

Protecting our Elders through Supporting Family Caregivers

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Recognizing Culture as an Integral Component of Caregiving

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Agenda

Family
Caregivers

Caregiver
Stress

Cultural
Dimensions

Faith/Spiritual
Beliefs

Risk Factors
for Elder
Abuse

Psycho
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Interventions

Family Caregivers:

- Roughly 30 percent of family caregivers of older Americans live in a household that includes children or grandchildren. They are increasingly likely to be working while performing their caregiving responsibilities.
- Sixty-one percent of family caregivers of adults work either full- or part-time. They face financial risks such as lost income and reduced career opportunities that may mean a future built on lower savings and reduced Social Security benefits.
- Direct-care workforce shortages can lead to more hours of care and higher-intensity care by family caregivers
- AARP (2023)

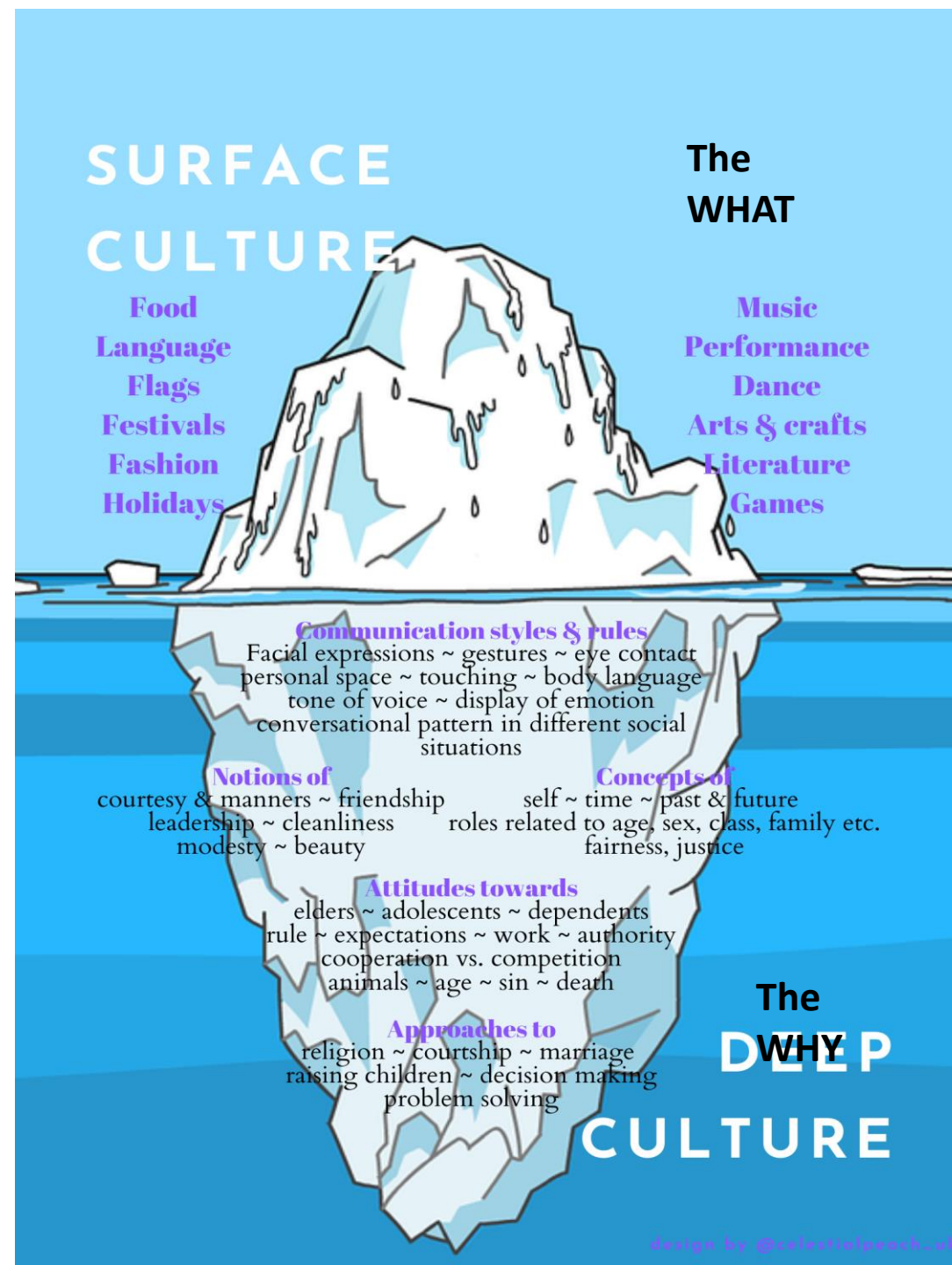


Caregiver Stress

- Many nonprofessional caregivers—spouses, adult children, other relatives and friends—find taking care of an elder to be satisfying and enriching. But the responsibilities and demands of caregiving, which escalate as the elder's condition deteriorates, can also cause significant stress. The [stress of elder care](#) can lead to mental and physical health problems that leave caregivers burned out, impatient, and more susceptible to neglecting or lashing out at the elders in their care.
- www.healthguide.org



Why do family members become caregivers of their elders?



Race/Ethnicity Matters

- Individual adult caregivers in the U.S. identify their race/ethnicity as the following:
 - White: 62%
 - African-American: 13%
 - Hispanic (non-White, non-African-American): 17%
 - Asian-American: 6% [National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]
- Hispanic (non-White, non-African-American) caregivers have the highest reported prevalence of caregiving at 21%. Caregiver prevalence among other racial/ethnic groups are as follows:
 - African-American: 20.3%
 - Asian-American: 19.7%
 - White: 16.9% [National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]

Religious and Spiritual Beliefs

The power of cultural mandates and religious and spiritual beliefs are important in caregiving




A woman with long dark hair, wearing a blue and white striped shirt, is sitting at a desk. She is holding a large brown cardboard sign that says "HELP" in black capital letters. She has a distressed expression, with her hand covering her face. On the desk in front of her are several colorful folders (red, blue, yellow) and a laptop. The background is plain white.

HELP

Risk Factors for Elder Abuse

- Relationship Risk Factors
- High financial and emotional dependence upon a vulnerable elder
- Past family conflict
- Inability to establish or maintain positive prosocial relationships
- Lack of social support

A hand-drawn illustration of a blue umbrella with a yellow scalloped edge. The words "self care" are written in a cursive font across the center of the umbrella. The background is filled with a pattern of grey raindrops of varying sizes, suggesting a rainy day. The umbrella is positioned in the lower half of the frame, with the raindrops falling from above.

Psychoeducational Interventions

- information
- care planning
- advice about patient management
- importance of self-care
- skills training
- stress management training
- problem-solving and decision-making guidance.

Resources

- **National Family Caregiver Support Program**
<https://www.acl.gov/programs/support-caregivers/national-family-caregiver-support-program>
- [AARP Resources for Caregivers and their Families](#)
- [Caregivers: MedlinePlus](#)
- [Welcome to Medicare | Medicare](#) Medicare.gov
- [BlackDoctor.org - Where Wellness & Culture Connect](#)
- [Alzheimer's Association | Alzheimer's Disease & Dementia Help](#)
- [VA Caregiver Support Program Home](#)
- <https://www.heart.org/en/news/2023/08/31/caregiving-a-concern-as-hispanic-community-in-us-ages-faster>

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