

April 2020

Welcome and Thank You

Welcome to this edition of nsoc & you, a newsletter designed especially for participants in the National Study of Caregiving.

NSOC is a national study of people who help older family members and friends who are part of the National Health and Aging Trends Study (NHATS). With three rounds of interviews completed, researchers can now study how helping an older adult with daily activities affects things like health, work, and well-being. Going forward, the study will take place annually and will help researchers understand the changing lives of those caring for older adults.

This newsletter highlights a few recent findings. Thank you for being part of NSOC.

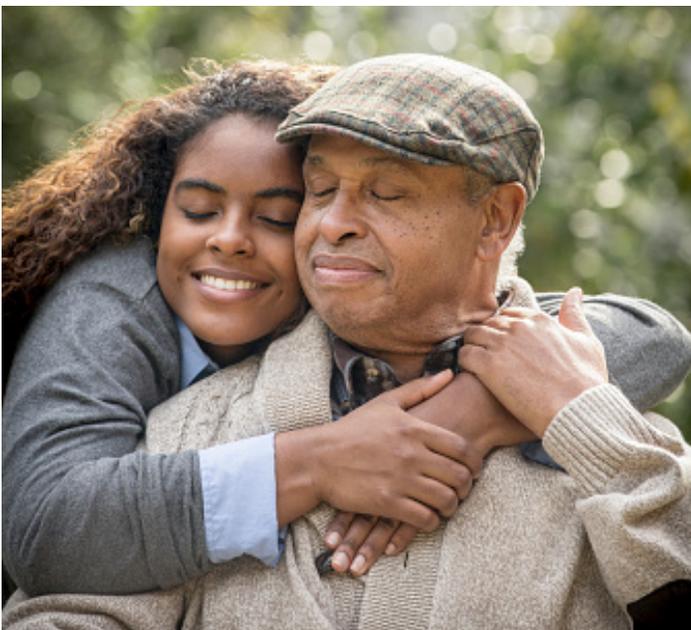
A National Spotlight on Caregiving

A groundbreaking report from the National Academies of Science, Engineering, and Medicine used NSOC to highlight the 18 million friends and family members providing 1.3 billion hours of help each month to older adults who need assistance with daily activities.



Most caregivers are spouses or adult children and many live with the person they are caring for. Caregivers may help with daily activities like cooking and shopping, with transportation, or with managing medications. Sometimes they also help with getting around or even with getting dressed and groomed for the day.

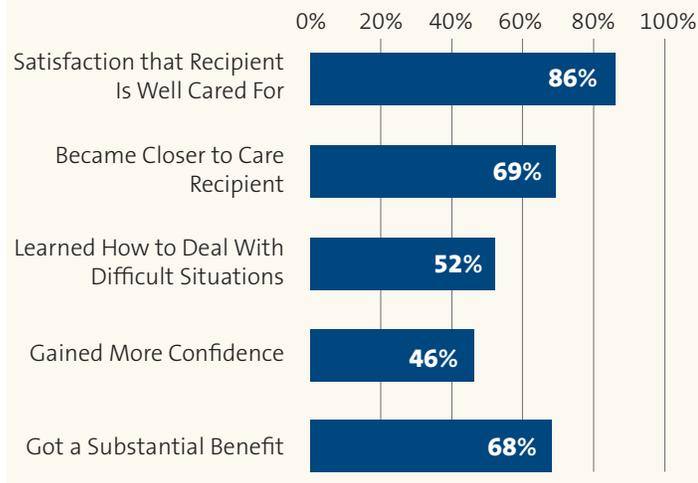
The typical caregiver spends nearly 20 hours a week helping a loved one with their daily activities. That's equivalent to a half-time job.



The Many Benefits of Helping

While there are challenges associated with helping older adults, most helpers report substantial benefits. Over 80 percent report that helping gives them satisfaction that their relative is well cared for.

Reporting the Benefits of Helping



Spotlight on Dementia Caregiving

Symptoms of dementia, including memory loss and difficulties with thinking, problem-solving or language, can make providing care particularly demanding.

Even though only 1 of every 10 older adults in the United States has dementia, 1 out of every 3 caregivers is helping someone with this condition.

Often dementia caregivers find themselves working as a team, dividing and sharing care responsibilities as needed. These teams often expand as the disease progresses.

Communicating is Key

About half of caregivers to older adults spend time communicating with their loved one's health care provider. That provider might be a doctor, nurse, physician's assistant, or some other type of healthcare worker.

These communications receive high marks from caregivers. Nearly 9 out of 10 caregivers report that they are listened to and more than 7 out of 10 are asked if they understand the treatments being given to their loved one.

One area for improvement in communication: only 28 percent of caregivers say that health care workers ask them if they need help caring for their loved one.



Photo is for illustrative purposes only. Any person depicted in the photo is a model.

Thank you for your participation in NSOC!

www.mynhats.org

1-855-421-1182



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