

## Legislative funding requested:

**\$250,000** for 12 local Area Agencies on Aging to provide respite care, information, and support activities to caregivers.

*(Add to Base Budget of Aging & Adult Services – Human Services Department)*



# CAREGIVING

*Supporting caregivers helps us all*



## Economic sense:

Support provided to caregivers helps them continue to act in their role of meeting the long-term care needs of their loved ones, at home, reducing taxpayer expenses today and in the future.

**382,000**  
**Utahns**  
**provide**

care value of  
**\$4.2**  
**BILLION**  
annually

**365 million hours** of care

**Unpaid caregivers** are meeting 90% of long-term care needs.

## Burden on caregivers:

**40% - 70%** of caregivers have clinically significant **symptoms of depression**.

**72%** of caregivers said they **do not go to the doctor** because they put their family's needs first. Half said they were too tired to take care of themselves.

The typical caregiver is a **46-year-old female** providing more than **20 hours** of care each week.

## Local survey of caregiver needs:

-  **65%** had been a caregiver for 3-10 years.
-  **53.7%** listed respite care as the most needed service.
-  **60.3%** requested education and information on caregiving.
-  **82.5%** are caring for their spouse or parent.



Utah Association of Area Agencies on Aging

For more information:

[www.mountainland.org/aging/funding](http://www.mountainland.org/aging/funding)

