

## SDMFC March Convening: Caregivers Factsheet

### Did You Know?

- Approximately 43.5 million caregivers in the U.S. have provided unpaid care to an adult or child in the year.
- Approximately 39.8 million caregivers provide care to adults that have a disability or illness.
- 65% of care receivers are females.<sup>1</sup>

### Military Affiliated Caregivers

- 52% of Service members receiving care suffer from Post-traumatic Stress Disorder.
- 46% of Service members receiving care suffer from Major Depressive Disorder.
- 33% of Military caregivers are spouses of the Service member.
- 25% of Military caregivers are parents of the Service member.
- 6% of Military caregivers are adult children of the Service member.<sup>2</sup>

### Definitions

- Informal Caregivers: are individuals that are not paid for caregiving of others (for example, a spouse, partner, family member, friend, or neighbor).
- Formal Caregivers: are professional care providers providing care in one's home or in a care setting (for example, day care, residential facility, and long-term care facility).<sup>1</sup>

### The Value of a Caregiver

- They improve the quality of life.
- They improve rehabilitation and recovery.
- They Prevent institutionalization.
- \$470 billion is the estimated economic value of all unpaid caregivers in the U.S.<sup>2</sup>

### Rights and Benefits

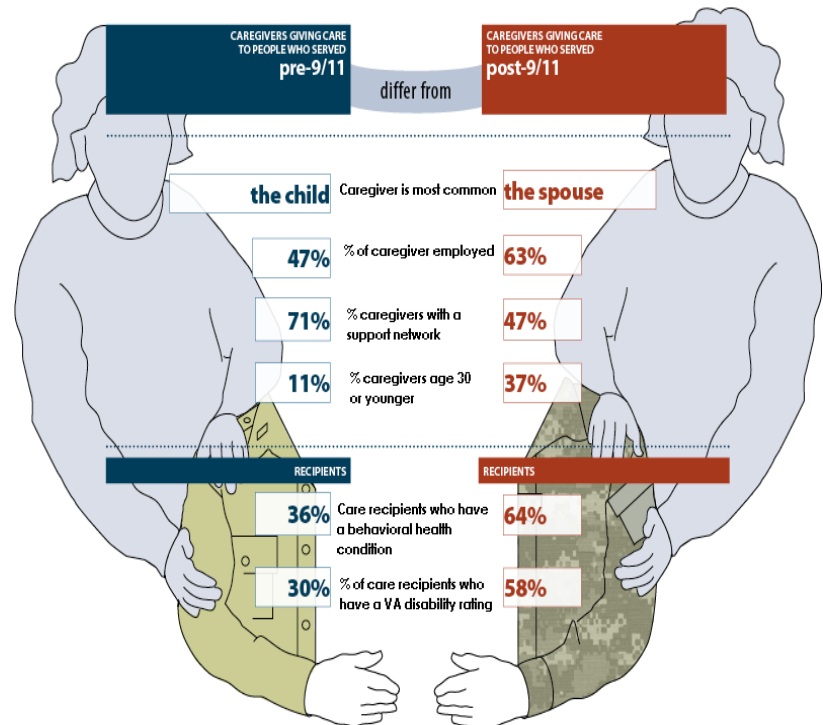
Spouses, surviving spouse, dependent child, or family caregiver of a Service-member or Veteran may qualify for health care benefits. In certain cases, they may also qualify for health care benefits due to a disability related to the Veteran's service. Visit the VA website for more information and how to apply for these benefits:<sup>3</sup>

<https://www.va.gov/health-care/family-caregiver-benefits/>

### End of Life Care

Many caregivers experience isolation and fatigue. The circumstances may change constantly. You will want to do your very best, but it can lead you to forget about your own self-care, or to ask for help. For the end of life, grief does not suddenly appear after the death of the person you were caring for, it begins with the thought that the person you are caring for may

not get well, which leads to having an emotional and physical breakdown when death finally occurs. In general, you can't know how long you will be caregiving, so always make sure that you practice self-care and make it a part of your everyday life. <sup>4</sup>



Picture adapted from Texas Public Radio Website.<sup>5</sup>

### Available Resources

- Elizabeth Dole Foundation- Dole Caregiver Fellow Program (<https://www.elizabethdolefoundation.org/dole>)
- Caregiver Community Program (<https://www.caregiver.org/community-care-program>)
- Defense Department Caregiver Resources (<https://warriorcare.dodlive.mil/caregiver-resources/>)
- Hiring Our Heroes program (<https://www.hiringourheroes.org/>)
- U.S. Department of Veterans Affairs (VA) Caregiver Support (<https://www.caregiver.va.gov/>)
- Operation We Are Here (<http://www.operationwearehere.com/>)

1. <https://www.caregiver.org/caregiver-statistics-demographics>
2. <https://phc.amedd.army.mil/topics/campaigns/caregiver/Pages/default.aspx>
3. <https://www.va.gov/health-care/family-caregiver-benefits/>
4. <https://americanhospice.org/caregiving/caregiving-at-lifes-end-facing-the-challenges/>
5. <https://www.tpr.org/post/source-unsung-military-caregivers>

