

## Press Release from the Caregiver's Action Network (CAN) Announcing National Family Caregivers Month 2014

### Care Comes Home

Your loved one's care does not always take place in hospitals, or nursing homes, or doctor offices, or medical clinics. Most care actually occurs in the home – and that's a good thing. People are healthier at home and health care costs are reduced. Family caregivers have the best interests of their loved ones at heart. But caregiving at home can take its toll and it certainly takes a lot of planning. The Nation's 90 million family caregivers are front and center in providing care every day – enabling their loved ones to stay at home longer where they are happier and healthier.

- Most adults would prefer to age in place. 90% of adults over the age of 65 would prefer to stay in their current home as they age. Family, friends, and neighbors provide 80% of the care for the elderly.
- **Two out of every 5 adults are family caregivers.** 39% of all adult Americans are caring for a loved one who is sick, disabled, or living with frailties of old age. That's up from 30% in 2010.
- **Family caregivers are the only people who are present with patients in all care settings.** Patients may have more than one doctor; nurses change shifts; prescriptions may be filled at different pharmacies. But family caregivers are there as full partners with their loved ones through it all.
- **Complex care happens in the home.** Almost half of family caregivers perform sophisticated medical/nursing tasks for their loved ones – such as providing wound care and operating specialized medical equipment – and up to 70% manage medications for their loved ones.
- **Caregiving affects the whole family.** Men are now almost as likely to say they are family caregivers as women are (37% of men; 40% of women). And even 36% of younger Americans between ages 18 and 29 say they are family caregivers!
- **Many families make changes at home because of their caregiving responsibilities.** Some families have to tighten their belts at home to pay for out-of-pocket caregiving costs (an average of \$5,500 per year). And many more have to make home alterations to ensure safety, security, and cleanliness for their loved ones.

During National Family Caregivers Month,  
we celebrate the valuable role that family caregivers play when

*Care Comes Home!*

CAN is a non-profit organization supporting caregivers. <http://www.caregiveraction.org/>