

Why Caregiving & Life Care Planning Are Women's Issues

Many **women** will spend **more years caring** for a **parent** than they do **raising a child**.

More women than men are **caregivers**.

An estimated **59% to 75%** of caregivers are **female**.

Women average **14 years out of the paid work force** due to caregiving responsibilities.

Family caregivers experiencing **extreme stress** have been shown to **age prematurely**.

Other studies have found that **women** caregivers handle the most **difficult caregiving tasks (i.e., bathing, toileting, and dressing)** when compared with their male counterparts who are more likely only to help with finances, care arrangement, and other less burdensome tasks.

The stress of family caregiving for persons with dementia has been shown to **DAMAGE a person's immune system for up to three years after their caregiving ends** thus increasing their chance of **developing a chronic illness** themselves.

A number of studies have found that **female caregivers** are more likely than males to suffer from **anxiety, depression, and other symptoms associated with emotional stress due to caregiving**.

Estate and life care planning is not just about what happens when someone dies.

The more important question is what happens if they DON'T die and are in need of long term care.

Women's Statistics References

National Family Caregivers Association:

Stress of family caregiving for persons with dementia has been shown to impact a persons immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves.

Source: Drs. Janice-Kiecolt Glaser and Ronald Glaser, "Chronic stress and age-related increases in the proinflammatory cytokine IL-6. " Proceedings of the National Academy of Sciences, June 30, 2003.

Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a family caregiver's life

Source: Elissa S. Epel, Dept of Psychiatry, Uni of Calif, SF, et al, From the Proceedings of the National Academy of Sciences, Dec 7, 2004, Vol 101, No. 49

Womean average 14 years out of the paid labor force, primarily because of caregiving responsibilities.

Sources: Maatz, Lisa, President's Commission to Strengthen Social Security. Older Women's League, August 2001.

Family Caregiver Alliance

Many women than man are caregivers. An estimated 59% - 75% of caregivers are female.

Source: Ibid, The Henry J. Kaiser aimly Foundation (KFF), Harvard School of Public Health, United Hospital Fund of New York, and Visiting Nurse Service of New York. The wide Circle of Cargivingg: Key Findings from a National Survey: Long Term Care from the Caregiver's Perspective. Menlo Park: KFF, 2002.

Other studies have found that women caregivers handle the most difficult caregiving tasks (i.e., bathing, toileting and dressing) when compared with their male counterparts who are more likely to help with finances, arrange care, and other less burdensome tasks.

Source: Metlife Mature Market Institute. The Metlife Study of Sons at Work Balancing Employment and Eldercare. New York: Metropolitan Life Insurance Company, 2003.

A number of studies have found that female caregivers are more likely than males to suffer from anxiety, depression and other symptoms associated with eemotionanl stress due to caregiving. (20, 21)

Source: Yee, J.L., and R. Schulz, 2000. Gender differences in Psychiatric Morbidity among Family Caregivers: A Review and Analyssis. The Gerontologists 40:147-164, and Navaie-Waliser, M., A. Spriggs, and P.H. Feldman, 2002 Informal Caregiving: Differential Experiences by Gender, Medical Care 50:1249-1259