

## 10. Are you a caregiver?

According to the National Family Caregivers Association, more than 90 percent of people who recognize themselves as caregivers become more proactive, engaged and confident, and provide better care.

Many resources are available for caregivers through your area agency on aging or aging services provider, such as:

- ▣ Care training, resources and information;
- ▣ Caregiver support groups;
- ▣ Respite care;
- ▣ Adult day services;
- ▣ Home delivered meals programs and more.

Contact the agency serving your community for details on available services and supports.

**1-866-243-5678**

## Additional Questions to Consider:

- ▣ Do your responsibilities for your loved one prevent you from getting together with family and friends?
- ▣ Have you ever called off work or gone in late because a loved one, friend or neighbor needed you?
- ▣ Do you sometimes wish that someone could help tend to your loved one's, friend's or neighbor's needs so you can have a break?
- ▣ Do your expenses for your loved one's medical or functional needs cause a hardship on yourself or your family?
- ▣ Do you find yourself paying more attention to the health and well-being of a loved one, friend or neighbor than to your own wellness?

**"There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."**

*- former First Lady,  
Rosalynn Carter*

**Ohio**



# 10

## Questions That Can Change Your Life

*(And the lives of the people in it)*

**Ohio**

# 10 Questions That May Change Your Life

1. Do you find yourself becoming more involved in the life of an aging or ill loved one, friend or neighbor?
2. Do you feel like you have swapped roles with a parent, spouse or other family member?
3. Do you help a loved one, friend or neighbor with chores like cleaning, grocery shopping, cooking or transportation?
4. Do you help a loved one, friend or neighbor with daily activities, such as bathing, dressing and eating?
5. Do you help a loved one, friend or neighbor manage his finances, file insurance claims or pay bills?
6. Does a loved one, friend or neighbor have a physical or mental condition that is newly diagnosed or has worsened and that does or may affect her ability to take care of herself?



7. Do you find yourself becoming an authority on the abilities and limitations of a loved one, friend or neighbor?
8. Do you skip meals or forgo exercise because a loved one, friend or neighbor needs you?
9. Have you ever postponed or canceled a medical appointment or procedure for yourself so that you could be with a loved one, friend or neighbor?

## FACT:

More than 50 million Americans provide care for a family member or friend who has a chronic illness or is aged and frail during any given year. (U.S. Department of Health and Human Services, 2000)

## FACT:

Most older people with long-term care needs (65 percent) rely on family and friends to provide assistance. Another 30 percent will supplement family care with assistance from paid providers. (National Alliance for Caregiving)

## FACT:

Half of elderly individuals who have a long-term care need but no family to care for them are in nursing homes. Only seven percent with family to help are in institutional settings. (National Alliance for Caregiving)

## FACT:

Nearly one in three family members caring for seniors are themselves age 65 or older. Another 15 percent are between the ages of 45 to 54. (U.S. Department of Health and Human Services, 2001)

## FACT:

Three out of five workers have had to adjust their work lives to accommodate caregiving duties. (National Alliance for Caregiving and AARP, 2004)