

THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



WELCOME

Happy November! This month is always one of my favorites, the cool weather, turkey day, and National Caregiver Month! This whole month we celebrate YOU! The family caregiver, all of the hard work you put in to make sure your loved one is safe, healthy, and happy! We, in the High Country, and around the nation appreciate you and all you do!

QUOTES OF THE MONTH

"Caregiving often calls us to lean into love we didn't know possible." — Tia Walker

"When you are a caregiver, you know that everyday you will touch a life of a life will touch yours"- unknown

NATIONAL FAMILY CAREGIVER MONTH

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTION SPECIALIST

The High Country Area Agency on Aging wants to take the time to celebrate you this month! Caregiving can often be a thankless job, you deserve to know how much of an impact you make to your loved one but also this country. Below, you will find some statistics on just how much of an impact you make. As always, know that we at the Area Agency on Aging are here for you. Please contact us if you need respite, supplemental services, case managements, or any other needs you may have.

●●About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months. [National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]●●

●●About 15.7 million adult family caregivers care for someone who has Alzheimer's disease or other dementia. [Alzheimer's Association. (2015). 2015 Alzheimer's Disease Facts and Figures.]●●

●●The value of services provided by informal caregivers has steadily increased over the last decade, with an estimated economic value of \$470 billion in 2013, up from \$450 billion in 2009 and \$375 billion in 2007. [AARP Public Policy Institute. (2015). Valuing the Invaluable: 2015 Update.]●●

●●At \$470 billion in 2013, the value of unpaid caregiving exceeded the value of paid home care and total Medicaid spending in the same year, and nearly matched the value of the sales of the world's largest company, Wal-Mart (\$477 billion). [AARP Public Policy Institute. (2015). Valuing the Invaluable: 2015 Update.]●●

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