

VIRTUAL HEALTHCARE NEIGHBORHOOD (VHN)

WEEK 4 SOCIAL SUPPORT



Outline:

Page 2: What are the statistics?

Page 4: Social support and your health

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Statistics: What the experts say...

- **43.5 million of adult family caregivers care for someone 50+ years of age and 14.9 million care for someone who has Alzheimer's disease or other dementia.**

[Alzheimer's Association, 2011 Alzheimer's Disease Facts and Figures, Alzheimer's and Dementia , Vol.7, Issue 2.]

YOU ARE NOT ALONE

- **Caregiver services were valued at \$450 billion per year in 2009- up from \$375 billion in year 2007.**

[Valuing the Invaluable: 2011 Update, The Economic Value of Family Caregiving. AARP Public Policy Institute.]

IN OTHER WORDS YOU ARE VERY VALUABLE

➤ **Caregivers reported in a Gallup survey that they spend a lot of time on different tasks related to looking after the care recipient. The majority of caregivers (55%) in the Gallup study reported they had cared for three years or more. The average days per month spent on shopping, food preparation, housekeeping, laundry, transportation, and giving medication is 13, and 6 days per month on feeding, dressing, grooming, walking, bathing, and assistance toileting.**

➤ **Caregivers spend fewer days—on average, six per month—performing personal tasks, (eating, dressing, or helping with bathroom tasks).**

DOES THIS SOUND LIKE YOU?

Social Support & Your Health

➤ Social Support and Your Health

<http://youtu.be/-s5AzJHXJWM>

- Please copy and paste the link above into your browser.
- Review the video.

✓ Social support is vital to your emotional health and well being.



- ✓ Your emotional health and wellbeing is vital to adequate care taking.



- ✓ You must take care of yourself *before and while* you are taking care of a loved one.