

# “Making Sense of Caregiving”

*UNCG Association of Retired Faculty*

**Institute for Family Caregiving, Inc.**

Willetha King Barnette and Harold Barnette



# ***North Carolina is Aging!***

- Total population has exceeded 10 million.
- Ranks 9<sup>th</sup> nationally in total population and 8<sup>th</sup> in number of people 65 and over.
- By 2028, one in five North Carolinians will be 65 and over. By 2031, there will be more people 65+ than children under 18.
- 27% of adults 65+ live alone, 35% have a disability, 81% have one or more chronic diseases, 30% have HS education/GED, 25% of adults 65-74 are working.
- The projected growth among the age groups 65-74 (35%), 75-84 (94%) and 85+ (114%) indicates that as the baby boomers continue to age, there will be an increased proportion of older adults in the state creating challenges for long-term services and supports.

Sources: NC Census Bureau, NC Office of State Budget and Management, Facts and Figures

# MEDIAN MONTHLY COSTS FOR NORTH CAROLINA

Homemaker Services	\$4,385
Home Health Aide	\$4,385
Adult Day Health Care	\$1,197
Assisted Living	\$4,500
Nursing Home	\$7,483 - \$8,213

Source: 2021 Genworth Cost of Care



# re·sil·ience

/rə'zilyəns noun

1. the capacity to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity.

# **3 DUTIES OF THE FAMILY CAREGIVER**

**BE THE PATIENT EXPERT**

**COORDINATE CARE**

**BE THE PATIENT ADVOCATE**

## **IFC'S 7 PRINCIPLES**

**HELP WITHOUT HURTING**

**BE LEGAL**

**ACCEPT ASSISTANCE**

**AVOID PANIC**

**BE A "HEALING TEAM" PLAYER**

**SAFETY FIRST**

**SEEK RESPITE**



**Family Caregivers are experts on the patient.**

**Health care providers are experts on diagnosis and treatment.**

IFC, Inc.

# All in the Family

(Checklist)

First, Middle, Last	
Maiden	
Place of Birth/city and state	
DOB	
Marital Status:	<input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed <input type="checkbox"/> Never married
Telephone Number (mobile and/or landline)	
Current Address	
EMAIL#1	
EMAIL #2	
Blood Type	
Military Veteran <input type="checkbox"/> Y <input type="checkbox"/> N	
Medical Alert Device?	
Durable POA? Health care POA?	
Living Will?	
Will?	
<b>FAMILY MEMBERS</b> (given, surname, nickname)	Date of Birth/Telephone/Spouse
Spouse	
Date of Marriage	
Children (Spouses)	
Sisters/Brothers	
Grandchildren	
<b>MEDICAL</b> (account numbers where applicable)	
Primary Medical Insurance	
Supplementary Medical Insurance	
Electronic Medical Record (username, password)	

Diagnoses	
Allergies	
Primary Care Physician (name, address, phone#)	
SPECIALIST(s)	
Medication(s)	
Family Medical History	
Preferred Hospital	
<b>LICENSES/POLICIES</b>	
Birth Certificate (attach certified copy)	
Driver's License (attach copy)	
Social Security (attach copy)	
Auto Insurance (attach copy)	
Home Insurance (company + contact info)	
Life Insurance (company + contact info)	
Marriage License/Divorce Decree	
Military Record (DD214)	
Burial Insurance?	
<b>BANKING</b>	
Checking Account #1 (voided check)	
Checking Account #2 (voided check)	
Savings Account (voided deposit slip)	
401k Account	
Mortgage (bank, loan#)	
Retirement Account(s)	
Securities/Stocks	

Institute for Family Caregiving, Inc. (2018)  
**NOTE:** Sensitive information should always be kept in a secure location.





# **FAMILY CAREGIVERS**

**HIDDEN DECISION MAKERS**



THE MOST  
VALUABLE  
COMMODITY IN  
HEALTH CARE IS  
**INFORMATION.**



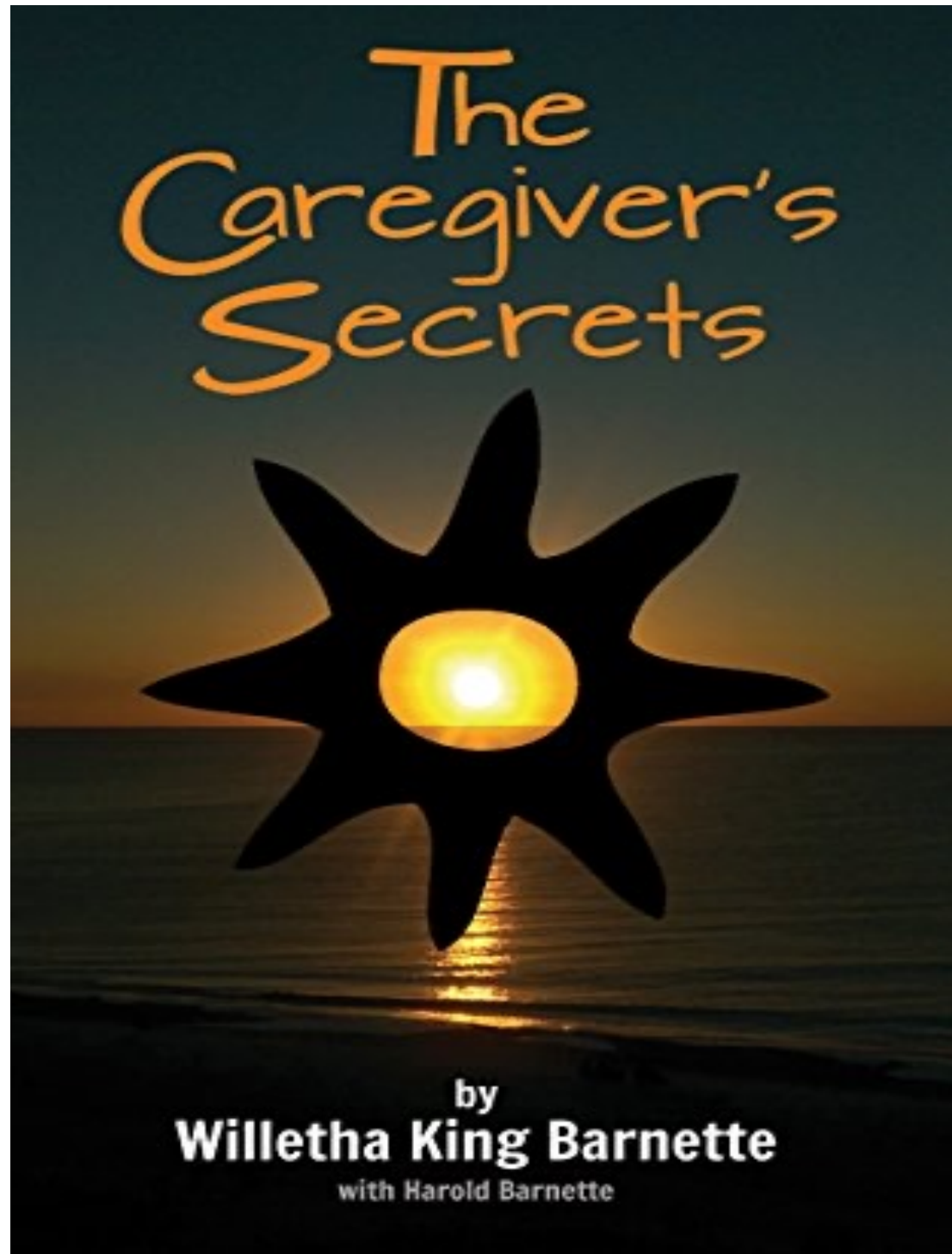
# Who are today's family caregivers?

23 percent: Millennials

29 percent: Gen-X

34 percent: Boomers





Annie Ruth Jackson King



**THANK YOU FOR LISTENING**

**The Em**POWER**ed Caregiver**

**[www.ifcaregiving.com/](http://www.ifcaregiving.com/)**