



**A QUESTION FOR  
EVERYONES CRYSTAL BALL**

**HOW DO I OR MY  
FAMILY MANAGE THE  
CONSEQUENCES OF  
BEING A CAREGIVER?**

**INFORMATION  
BOOKLET**

**TEXAS**

**SECURED**

**CAPITAL**

## Multi-Generational Living & Caregiving

There is a rapidly growing number of multi-generational homes in the U.S. In 2014, a record 60.6 million people, or 19% of the U.S. population, lived with multiple generations under one roof, according to a new Pew Research Center analysis of census data.

Factors such as a high divorce rate, costly housing, the need to share family caregiving responsibilities, and the growing over-65 population who need help have all contributed to the phenomenon of parents, children and grandchildren living together.

With the recent depletion of assets, increase in unemployment, and rise in home foreclosures, more people are giving the “extended family under one roof” idea a serious look. For many it’s not an option — it’s a necessity.

It’s natural for adult children, as their parents age, to wonder what it would be like to have them living close. In fact, among children who care for older parents or relatives, a fairly high percentage does so on a live-in basis.

## The Numbers

**5.8 to 7 million** people (family, friends and neighbors) provide care to a person (65+) who needs assistance with everyday activities.

**65.7 million** informal and family caregivers provide care to someone who is ill, disabled or aged in the U.S.

**52 million caregivers** (or one out of every five households ) are involved in caregiving to persons aged 18 or over

**27.3 million** family caregivers provide personal assistance to adults (aged 15+) with a disability or chronic illness.

**Two out of three (66%)** of older people with disabilities who receive LTSS at home get all their care exclusively from their family caregiver, mostly wives and daughters. **Another quarter (26%)** receives some combination of family care and paid help; only 9% receive paid help alone.

Adult children anticipating this step will need to make plans to share the workload, possibly hire some outside help, and balance time for extended family with time for themselves or friends.

Regardless of your specific situation there are some basic questions you should consider.

## What is a caregiver?

Caregivers are people who take care of other adults, most often parents or spouses, who are ill or disabled. The people who receive care usually need help with basic daily tasks. Caregivers assist with many things such as:

- Bathing & dressing
- Cleaning
- Cooking
- Feeding
- Giving medicine
- Paying bills
- Shopping
- Toileting
- Doctor's appointments



The primary caregiver is most often female. Studies have shown that wives, adult daughter-in-laws, and daughters provide most of the personal care and help with household tasks, transportation and shopping. Men are more likely to purchase services or provide management services.

According to the National Alliance for Caregiving and AARP, study estimates that 21percent, or 44.4 million, of the U.S. population provides unpaid care to friends and family age 18 and older. The terms informal caregiver and family caregiver refer to people who are not paid to provide care. As the American population ages, the number of caregivers and the demands placed on them will grow.

## What is caregiver stress?

Caregiver stress is the emotional strain of caregiving. Studies show that caregiving takes a toll on physical and emotional health. Caregivers are more likely to suffer from depression than their peers. Limited research suggests that caregivers may also be more likely to have health problems like diabetes and heart disease than non-caregivers.

Women caregivers are particularly prone to feeling stress and overwhelmed. Studies show that female caregivers have more emotional and physical health problems, employment-related problems, and financial strain than male caregivers. Other research shows that people who care for their spouses are more prone to caregiving-related stress than those who care for other family members.

It is important to note that caring for another person can also create positive emotional change. Aside from feeling stress, many caregivers say their role has given them a sense of purpose and provides comfort in knowing they are making a difference in the life of a loved one.

## How can I tell if caregiving is putting too much stress on me?

If you have any of the following symptoms, caregiving may be putting too much strain on you:

- Change in eating habits — resulting in weight gain or loss
- Easily irritated, angered, or saddened
- Feeling tired or without energy most of the time
- Frequent headaches, stomach aches, or other physical problems
- Loss of interest in activities you used to enjoy such as going out with friends, walking, or reading
- Sleeping problems — sleeping too much or too little

## What can I do to prevent or relieve stress?

By taking care of yourself you will become a better caregiver. Take the following steps to make your health a priority:

- Find out about community caregiving resources
- Ask for and accept help
- Stay in touch with friends and family
- Social activities can help you feel connected and may reduce stress
- Find time for exercise most days of the week
- Prioritize, make lists, and establish a daily routine
- Look to faith-based groups for support and help
- Join a support group for caregivers in your situation
- See your doctor for a checkup
- Ask your doctor about taking a multivitamin and about symptoms of depression or sickness you may be having
- Try to get enough sleep and rest
- Eat a healthy diet
- Take one day at a time

Caregivers who work outside the home should consider taking some time off. If you are feeling overwhelmed, taking a break from your job may help you get back on track. Employees covered under the federal Family and Medical Leave Act may be able to take up to 12 weeks of unpaid leave per year to care for relatives.

Ask your Human Resources Department about options for unpaid leave.

## Family caregivers may wonder

- A. Do I have the resources to take care of mom or dad in my home?
- B. Do mom and dad move in with me or vice versa?
- C. Is my home safe for them and, if not, what changes should be made?
- D. How do I make sure I have time for myself?

Moreover, families who envision a joint household possible in the future should ask for answers to these questions:

- Will I lose my independence?
- Is it better for me financially to remain in my own home or to move in with my family?
- How should we handle separate checking and savings accounts?
- What about joint expenses?
- Will I have my own room or space?
- What household responsibilities will be expected of me?
- Will I be asked to care for grandchildren and how often?
- What amount of money will I be expected to pay for household expenses?
- What will happen to my home, savings account and investments?
- Will changes be made to the home to make it safer for me?
- Can I bring my pet?
- Will I have a say in family decisions and in how family “together” time is spent?
- Can I entertain my friends?
- What happens if I need assistance?

In the past, it has probably been more common for one or both elderly parents to move in with their children. But now maybe mom’s house is the better choice.

The same questions apply, and either way, the issues of authority and decision-making, safety, and finance need to be faced.

Source: Too Close for Comfort: A Guide for Boomers and the Seniors Who Live with Them.

## Will Medicare or Medicaid help pay for home health care?

Medicare pays for very limited home health care services; primarily skilled care like nursing services or physical, occupational, or speech therapy. It is a requirement that such care help the patient recover function following an illness or hospitalization and is continued as long as the patient makes progress and is substantially housebound.

Medicare will pay for a small amount of help with activities of daily living (such as bathing and eating) for a limited time if the patient also is receiving skilled care.

To qualify for Medicaid, a person must have a low income and few other assets. Medicaid coverage differs from state to state. In all states, Medicaid pays for basic home health care and medical equipment. In some cases, Medicaid will pay for a homemaker, personal care, and other services not covered by Medicare. For more information on Medicaid coverage of home health care in your state, call your state medical assistance office. For state telephone numbers, call 1-800-MEDICARE.

## Family and Medical Leave Act

### Overview

Covered employers must grant an eligible employee up to a total of 12 work weeks of unpaid leave during any 12-month period for one or more of the following reasons:

- for the birth and care of the newborn child of the employee;
- for placement with the employee of a son or daughter for adoption or foster care;
- to care for an immediate family member (spouse, child, or parent) with a serious health condition;
- or to take medical leave when the employee is unable to work because of a serious health condition.

Ask your Human Resources Department about options for unpaid leave.

## Comfort



comes from the knowledge that you and your family can manage through a challenging life event. Our Texas Secured Capital outreach project is based on the premise that traditional long term care insurance does not always meet the needs for most modern families.

We want to change that by providing coverage that pays anyone for anything when you or someone you love is eligible for benefits.

With multi-generational living being more a part of the American family landscape coupled with the high cost of professional services, we see this as the right tool to assist families to manage the consequences financially and emotionally during a chronic impairment or critical illness of a loved one.

## Imagine

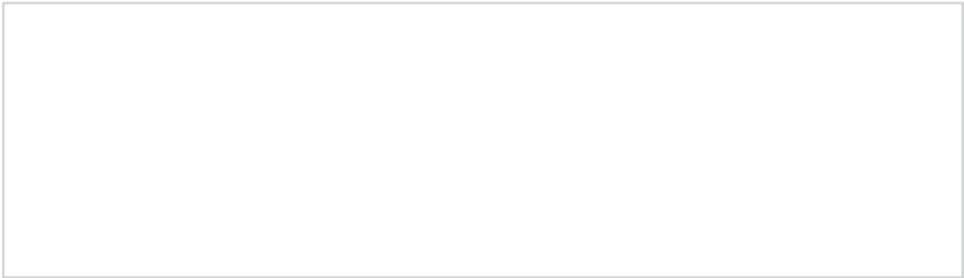
the freedom you and your family will have knowing they can **Pay Anyone for Anything** during any Critical or Chronic long term illness before the expenses are incurred.



## Preparation



begins in knowing you have a plan of action. Most importantly, no matter what happens, you will know that a cash benefits is timeless and will give your loved ones a lifeline in a time of need.



**Texas Secured Capital's** outreach project is based on the premise that traditional financial planning doesn't always meet the needs of most modern families. Our team is changing "traditional" retirement planning by providing the appropriate financial tools to meet **YOUR** objectives.

Our team knows insurance carriers and investment firms use math to their favor. We use math to favor you.

visit [txseccap.com](http://txseccap.com)

**TEXAS SECURED CAPITAL**

**Cash4Care**  
*with Simplicity*

*Freedom to  
Pay Anyone for Anything*

FOR FAMILIES WHO HAVE PROMISES TO KEEP

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