



# Center for Women's Business Advancement Women & Money Forum

*Stuck in the Middle: Taking Care of Our Health and Money and  
Taking Care of Others*



# Introductions

## Geneia

**Heather Lavoie**, President

[Heather.Lavoie@Geneia.com](mailto:Heather.Lavoie@Geneia.com)

- Entrepreneur
- Mom of four, wife, daughter, granddaughter
- Runner, triathlete, outdoorsperson
- 25+ years' of health care experience
- Independent and multi-specialty practices, health plans, start-ups, health policy, public and private employers
- Wide range of expertise in payment reform, transparency, benefit design, data warehousing and analytics, and physician practice management
- Co-founder of Geneia
- P&L accountability for \$40M budget in a \$3B organization

# Mission

**health** /helTH/: (World Health Organization) A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

**improve** /im'prōōv/: make or become better. Achieve or produce something better than.

- Our mission is to improve health
- At Geneia, we understand that health is a function of personal well-being, access to care, and the ability to afford care that is needed. As such, we work to improve the quality, cost and access of health care, to improve health outcomes.

# Who Are We Really?



*How Do Our Roles as Caregivers Affect our  
Health and Financial Well-being?*

# Caregivers - Basics

- Approximately **66%** of all caregivers are women and more than **37%** have children or grandchildren under 18 living with them.
- Typical family caregiver is a 49 year-old woman caring for her 69-year old mother who does not live with her.
- She is married and employed.

# Caregivers - Basics

- More than **65 million people**, 29% of the U.S. population, provide care for the chronically ill, disabled, or aged family member or friend during any given year.
- Caregivers spend an average of **20 hours** per week caring for their loved ones while 13% spend more than **40 hours** of care per week or more.

# Caregivers and Money

- Women who are caregivers are 2.5 times more likely than non-caregivers to live in poverty and 5 times more likely to receive Supplemental Social Security (SSI)
- Caregiving families have median incomes that are more than 15% lower than non-caregiving families
- 47% of working caregivers indicate an increase in expenses that have caused them to use up ALL or MOST of their savings



# Caregivers and Money

- The average family caregiver for someone 50 years of age or older spends \$5,531 per year on out of pocket caregiving expenses. In 2007, this was more than 10% of the median income for a family caregiver that year.
- Recent analysis estimates lifetime income related losses by caregiver leaving the workforce are \$115,900 in wages, \$137,980 in Social Security and \$50,000 in pension – or \$324,044 average for women.

# Caregivers and Work/Life Impacts

- Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for up to **three years after** their caregiving ends
- **73%** of family caregivers who care for someone over 18 either work or have worked while providing care. **66%** have had to make adjustments to work life, reporting late, giving up work entirely; and **1 in 5** have had to take a leave of absence.

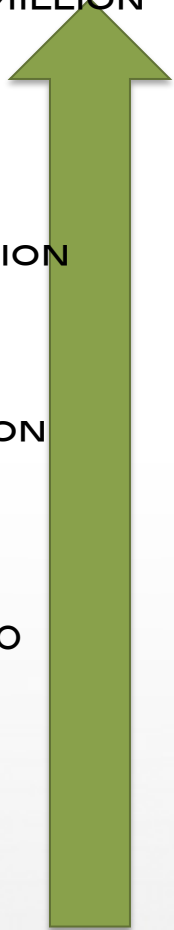
# Caregivers in New Hampshire

\$2,200MILLION

175MILLION

1.3MILLION

183,000



TOTAL  
POPULATION



CAREGIVERS  
AT ANY  
TIME



TOTAL  
HOURS  
OF CARE



ECONOMIC  
VALUE

*So What Does This Mean?*

# No Easy Answers

## The path



# Put Yourself First

You are no good to anyone else if you aren't healthy

- ✓ Figure out your priorities and plan to make them happen.

## Caregiving Resource Center

Information

**CAREGIVING HOME**  
Planning & Resources  
Benefits & Insurance  
Legal & Money Matters  
**Care for Yourself**  
Providing Care  
Senior Housing  
End of Life Care  
Grief & Loss

### Care for Yourself

Sometimes caregivers are busy caring for others that they ignore their own needs. It's important to take care of yourself. Here's how.



### MANAGE STRESS



#### Tips for Handling Holiday Stress

10 ways caregivers can keep their cool

- [10 Tips for Handling Stress](#)
- [Can't Help Full-time? Set Limits](#)
- [Are You Burned Out?](#)
- [6 Ways to Put Your Needs First](#)

### CAREGIVER SUPPORT



#### My Life as a Caregiver

Dr. Nancy Snyderman discusses her important role.

- [Set Up Your Caregiving Team](#)
- [We Need a Caregiving Strategy, Now!](#)
- [Do You Struggle With Your Caregiving Role?](#)

# Get Help!

Sometimes we have to pay for assistance – but it is less than the economic impact of losing time or work

## CARE FOR THE CAREGIVER



**A Week in a Caregiver's Life**  
Caring for your parents  
Working full-time

## LOCATE RESOURCES



Get answers to your most pressing questions

 Community Connect

Email

Password

Login

Home About Us Community Bulletin Register To Work Client Registration

Get help from talented, trustworthy people in your community.

Sign Up

Sign up to find talented workers

Sign Up

Sign Up to find Community Connect workers

Enter your address or zipcode:

Go

Find someone to help with:

- Babysitting
- Respite Care
- Handyman
- Property Maintenance
- Errands/Transportation
- Pet Care
- Computer Support

Each worker has been carefully screened and verified by a member of the Community Connect team.

(603) 491-9463



## ANYTIME ACCESS TO PROFESSIONAL HEALTH CARE SUPPORT



MyCareGuide\* is a health care support service with a mobile app that connects individuals to licensed health care professionals--anytime, any day.

[www.aarp.org/home-family/caregiving](http://www.aarp.org/home-family/caregiving)

[www.geneia.com](http://www.geneia.com)

[www.communityconnect.us](http://www.communityconnect.us)

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# Spend Time With Your Besties

Your friends can serve as the greatest source of strength and support





# *Questions & Discussion*