

Supplemental Health, DI & LTC Conference

**Caregiving: What Does
The Future Hold?**



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2023



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Caregiving In the United States

Caregiving in the United States



- By the numbers
- Public awareness
- Supply & demand
- LTCi & informal care
- Challenges & resources
- Personal experiences

By the Numbers



CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*



NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for more than one person.



More family caregivers have difficulty coordinating care.



More Americans caring for someone with Alzheimer's disease or dementia.

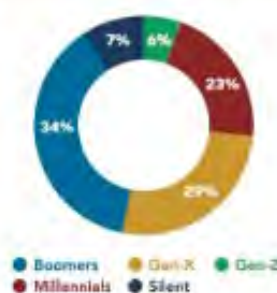


More family caregivers report their own health is fair to poor.



23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?



45% HAVE HAD AT LEAST ONE FINANCIAL IMPACT



*Provided care to an adult or child with special needs.
**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.
URL: www.aarp.org/uscaregiving DOI: <https://doi.org/10.26419/ppi.00103.002>



- In 2021 the unpaid work provided by family caregivers is valued at an estimated \$600 billion¹
 - A \$130 billion increase from the 2019 report
 - The economic impact of \$600 billion is more than all out-of-pocket spending on health care in the U.S. in 2021
- 75% of employed caregivers miss work to provide care²
 - 20% report a decrease in work productivity
 - A 2011 survey indicated caregiving-related absenteeism resulted in 126 million missed workdays each year, an annual loss of \$25.2 billion

¹ Caregiving Can Be Costly — Even Financially, 2021 Caregiving Out-of-Pocket Costs Study by Laura Skufca, Chuck Rainville, [AARP Research](https://www.aarp.org/research), June 2021
² Informal Caregiving: Measuring the Cost and Reducing the Burden APRIL | 2023 SOA Research Institute



By the Numbers

- Year 2021 out of pocket expense¹
 - Typical annual cost was \$7,242, or 26% of family income on caregiving activities
 - 30% covered rent or mortgage payments
 - 21% financed home modifications
 - paying for health care, therapists, in-home care, or medical equipment accounted for 17% of caregiver spending
- Caregiver stressors²
 - Caregiver rate of depression is twice as high as the national rate
 - 67% of caregivers report missing personal doctor appointments
 - 53% report that caregiving has made their own health worse
 - Nearly 50% report they do not have time to take care of themselves
 - Nearly 50% report that they are too tired to take care of themselves
 - Older spouses who reported an emotional strain due to caregiving had a 63% higher mortality rate than similar age non-caregivers

¹ Caregiving Can Be Costly — Even Financially, 2021 Caregiving Out-of-Pocket Costs Study by Laura Skufca, Chuck Rainville, [AARP Research](#), June 2021
² Simmons University —The Emotional Cost of Caregiving



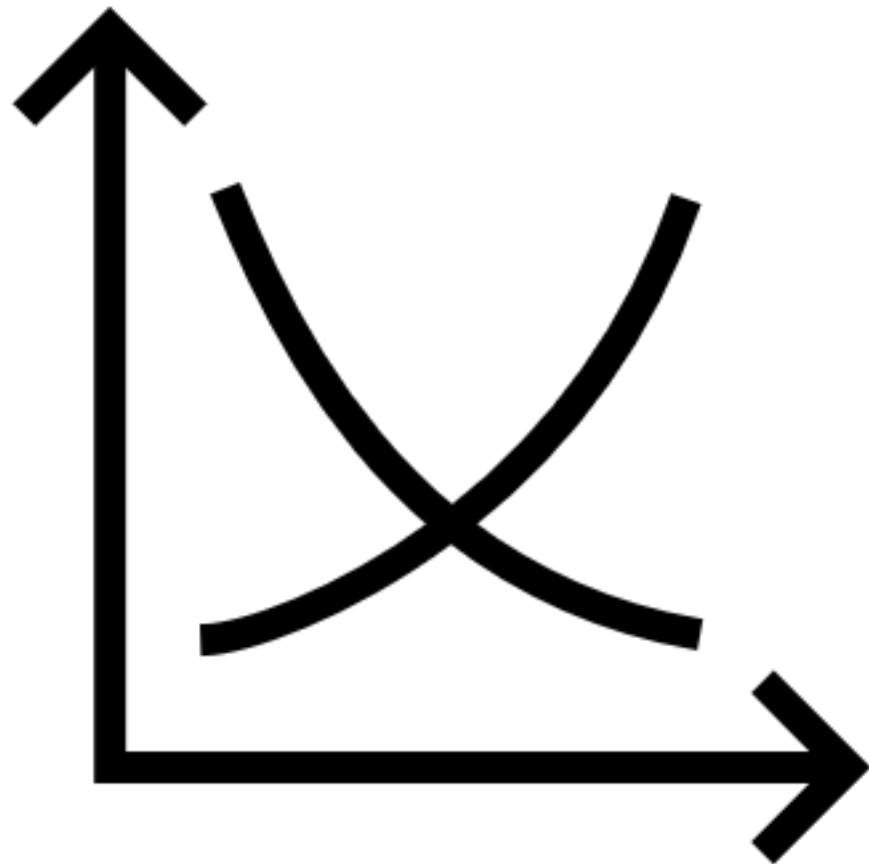
Caregiving – you can't unsee it



- COVID
- Walmart partnerships
- Facebook groups
 - Molly's Movement
 - Caregiver Connect
- FMLA action

Supply and Demand

- Today there are over 70m Baby Boomers -as they age, this group of care recipients could outnumber the current (silent generation) by 2:1
- The pool of caregivers to pull from, by generation, is markedly smaller than today
- We will see the average age of caregivers reduce dramatically over time
 - This trend is expected to become more prominent over the next 30+ years



LTCi and Informal Care

- Traditional policies offering benefits
 - BrokerWorld Magazine Annual LTCI Surveys
 - 2006¹ 26 carriers illustrating products
 - 14 have some type of benefit
 - 8/14 offer informal care at 100% HHC benefits
 - 2016 13 carriers illustrating products
 - 6 have some type of benefit offering
 - Mostly cash alternative at 30-50% DBA with annual limits
 - 2023 6 carriers illustrating products
 - 2 have some type of benefit offering
 - MOO Cash alternative at 25% DBA/MDB
 - NYL 50% HHC MDB up to 365 days, 4+ hours a day, non partner
- Hybrid products, cash benefits, support informal care

- LTCi claims²
 - Over \$12 billion in LTCi claims were paid in 2021 to over 300,000 claimants
 - Many claims begin at home
 - Many LTCi claimants are receiving informal care in addition to paid formal care

¹ The first survey with data fields on Informal Care (other than family) and Informal Family Care
² American Association for Long Term Care Insurance 12.21

Challenges/Resources & Personal Experiences



- Finding local resources
 - For the care recipient
 - For the caregiver
- Coordinating informal and formal care
- Managing both acute and chronic-
 - Conditions
 - Medical professionals
 - Care needs
- Broadband access in rural areas & ethnic divide
- Vendors, vendors, vendors
- State awareness/action
- LTCi market focus

2022 AgeTech Market Map

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- Out of pocket expenses
- Providing respite for the main caregiver
- ADL care is easier to provide than dementia care
- Look for stashed cash
- Rural areas have little to no help
 - MOW didn't offer diet restricted meals
 - No transportation
 - AAA little resources
 - HHC agencies were limited on staff and required 4 hours of service –minimum of 2x per week
 - Pharmacies (grocery stores) didn't deliver goods
 - Trust factor
 - Beware of boutique pharmacies



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Impact To the Caregiver

The Impact of Caregiver Stress



Likelihood of Nursing Home Placement of Care Receiver

	Within 1 year	Within 18 months	Within 2 years
Full sample	6.8%	9.7%	12.6%
High stress group	17.7%	23.5%	27.3%
High / Full	2.6	2.4	2.2

- ***Family caregiver burnout is a very significant risk factor to nursing home placement***
- ***This has recently become a leading focus for Medicaid and MLTSS programs***

The Impact of Caregiver Burnout



- Stress impacts caregivers in several ways:
 - Ability to work full time with consistency
 - Reduced opportunities to socialize
 - Mental and physical exhaustion
 - Many go on to have multiple chronic health conditions
 - **Identity discrepancy**
 - Depression
 - Relationship burdens
- Fortunately, many of these conditions can be addressed and managed with good counseling, setting boundaries and respite care

Caregiver Needs Change As Stress Increases



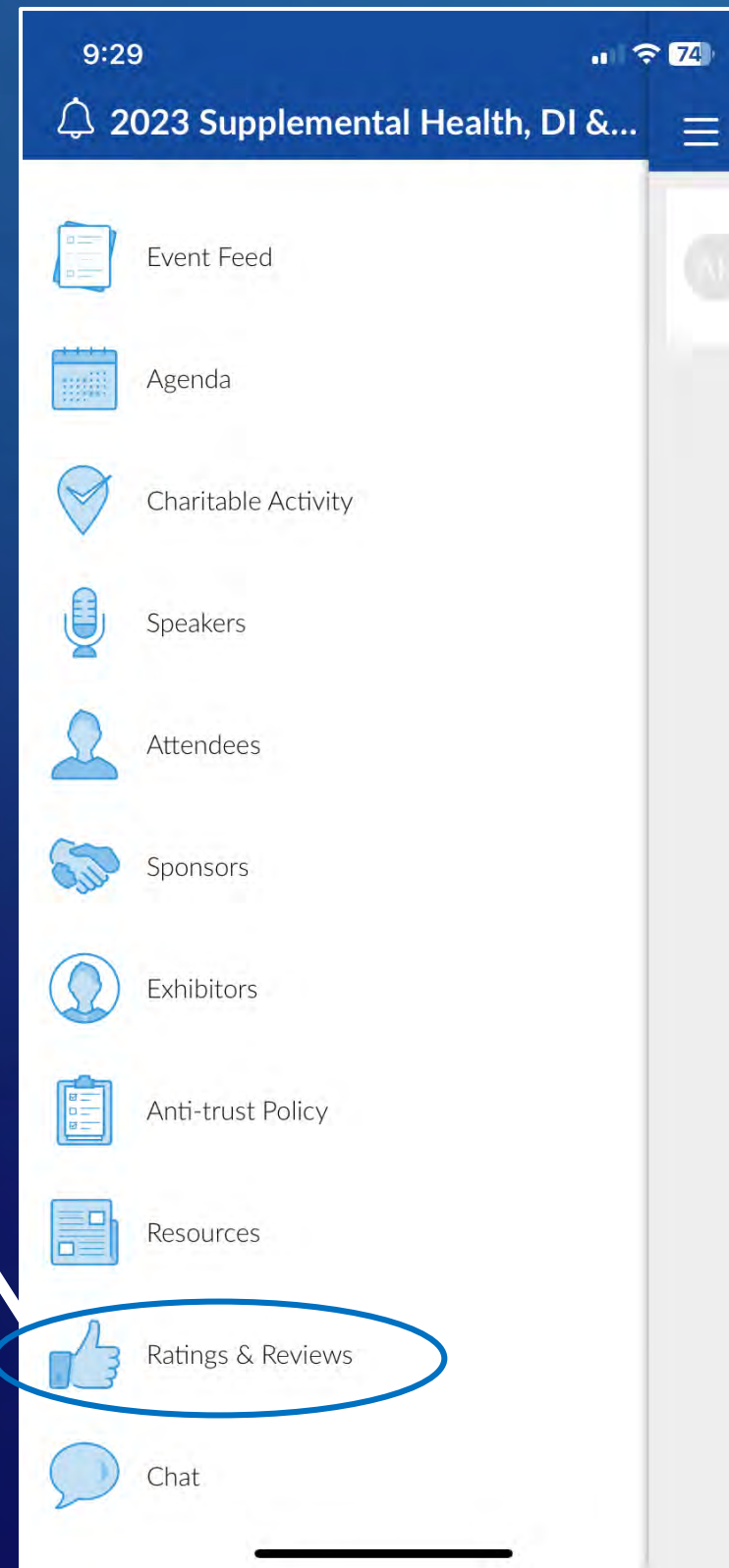
- Information
- Training
- Navigation

- Counseling
- Support groups
- In-home help
- Financial information and planning

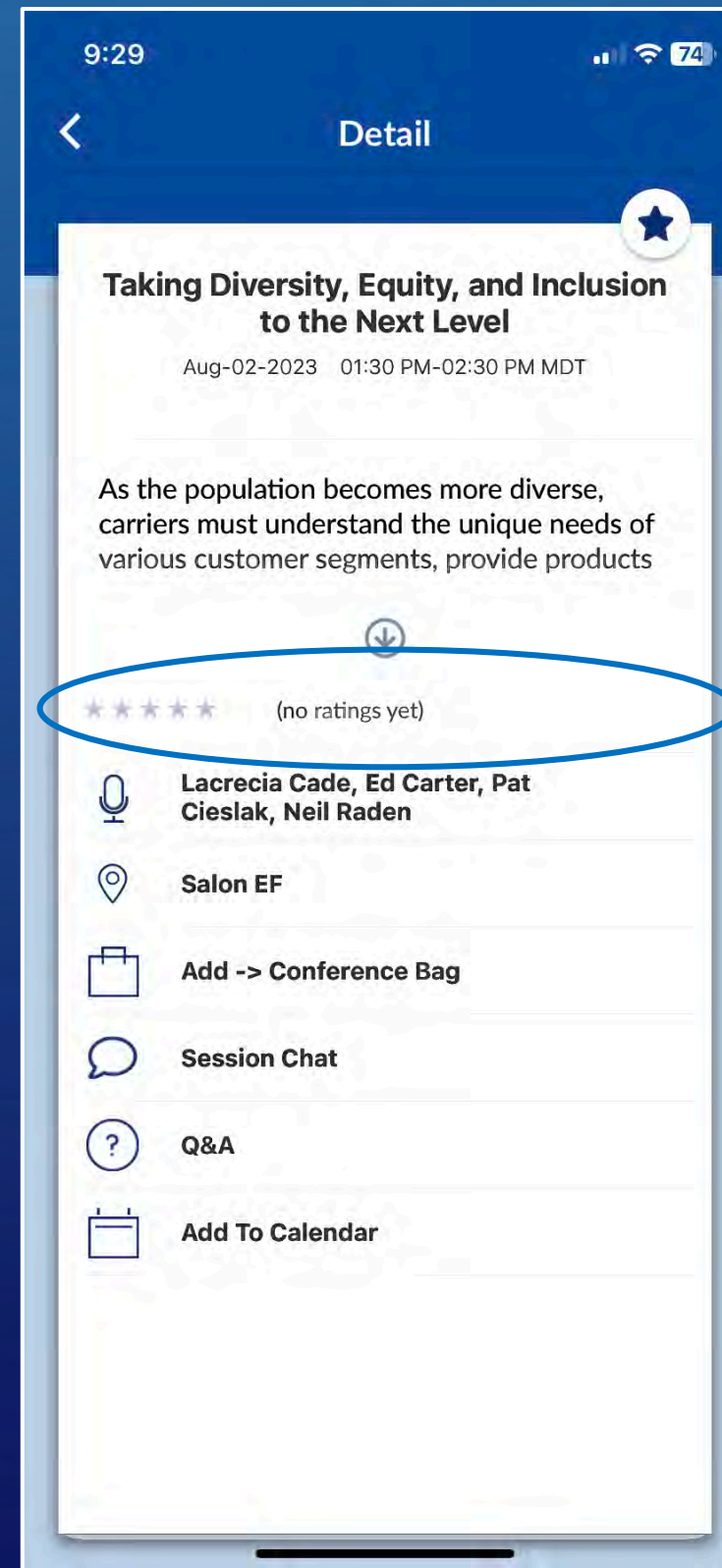
- Adult day care
- Respite care
- Assistive tech
- Family interventions
- Medical and behavioral health

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OPTION 2



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