



Supporting Children with Disabilities

Panel



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Who Comes to CAN?



*I'm caring for my sister
with breast cancer.*



*My mom has
Alzheimer's.
I'm all she's got.*



*I'm new to
caregiving and I'm
overwhelmed.*



*I'm caregiving while
holding down a job.*



CAREGIVER
ACTION
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*My daughter has
a rare disease.*



*My elderly parents live in
another state.*

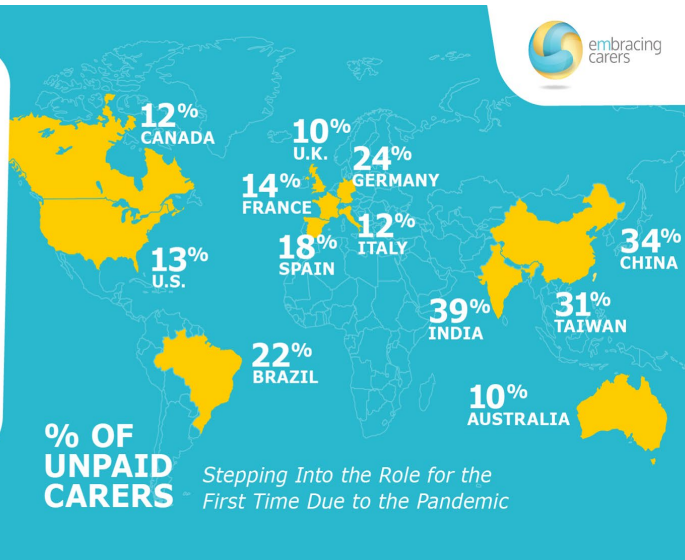


*My wife was just
diagnosed with MS.*

How COVID-19 Changed Caregiving

NEW CARERS

The pandemic has thrust family members and others into the carer role for the first time; **one in five unpaid carers across the globe started their responsibilities as a result of the pandemic.**



Increase in “first-time caregivers”

- The pandemic has thrust family members and others into the caregiver role for the first time
 - 13% of caregivers from the US responding to survey identified as a first-time caregiver during the pandemic

How COVID-19 Changed Caregiving

Increase in hours spent caregiving (per week)

- Pre-pandemic: Average of 20 hours
- Height of Pandemic: Average of 28

How COVID-19 Changed Caregiving

Increase in Key Caregiving Tasks

- Managing Technology (67% of US Caregivers)
- Providing Emotional Support (58% of US Caregivers)
- Housekeeping/Maintenance and Personal Hygiene (45% of US Caregivers)

64%

Percentage of caregivers now needing to help manage their loved one's telehealth appointments.



COVID-19 Impact on Mental Health of Caregivers

The impact of the COVID-19 pandemic on mental health – in particular, caregivers – has been documented since “early” in the pandemic.

In June 2020, the CDC conducted representative panel surveys among adults across the United States to assess mental health, substance use, and suicidal ideation during the pandemic.

How CAN Supports Those Caring for Children with Disabilities

Blueprint for Families of Loved Ones with Mental Health Issues

“Blueprint” is a CAN website launched one year ago for family caregivers of loved ones with mental health issues and to help caregivers prioritize their own mental health.

[CaregiverAction.org/resources/blueprint](https://caregiveraction.org/resources/blueprint)

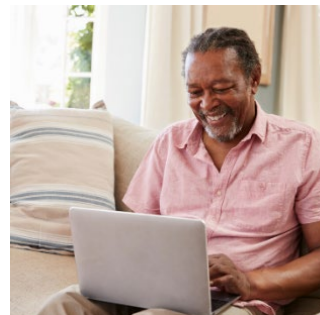
Addresses six major areas:

- Supporting Your Loved One in Managing Their Medications
- HIPAA May Not Be the Barrier You Think It Is
- Discussing Mental Health with Doctors
- Am I Doing This Right? Connecting with Other Caregivers
- The Value of Knowing: Early Diagnosis and Intervention
- Feeling Depressed? Screen for Mental Health Issues

Caregiver Help Desk

***Caregiver Help Desk** offers free support to family caregivers across the country. It is staffed by caregiving experts who can help you find the information you need to navigate your caregiving challenges and support you on your caregiving journey. With Caregiver Help Desk you can:*

- *Have confidential conversations with caregiving experts about your caregiving questions*
- *Reach out by phone, email, and live chat*
- *Experts available Monday through Friday, 8:00 AM – 7:00 PM ET.*



**CAREGIVER
HELP DESK**
855.227.3640

CaregiverAction.org



Community Care Corps

A new national program that will foster innovative

models in which local volunteers assist family caregivers, older adults, or persons with disabilities

with non-medical care in their own homes in order

to maintain independence.

- *Supports volunteer programs across the United States in providing non-medical supports to family caregivers and their loved ones with disabilities or dealing with the impacts of aging via federal grant funds.*





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