

Family Caregivers In South Carolina Provide Care Valued At \$7.4 Billion

Over **770,000 family caregivers in South Carolina** provide **737 million hours** of 'free' services to their chronically ill, disabled, or frail elderly loved ones each year. If their services had to be replaced by care workers paid \$10.04 per hour, the cost would be almost **\$7.4 billion** each year.

Impact of Caregiving

- Unpaid family caregivers provide **80% of all long term care** in the U.S.
- **Family caregivers are at higher risk** for stress, depression physical and financial problems and increased mortality. These problems may impede their ability to give care now and support their own care needs in the future.
- The caregiver's own physical health is an influential factor in the decision to place an impaired relative in a long term care facility.
- The average caregiver foregoes **\$659,139** in salary, and retirement benefits over the course of a lifetime.
- **U.S. businesses lose \$11 to \$29 billion per year** due to decreased productivity by stressed working caregivers and replacement costs when employees resign to become full-time caregivers.
- Most caregivers are ill-prepared for their role and receive little or no support.

Respite, Counseling & Support Are Shown to Reduce Costs

- **Respite** decreases the risk to caregivers, **reduces the risk of acute hospital admissions**, and helps **prevent or delay costly placements** in assisted living facilities or nursing homes.
- Counseling and support improve health outcomes and extend caregiving.

South Carolina Family Caregiver Support Program – A Statewide Consumer-Directed Model

South Carolina's model builds on current research and best practice to provide a **statewide infrastructure to support family caregivers** who are the backbone of our long-term care system in SC.

Family Caregiver Support Services

Administered locally by the 10 Area Agencies on Aging (AAA), each AAA has a full-time **Family Caregiver Advocate** who works directly with family caregivers, providing:

- **Information & Assistance** in accessing existing community services
- **Support & Counseling**, and
- **Caregiver Training**

Eligible caregivers may also obtain a mini-grant or budget to purchase the following services from the provider of their choice:

- **Respite** (A short break from caregiving)
- **Supplemental Services**

Caregivers either purchase the agreed upon services and receive reimbursement through the FCSP or they may access services through vouchers.

Target Populations

- Unpaid adults caring for a frail or disabled adult (60 or older)
- Unpaid adults caring for someone with Alzheimer's disease
- Grandparents or relative caregivers (55 or older) raising a child 18 or younger
- Grandparents (55 or older) caring for a disabled adult (19-59 years)



Accomplishments – Fiscal Year 2012

Regional **Family Caregiver Advocates** worked **one-on-one** with caregivers, providing counseling, support, and help in gaining access to available community services. Many more caregivers received caregiver information.

Consumer choice – Eligible caregivers receiving a mini-grant were able to purchase services from the provider of their choice or arrange for a neighbor or family member to provide in-home respite. The average respite grant was \$460.

2089 caregivers purchased **127,209 hours** of respite. Making careful choices the average caregiver was able to purchase **61 hours** of respite at an average cost of **\$7.73 per hour**.

Many family caregivers also participated in caregiver training programs, counseling and support sessions.