

# FAMILY CAREGIVERS AND PATIENT ENGAGEMENT

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# CHALLENGES OF FAMILY CAREGIVERS

- Physical, emotional, and financial challenges. Commonly experience emotional strain and mental health problems, especially depression, and have poorer physical health than non-caregivers
- Too often not appropriately recognized, included, and supported
- Finding and coordinating fragmented services is complex and time consuming



## FINANCIAL CHALLENGES

Family caregivers spent, on average, nearly 20 percent of their income on caregiving expenses or **nearly \$7,000 in 2016**

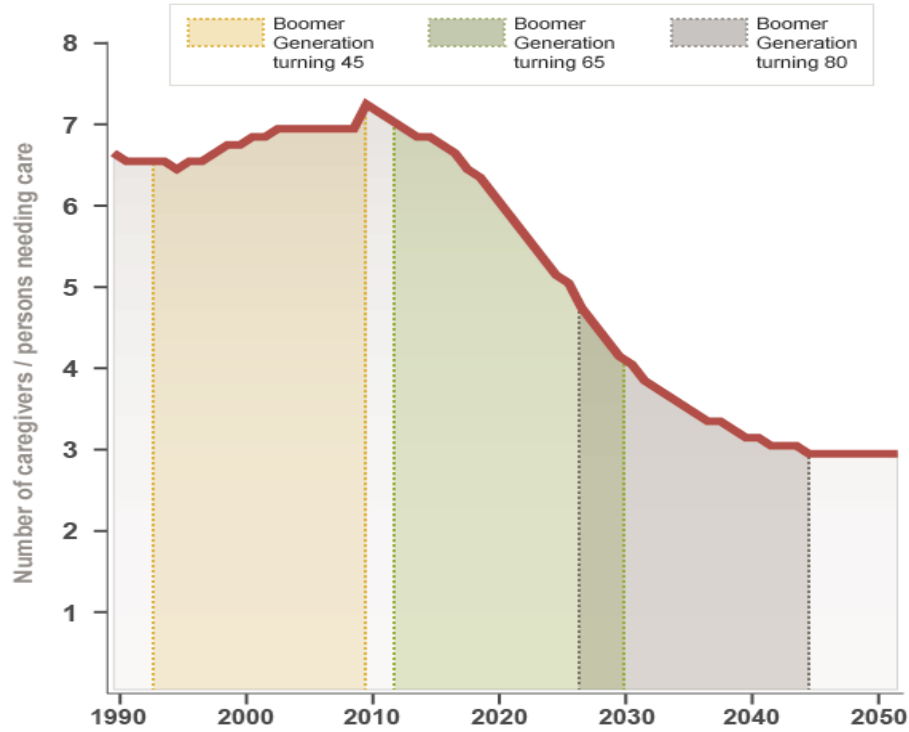
Long-distance family caregivers incurred **nearly \$12,000** in caregiving expenses in 2016

Family caregivers of adults with dementia reported **nearly \$10,700** in caregiving expenses in 2016

Family caregivers 50-plus who leave the workforce to care for a parent lose, on average, **nearly \$304,000** in wages and benefits over their lifetimes

# You Take Care of Mom, But Who Will Take Care of You?

## Caregiver Support Ratio



- In 2010, the caregiver support ratio was more than 7 potential caregivers for every person in the high-risk years of 80-plus
- In 2030 the ratio is projected to decline sharply to 4 to 1; and is expected to further fall to less than 3 to 1 in 2050