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.

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)

5. COVID Deaths: 112,924 — 80% ol

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

<table>
<thead>
<tr>
<th># of Deaths</th>
<th>Share of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>4095</td>
</tr>
<tr>
<td>Female</td>
<td>2530</td>
</tr>
</tbody>
</table>

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 (1\textsuperscript{st} generation) and great grandchildren (4\textsuperscript{th} generation)
     – Incapacity of young parents (3\textsuperscript{rd} generation)
     – Reward and stress of grandparent caregivers (2\textsuperscript{nd} generation)
     – In the context of COVID-19
       • More work to supervise 4\textsuperscript{th} generation
       • Challenges in health management for 1\textsuperscript{st} and 2\textsuperscript{nd} generations
       • Economic stress of 3\textsuperscript{rd} 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

<table>
<thead>
<tr>
<th>Family Caregiving Tasks</th>
<th>Elder</th>
<th>Caregiver</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical and Medical Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Management</td>
<td>X</td>
<td>2X</td>
</tr>
<tr>
<td>Financial Issues</td>
<td>X</td>
<td>2X</td>
</tr>
<tr>
<td>Psychological Coping</td>
<td>X</td>
<td>2X</td>
</tr>
<tr>
<td>• Anxiety</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Depression</td>
<td>X</td>
<td>2X</td>
</tr>
<tr>
<td>• Exhaustion/Burnout</td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

24. Best Practices


  – 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