- Supplemental services, on a limited basis

(<https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>)

25. Local Aging Network

- “No Wrong Door” approach to information and access:
 - National Aging Network
 - State-level Aging and Disability Resources Centers (ADRCs)
 - Area Agencies on Aging
 - www.n4a.org
 - Federally Qualified Health Centers
 - Community-based health care providers that receive funds from the HRSA Health Center Program to provide primary care services in underserved areas.

26. Caregiving and Its Impact on Mental Health

- Caregiving has both positive and negative effects on quality of life for both patients and caregivers.
- Positive effects:
 - Making an important contribution; increased closeness; less worry; new skills.
- Negative effects:
 - 40% of caregivers experience depression
- See Families Caring for an Aging America (2016), published by the National Academy of Medicine.

27. Self-Care Strategies for the Caregiver

- Physical self care
- Mindful awareness and self-reflection
- Stress management and relaxation exercises
- Spiritual activities
- Social Support

28. Telehealth Support for Caregivers

- Individual and Group Online Services through National Non-Profit Agencies:
 - National Alliance for Caregiving: www.caregiving.org
 - Family Caregiver Alliance: www.caregiver.org
 - Caregiver Action Network: www.caregiveraction.org
- Computer-based services however might not be a fit with all older caregivers
- Telephone-based Support:
 - State and local municipal “warmlines” (e.g., NYS OMH Emotional Support Helpline)
 - Senior centers “friendly visiting” programs

29. Additional Caregiver Resources

- ELDERCARE LOCATOR: 1-800-677-1117
- ADRCs: www.acl.gov or www.aoa.gov
- Caregiver’s Corner: www.acl.gov
- SAMHSA: www.samhsa.gov
- National Alliance on Mental Health (NAMI): www.nami.org
- Alzheimer’s Association: www.alz.org
- VA: www.va.gov
- NYC Dept for the Aged (DFTA): <https://www1.nyc.gov/site/dfta/index.page>