

Caregiving

Continued from PREVIOUS PAGE

were over 65. By 2020, this share increased to nearly 12%.

Projections by demographers at Gardner indicate the state's retirement-age population will likely be more than 20% of Utah's population by 2060.

Those already providing care told Gardner that some supports are more helpful than others.

More than half of the caregivers surveyed said help with household chores and maintenance would be very helpful or close to it. About 40% said financial support would be helpful. But a third or less said services like providing meals and help with managing their loved one's money would be helpful. In fact, 37% said help with money management wouldn't be helpful at all.

Area agencies on aging offer many supports caregivers say they want, Cole said, and some new ones are on the way.

Yet a lot of caregivers don't know that, said Shawna Mahan, who manages the in-home services bureau at Davis County Health Department.

"A lot of them don't know where to turn for services," Mahan said. "They find themselves in the middle of the caregiving role and they don't really even know where to get started."

The health department offers in-home services through its Alternatives program, a program specifically for veterans, two Medicaid waiver programs and support groups.

The support groups can be especially helpful, Mahan said, because they let caregivers learn from each other.

"When you're so entrenched in it, it's hard to think of those simple tips," she said.

Other programs at the county's senior centers can give caregivers the chance to socialize and take some time for themselves, Mahan said. Breaks early on are more beneficial than waiting until a caregiver is completely burned out, she added.

There's a particular concern about a growing group of

How helpful would the following be in allowing you to provide care for your friend or loved one outside of a residential care setting?

	Not at all helpful			Very helpful		
	1	2	3	4	5	
Support with household chores and/or maintenance	13%	13%	18%	26%	30%	
Receiving some financial support through a government caregiver program	23%	18%	16%	16%	26%	
Support with driving to appointments	29%	18%	17%	16%	20%	
Support from home health aides	28%	23%	14%	13%	23%	
Support with services like providing meals	21%	25%	22%	12%	21%	
Support with my friend or loved one's money management	37%	22%	16%	15%	9%	

Source: Kern C. Gardner Policy Institute Survey

GRAPHIC BY CHRISTOPHER CHERRINGTON | The Salt Lake Tribune

How frequently was it difficult to manage work and caregiving in past 12 months?

	Never difficult			Always difficult		
	1	2	3	4	5	
Overall	9%	12%	23%	23%	33%	
Hours of caregiving provided						
0 to 5 hours	4%	11%	20%	26%	39%	
6 to 20 hours	11%	13%	31%	25%	20%	
21 to 40 hours	22%	7%	19%	19%	33%	
More than 40 hours	17%	17%	28%	6%	33%	
Work hours						
Full time	9%	10%	26%	24%	31%	
Part time	11%	16%	15%	20%	38%	
Income						
Less than \$50k	3%	24%	28%	21%	24%	
\$50k to \$99,999	14%	11%	22%	22%	32%	
\$100k to \$149,999	10%	7%	29%	24%	29%	
\$150k or more	2%	24%	29%	40%		
Gender						
Women	10%	13%	28%	24%	25%	
Men	8%	10%	18%	22%	42%	

Source: Kern C. Gardner Policy Institute Survey

GRAPHIC BY CHRISTOPHER CHERRINGTON | The Salt Lake Tribune

middle-aged adults who are caring for their children while also serving as a caregiver

for an adult loved one, Cole said. Those people are likely still working and trying to

be involved in their children's lives while adding the responsibilities of caregiving.

“A lot of them don't know where to turn for services. They find themselves in the middle of the caregiving role and they don't really even know where to get started.”

SHAWNA MAHAN
In-home services bureau manager with Davis County Health Department

“Those are the folks who we are concerned about with the burnout,” she said. “They're burning both ends of the candle there.”

Mountainland Association of Governments offers similar services to help avoid burnout, Cole said, including the state support program to help pay for adult day care and other chances for a break or help, such as support groups and educational programs like “caregiver stress-busting.”

There aren't a lot of long-term supports, Cole said, but that could change soon.

Medicaid funds some long-term care, she said, and there's now a new model that could mean Medicare also would pay for some services. It would be “huge” if the model, which launches July 1 and will run for eight years, becomes permanent, Cole said.

More paid caregiving options would be helpful, Cole said, so people “don't have the stress and burden of needing to work while having a loved one to care for.”

Overall, Cole said, caregivers need more recognition of what they do to help their ailing loved ones.

“It's not just financial,” she said. “It's a quality-of-life thing.”

Megan Banta is The Salt Lake Tribune's data enterprise reporter, a philanthropically supported position. The Tribune retains control over all editorial decisions.



aPlace for Mom

There's a perfect place for your mom or dad.
And we'll help you find it.

We know that finding the right senior care for your mom or dad is a big decision. That's where A Place for Mom comes in. Our senior living advisory service ensures you'll get a full understanding of all the options in your area based on your loved one's care needs and budget.

You'll get more than just expert advice and recommendations. You'll also get peace of mind.

Start the conversation with one of our expert Senior Living Advisors today.

Our service comes at no cost to your family. Connect with us at 866.333.4907.



aPlace for Mom.com
THE PLACE FOR SENIOR LIVING ADVICE

ASSISTED LIVING MEMPHYS CARE INDEPENDENT LIVING HOME CARE

Savvy investing, steady gains.

Earn **5.10%** APY

on a 13-month Share Certificate

Chartway
CREDIT UNION

Visit a branch | (866) 932-7070 | chartway.com

Membership required. Membership eligibility subject to qualification. Federally insured by the NCUA. *The 13-month Promotional Certificate 5.10% Annual Percentage Yield (APY) is available for new and existing members of Chartway Credit Union. To qualify, certificates must be funded completely with new deposits, which are defined as funds not currently on deposit with Chartway Credit Union. Effective March 4, 2024, Chartway Credit Union reserves the right to end or modify offer at any time. Penalty for early withdrawal: Fees could reduce earnings on the account. Minimum \$500 balance (\$100 if under 18 years old) to open and will renew deposited to accounts that are not "zero balance" accounts for periods longer than those disclosed in the Funds Availability Policy.