

Lindsay Institute News Service: News for and about caregivers
March 2020



Who's Caring for Family Caregivers? 1 in 5 Says Health Is Poor

By: Steven Reinberg, U.S. News

Caring for a loved one at home can be rewarding, but it can also be overwhelming and take a toll on your own health, a new study suggests.

According to a new report from the U.S. Centers for Disease Control and Prevention, nearly 1 in 5 of the nearly 18 million Americans who provide informal, unpaid care may be in fair or poor health. [Read more...](#)

'It's Pretty Brutal': The Sandwich Generation Pays a Price

By: Jessica Grose, The New York Times

On average, survey respondents who are caring for both children and older relatives estimate that they have lost more than \$10,000 because they had to do things like reduce their working hours, increase their expenses or leave a job entirely as a result of these responsibilities. [Read more...](#)

[New VA Effort Wants a Veteran's Caregiver to Be Part of The Treatment Process](#)

By: Steve Beynon, Stars and Stripes

The initiative, which launched Friday, has medical providers at a handful of VA centers across the country reaching out to veterans to determine whether they want their caregiver in the room during treatment. On paper, the caregiver would then be involved in the entire care process, including treatment planning with doctors. [Read more...](#)

[Wired for Care: The New Face of Caregiving in America](#)

By: Cambia Health Solutions

Caregiving can be as time-consuming as a full-time job – on average, today's caregiver spends 32 hours a week supporting a loved one. This work comes at a cost, with 76 percent reporting they had to give up or put on hold an important life event because of their caregiving responsibilities. In addition, 1 in 5 report it's harder to take care of themselves when they are caring for others. [Read more...](#)

[Dementia Day Care Center Helps Families Cope with Caregiving](#)

By: Karla Murthy, PBS NewsHour

Millions of senior citizens in America are living with dementia, with the heavy burden of caregiving often left to family members. But a new adult day care center for those with dementia, called Town Square, may serve as a model for helping families cope with the costs and stresses that can come along with caregiving. [Read more...](#)

[Is Your City "Caregiving-Friendly"?](#)

By: Sally Abrahms, Age Friendly Advisor

When you think of a city being age-friendly, it's usually in terms of ample parks and gathering spaces, wide sidewalks (think runners, wheelchairs and baby strollers) and what is known as pedestrian-friendly "walkability,"

affordable housing, and, of course, good transportation. But you might not consider how these features and others can impact caregivers — and caregiving. [Read more...](#)