

Campus Assistance Program

The many challenging questions which confront us with an aging parent are extremely difficult. After all, they have been our parents for many years, and how do you begin to talk with them about such sensitive issues?

If you are being confronted with life choices created by having an elderly parent, the Campus Assistance Program can help. A counselor is available to assist you in finding appropriate resources and assistance. CAP is a free service provided to you by the university. CAP counseling services are short-term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **confidential**.

How Do I Contact CAP?

For more information or to schedule an appointment with a counselor, please call: **(504) 568-8888**. A counselor is on call and available to you 24 hours a day, seven days a week. CAP is located in the Clinical Education Building at 1542 Tulane Avenue, Office 866.



For Assistance, Call Today.
(504) 568-8888

Campus
Assistance
Program

1542 Tulane Ave.
Office 866
Clinical Education Building
New Orleans, LA
70112

Phone: 504-568-8888
Fax: 504-568-3892

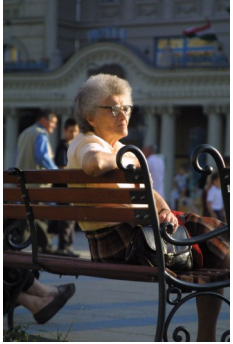
Caring For an Elderly Family Member



Prepared by the LSUHSC
Campus Assistance Program
(504) 568-8888

<http://www.lsubsc.edu/orgs/campushealth/cap.aspx>

Caring For an Elderly Family Member



Dealing with care for our parents when they become frail and in need of our help can present a challenge for both generations. As elderly persons attempt to cope with the limitations of aging, they sometimes become resistant or even angry about their need for help and the loss of independence.

Aging is associated with a number of chronic diseases that cause disability, so there is often a significant increase in the number of support activities needed. We may find ourselves becoming chauffeurs, housekeepers, shoppers, bankers, nurses, and decision makers, to name a few. This can become a stressful time for the caregiver who often feels overwhelmed by the pressures of caregiving while continuing to work or raise one's own family. Sometimes, we must face the realistic need of moving our parents into Assisted Living or a Nursing Home.

The role of the caregiver can be a stressful one. If left unchecked, chronic stress can lead to symptoms of depression or anxiety. Sometimes these symptoms become severe enough to require treatment with medication and/or professional counseling.

In order to best help yourself and offset caregiver stress it is critical that you:

- Gain sufficient knowledge about your parent's diseases or health conditions.
- Expand your support network.
- Take care of your own health and wellness.

Facts And Figures

- The number of individuals 65 and older increased from 35 million in 2000 to 41 million in 2011, and is expected to increase to nearly 80 million in 2040.
- More than 30% of U.S. households are involved in caring for an elderly or disabled family member, relative or friend.
- Over 43 million (19%) of all U.S. adults provide unpaid care to a family member or friend aged 50 or older.
- At \$450 billion in 2011, the value of informal caregiving exceeded the value of paid home care.
- More than 1 in 6 Americans working full or part-time report also being a caregiver for a loved one.
- 70% of working caregivers suffer work-related difficulties due to their dual caregiving role.
- Negative effects on working caregivers include time lost from work, lower productivity, quitting a job to give care, lost career opportunities and lower future earnings.
- Caregivers spend an average of 20–40 hours per week performing caregiving duties.
- Over 40% of caregivers have clinically significant symptoms of depression.
- Nearly 1 in 5 caregivers reports negative effects on their own physical health as a result of their duties.

*Gathered from the National Center on Caregiving,
National Alliance for Caregiving
& the Administration on Aging.*

Helpful Resources

Council on Aging

Orleans Parish (504) 821-4121
Jefferson Parish (504) 888-5880
St. Bernard Parish (504) 278-7335

Louisiana Governor's Office of Elderly Affairs

(225) 342-7100

<http://goea.louisiana.gov/>

Eldercare Locator

Administration on Aging
Washington, DC 20201
(800) 677-1116

<http://www.eldercare.gov/>

Family & Medical Leave Act (FMLA)

Call your Human Resource Office or go to

<http://www.dol.gov/whd/fmla/>

Family Caregiver Alliance

(800) 445-8106

<http://www.caregiver.org/>

Centers for Disease Control & Prevention

Healthy Aging

(800) 232-4636

<http://www.cdc.gov/aging/>

AARP

(877) 333-5885

<http://www.aarp.org/>

Aging Care

(239) 594-3222

<http://www.agingcare.com/>