

Nationwide Retirement Institute[®]

Nationwide[®] caregiving resource guide



Resources to help you care for your loved ones — and take care of yourself

Caring for loved ones who need help with daily activities such as eating and bathing can be hard, especially if you have other responsibilities such as a job or children that require your time and attention.

Two-thirds of elderly Americans who need regular care rely exclusively on a family member.¹ Taking on long-term responsibility for the care of a loved one can have a huge impact on your financial, physical and mental well-being.

This resource guide is broken down into 3 sections:

- 1** Getting help with day-to-day duties

- 2** Looking after yourself so you can look after others

- 3** Emotional and practical resources for end-of-life care

¹ "Caregiver Statistics: Demographics," Family Caregiver Alliance (April 17, 2019).

Did you know?

Financial burden²

Nearly half of caregivers report having out-of-pocket financial impact as a result of caregiving.

- 28% stopped saving
- 23% took on more debt
- 22% used up short-term savings
- 19% left bills unpaid or paid them late

Time commitment²

Among adults who are/were a caregiver, 24 hours is the average amount of time spent each week as a caregiver.

64% of respondents feel like they can't take a day off from caregiving responsibilities.³

Health impact

Informal caregivers are more susceptible to emotional stress, anger and anxiety, substance abuse and higher mortality rates.²

Caregivers are nearly twice as likely to say their health is poor compared with the general population.⁴

40% of sole caregivers of Alzheimer's and dementia patients die from stress-related disorders before the patient dies.⁵

Nearly 4 in 10 caregivers report a high level of physical strain resulting from caregiving.⁶

4 in 10 consider their caregiving to be highly stressful.⁴

4ⁱⁿ 10

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² "Caregiver Statistics: Facts About Family Caregivers," Ashley Huntsberry-Lett, AgingCare (Oct. 28, 2021).

³ 2020 Nationwide Retirement Institute® Long-Term Care Consumer Survey.

⁴ "Caregiving in the United States 2020," AARP Research Report (May 14, 2020).

⁵ "Unsung heroes: 16.2 million Alzheimer's caregivers," James Herlihy, Your Hub, Alzheimer's Association of Colorado (Oct. 26, 2019).

⁶ www.aarp.org/caregiving/life-balance/info-2019/caregiver-stress-burnout.html

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Getting help with day-to-day duties



Depending on your loved one's capabilities, you may be spending a little — or a lot — of time tending to their needs. After living a vital, independent life, they may find it difficult to now rely on others to help them with basic personal care. We know that your focus is to maintain your loved one's quality of life, and that means taking care of both their physical and emotional well-being. Here are some strategies to make the day-in and day-out of caregiving just a little bit easier.

Your home or theirs?

Do you currently care for your loved one at their home or your own? While it's a big decision to have your loved one move in with you and your family, that is sometimes the most beneficial arrangement for everyone concerned.

Your home

Consider:

- What is their preference?
- How would it impact my immediate family if this person moved in?
- How long does it currently take to get to their house and back each day? Is that time that could be spent on another high-priority task?
- If my loved one were to sell their house now, could that offset some of the costs associated with their care?
- Which living space is best suited to their needs? What renovations would be required to ensure their safety and help them get around? What modifications need to be made to facilitate basic care such as bathing? If you live in a two-story house with only a half-bath downstairs, renovations such as a stair lift may be required to accommodate bathing.

Their home

Of course, your loved one may prefer to stay in their own home, and providing family and/or professional caregiving services is another option. The right answer depends on the extent of care needed and the finances available.



Resources:

Use this comprehensive **AARP Checklist** with your family when moving your loved one into your home. bit.ly/3PWGulh

Get valuable tips from AARP's "How to Make a Home Safe for Your Aging Parent." bit.ly/3PEsnS2



Resources:

Learn more from **AARP** about the types of in-home caregivers and the steps to hire a caregiver who is right for your family. bit.ly/3Blwtu4

Common caregiving tasks

Activities of daily living⁷

- Bathing
- Dressing
- Eating
- Transferring
- Toileting
- Continence

Instrumental activities of daily living⁸

- Household chores
- Meal preparation
- Managing money/paying bills
- Transportation
- Shopping

That's obviously a lot for one person to handle, so think about ways that you can outsource some of these tasks and/or plan for a respite every few months. For example, can a long-distance family member be in charge of paying bills or perhaps take over your responsibilities for a few days so you can get a regular break?

You may also want to consider hiring an in-home caregiver part- or full-time to help your loved one with their daily living activities. Based on experience and training, there are many types of caregivers available to meet your loved one's needs.

Funding options

Can the federal or state government help offset the cost of in-home caregivers? Programs such as Medicare and Medicaid may be able to help in some cases. Medicare can help pay for short-term acute care, usually for a limited time up to 100 days, and when tied to a specific medical event for which qualifications have been met. However, Medicare does not pay for help with ongoing daily activities such as bathing and dressing.

Medicaid is a program for those with low income and assets and is both a federal and state program. Upon meeting qualifications, nursing home care is covered by Medicaid in all 50 states. However, each state determines to what extent any additional services, such as in-home care, will be covered.

Psychological support

Maintaining your loved one's physical well-being is only part of the responsibility a caregiver takes on. You also need to take steps to keep your loved one feeling mentally alert and to reduce their risk of depression.

Depending on your loved one's capabilities, consider visiting a senior center near you. Studies show that regular senior center participants have better health outcomes and social bonds⁹ compared with their peers. Not only are they a great way for your loved one to meet others, senior centers are also a vital way to collect information about community services that can help your loved one retain — or gain — some independence. Also be on the lookout for senior programs offered through your local community or recreation center.

Resources:

Find out what's covered and what's not when it comes to paying for long-term care. Access resources from the **Department of Health & Human Services**. bit.ly/3vjxwXw

Resources:

Find out more about the benefits and services of senior centers with this information from the **National Council on Aging**. bit.ly/3PZDiW4

⁷ The Internal Revenue Code Section 7702B(c)(1).

⁸ "Home health care and the caregiving crisis in America," Shawn Britt, Nationwide Retirement Institute (2019).

⁹ "Get the Facts on Senior Centers," National Council on Aging (July 19, 2022).

2 Looking after yourself so you can look after others



Resources:

Better understand the emotional side of caregiving with this article from the **Family Caregiver Alliance**. bit.ly/3J6BLLT

The **Working Daughter Facebook group** brings together women who are juggling caregiving and work responsibilities. bit.ly/3J9vLSs

Go to the **Centers for Disease Control and Prevention** for guidelines on how many hours of sleep you should be getting per night, as well as tips for good sleep habits. bit.ly/3z7XZZj

Tending to somebody else's constant needs is a lot for one person to manage — especially when you have other responsibilities that demand attention. Constant stress can take a toll on every aspect of your life. It's extremely important to take time to focus on your emotional, physical and financial health.

Emotional health

2 in 5 people consider their caregiving situation to be emotionally stressful.⁴

- Learn how to identify and manage the common feelings associated with being a caregiver.
- Join a support group to interact with other caregivers so you don't feel alone. Do a web search to learn more about the numerous support groups where you can meet other caregivers like you online or in person in your area.
- Socialize in person whenever possible with people you know outside of your caregiver role. Studies show that caregivers who depend on social media for personal connection are 50% more likely to feel alone than caregivers who do not depend on social media.
- Make time on a regular basis for "me time" such as seeing a friend or pursuing a hobby. It will give you something to look forward to outside of your caregiving responsibilities.

Physical health

Caregivers are twice as likely to say their health is poor compared with the general population.⁴

- When was the last time you got a physical? Armed with information about your health, you'll know the reasons why you need to pursue a healthier lifestyle — from losing weight to reducing risk of diabetes and other conditions.
- Work with your doctor or a certified nutritionist to develop healthy eating habits so you are avoiding unhealthy snacks during the day. Track your food intake by using one of the many apps available through your smartphone.
- Research has shown that high-intensity interval training for as little as 7 minutes a day can have positive health impacts, and no special gym equipment is required. Download an app now and set aside a few minutes each day to squat, side plank and lunge.
- In addition to diet and exercise, getting enough sleep is critical to overall physical health.



Resources:

Visit the **State Health Insurance Assistance Program** website shiphelp.org to learn more about coverage options.

For tips on how to find a financial professional, read this article from **The Balance**. bit.ly/3PHNdjq

Owners of certain Nationwide annuities have access to our complimentary **Nationwide® Care Concierge**. nationwidefinancial.com/media/pdf/AAM-0442AO.pdf

Financial health

Being a caregiver can significantly reduce your earning ability, which impacts your retirement readiness.

48% of respondents said being a caregiver will probably use up the money they had planned for their children or that expenses may keep them from retiring.¹⁰

To balance the often-conflicting demands of planning for retirement while caring for your loved one, speak to a financial professional about retirement planning. If still working, try to continue contributing to a retirement savings plan such as a 401(k) or IRA, and explore long-term care insurance options so you have the funding and flexibility to help pay for quality care if or when you should need it.

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¹⁰ 2019 Nationwide® Retirement Institute Long-term Care Costs in Retirement Consumer Survey.

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Emotional and practical resources for end-of-life care



Resources:

Read AARP's "When It's Time for a Nursing Home" guide for a primer on what to expect. bit.ly/3zyfSlp

AARP also has recommendations for stimulating activities that are relevant for older adults experiencing mental and/or physical decline.

bit.ly/3BfCtEC

Resources:

Access Medicare's nursing home comparison tool to compare facilities in your area based on criteria such as health inspection results and ratio of caregivers to residents.

bit.ly/3PZzMLk

Access resources from the National Institute on Aging that will help your loved one get their affairs in order.

bit.ly/3A2d2oY

This AARP article may help you decide whether hospice may be the best option for your loved one.

bit.ly/3Q36NGN

There may come a time when your loved one's care needs are beyond what you can handle. That may mean it's time for your loved one to get expert care at home or from an outside facility or service (e.g., long-term care or hospice). While your head may tell you it's time, in your heart it will be painful to make this decision — in large part due to your loved one's fear of this new situation as they come to terms with a steep decline in their health.

Emotional resources

- Talk to your loved ones ahead of time about plans for when or if you can no longer look after them. If they are suffering from mental decline, they may not remember this conversation when the time comes — but you can rest assured that you had it and came to an agreement.
- To help your loved ones adapt to a new living situation, make the transition easier by committing friends and family to visit or call at specific times. If your loved one is able, start a new project together to help give them purpose and help them feel valued. Perhaps it's scrapbooking that will display memories from happier times.
- Gather your loved one's most treasured possessions, furniture, pictures, etc., and arrange their new living space as similarly as you can to the place they came from. It is important that your loved one feels familiarity and a sense of home in their new living space.

Practical resources

- Comprehensive lists of what to look for and questions to ask during a tour of a long-term care facility can be found online.
- Resources are available to help your loved ones get their affairs in order, and to give to somebody they trust the authority to direct their care and finances when they are no longer able to do so.

As you explore options, remember that you are not alone. Nationwide has developed this guide to help — with all aspects of caregiving — the more than 34 million Americans providing unpaid eldercare.⁴



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The Long-term Care Costs in Retirement Survey was conducted online within the United States by The Harris Poll on behalf of Nationwide from March 25-April 10, 2019, among 1,462 adults ages 50 or older with investable assets of \$50K or more and 516 adults age 50 or older who are caregivers. Caregivers are defined as those who have ever or are now providing paid or unpaid long-term care to a friend or family member, not through an agency, business or nongovernmental organization. Qualified caregivers did NOT have to have investable assets of \$50K or more. The data is weighted where necessary by age, sex, race/ethnicity, education, region, household income, marital status, retirement status, assets, and propensity to be online to bring it in line with the actual proportions in the population.

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