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# **How Texas Tackles Family Caregiving: *Providing Support Across The Caregiving Continuum***

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**Aging in Texas 2021**



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# Introductions

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# Caregivers in the United States

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- ❖ Provide an average of 24 hours of care per week
- ❖ 1 in 5 report experiencing high financial strain
- ❖ 1 in 5 find it difficult to take care of their own health
- ❖ 43.5 million U.S. adults are caregivers
- ❖ 34.2 million providing care to a loved one age 50 or older
- ❖ 50% work full-time





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# Older Adults in Texas

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- ❖ 5.5 million adults aged 60 and over. Expected to grow to 7.2 million by 2030.
- ❖ 1.3M age 65 and over have disability
- ❖ 551,621 age 60 and over live below the poverty level



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# Caregivers in Texas

- ❖ Majority are the child or spouse of the person they care for
- ❖ 90% live within 10 miles of the person they care for
- ❖ 99% provide care at least once a week



Note: These percentages are from the sampling of the Caregiver Assessment Questionnaire (n= 7,619 for assessment period 4/1/2018 to 3/31/2020) and not representative of Texas a whole.



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# Caregivers in Texas

## Continued



- ❖ 99% provide care at least once a week
- ❖ More than half are not employed
- ❖ They are likely to be between the ages of 40 and 64

Note: These percentages are from the sampling of the Caregiver Assessment Questionnaire (n= 7,619 for assessment period 4/1/2018 to 3/31/2020) and not representative of Texas a whole.



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# Impact of COVID-19 on caregivers and care recipients

- ❖ Adults aged 65 and older, who are a higher risk group, have been disproportionately affected.
- ❖ Isolation experienced by older adults during the COVID-19 pandemic caused negative mental and physical effects.
- ❖ In-person visits were disrupted at long-term care facilities
- ❖ Fear of spreading virus to care recipient
- ❖ Disruption of in-home care services





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# HHSC Caregiver Supports

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- ❖ Texas Lifespan Respite Care Program
- ❖ Take Time Texas
- ❖ Medicaid programs and waivers
- ❖ Early Childhood Intervention







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# Other State Agencies Caregiver Supports

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- ❖ Department of State Health Services, Children's Mental Health
- ❖ Department of Family and Protective Services, Respite Care for Adoptive Families
- ❖ Texas Education Agency
- ❖ Veterans Administration





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# Texas Talks

Texas Talks, a campaign of Texas Health and Human Services, encourages everyone to take the time now to have important conversations with older family members and friends about aging issues and preparing for the future.





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# Texas Talks

## Resources

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Community leaders wanting to get involved with TT receive a toolkit that includes the following:

- ❖ Template emails
- ❖ Articles
- ❖ Flies
- ❖ Push cards

Information about each topic and worksheets to help start the conversation are available [on the website](#).





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# Center for Health Care Strategies

## Technical Assistance

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CHCS provides technical assistance to states dedicated to creating, improving, or enhancing family caregiving policies and programs in their states and communities. This project provides states with:

- ❖ strategies to enhance caregiver supports.
- ❖ targeted technical assistance and learn from other states.





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# Virtual Training and Education

## External Resources

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Training opportunities can provide caregivers with the tools, resources, and support they need to provide care to their loved ones.

- ❖ Caregivers providing care for a loved one with dementia could benefit from ongoing training and support. The [Alzheimer's Association](#) is a good source for this support.
- ❖ New caregivers can connect with a supportive community and receive important resources through the [Caregiver Action Network](#) or [WellMed Charitable Foundation](#).
- ❖ The [Family Caregiver Alliance](#) provides classes for caregivers and fact sheets on caregiving for different types of patients.



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# Local Caregiver Supports

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- ❖ Area Agencies on Aging
- ❖ Aging and Disability Resource Centers
- ❖ Local Intellectual and Developmental Disabilities Authorities
- ❖ Faith-based and other respite care providers
- ❖ Educational and training resources





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# Discussion:

## Local Caregiver Supports

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1. What services and resources are available to support caregivers in your community?
2. What services and supports are missing?





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# Discussion:

## Future of support to caregivers

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1. How can HHSC work with the aging services network to support caregivers?
2. How can we reach caregivers that may not be aware of the services and supports available to them?





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# Thank you

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*"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver."*

~Rosalyn Carter

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