

Family Caregivers – interesting facts

The average length of time a family member provides care for an older adult with high needs is five years.

However, the length of time can vary depending on the type of care being provided and other factors:

- **Caregiving hours**

Caregivers who only help with household activities spend about 85 hours per month, while caregivers who help with self-care or mobility needs spend about 253 hours per month (which is 8 hours per day, seven days a week).

- **Type of illness**

Caregivers for people with Alzheimer's or dementia provide care for an average of 1–4 years longer than caregivers for people with other illnesses.

- **Gender**

Women spend more years caring for an older adult than men, on average 6.1 years compared to 4.1 years.



Do any of these sound like you?

- Your mom used to live by herself, but she had to move in with you when she was no longer able to manage on her own.
- Your child with a disability needs continual care, most of which is provided by your family.
- Your spouse had a stroke, and since he came home from the hospital, he can't bathe himself or get dressed without help.

Many people think of a caregiver as someone who gets paid to take care of another person. But that's not always the case. If you are a son, daughter, mother, father, or spouse – and you help a person who is older or who has a disability — you are a caregiver too.

Caregiving can take a significant toll on caregivers, both emotionally and financially. Some signs that it might be time to stop caregiving include:

- Anger
- Irritability or frustration
- Avoiding the loved one
- Physical fatigue
- Restlessness
- Worsening health
- Hopelessness
- Resentment

While taking care of your loved one is important to you, it is just as important to take care of yourself and the rest of your family as well.

The benefit of a long-term care policy is that a paid caregiver will do the heavy lifting for you! It also covers care in assisted living, memory care and nursing facility.

If you would like a quote for such a policy, I'll be happy to provide one for you with no obligation.

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Long-Term Care Solutions
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