**Focus: Family Caregiver Support**

**Incidence and Cost:**
- About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months. *(National Alliance for Caregiving and AARP)*
- The estimated economic value of unpaid caregiving in the U.S. was $470 billion in 2013. *(AARP Public Policy Institute)*
- Caregiver absenteeism costs the U.S. economy an estimated $25.2 billion in lost productivity. *(Gallup-Healthways)*
- Caregivers report having difficulty finding time for themselves (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%). *(National Alliance for Caregiving and AARP)*

**Reach in Wisconsin through 7/2018** *(instituted at WIHA in 2013)*
- 1,685 participants in workshops
- 342 workshops held statewide
- 59 counties and 2 tribes have held workshops

**PROVEN OUTCOMES**

People who participated in the 6-week intervention reported improvements in:
- Self-care behaviors (increased exercise, use of relaxation techniques and medical check-ups)
- Managing emotions (reduced guilt, anger, and depression)
- Self-efficacy (increased confidence in coping with caregiving demands)
- Use of community resources (increased utilization of community services)

**PROGRAM**

Powerful Tools for Caregivers is a six-week (once-a-week) workshop that improves self-care behaviors, manages feelings and emotions related to caregiving, increases confidence in coping with caregiving demands, and increases the use of local services. The program has an adaptation — Powerful Tools for Caregivers: For Parents of Children with Special Needs.

Based on:
Chronic Disease Self-Management Program developed by Kate Lorig, DPH, Stanford University.

**HEALTH FOCUS | INCIDENCE & COST | REACH IN WISCONSIN**

**PROVEN OUTCOMES**

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