

MOSAIC OF CAREGIVING

WHAT IS A FAMILY CAREGIVER?

A family caregiver is a partner, friend, family member or neighbor that assists a physically or mentally impaired individual.

71% of caregivers are assisting the care receiver with at least one Activity of Daily Living (ADL). These activities include getting in and out of bed, bathing, feeding and dealing with diapers.¹

99% of caregivers are assisting with Instrumental Activities of Daily Living (IADL). These activities include transportation, grocery shopping, housework, meal preparation, managing finances, administering medications, injections and assisting with oral care.

WHO ARE AMERICA'S CAREGIVERS?

There are 44 million caregivers in America today, 34 million are caring for older adults only, 3.7 million are caring for a child only, and 6.5 million are caring for both. The average caregiver is a 49 year old female, caring for her mother approximately 24.4 hours a week.¹

36% of younger Americans ages 18-29 say that they are also family caregivers.

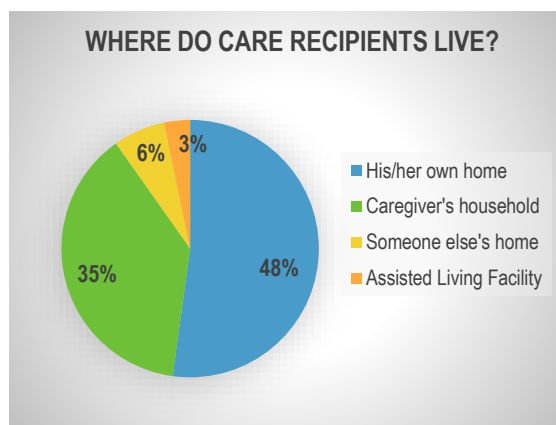
Additionally, 24% of caregivers ages 65-74 and 46% of caregivers ages 75 and older, report caring for a partner. Women account for 60% of the caregiving community.¹

WHY IS ORAL HEALTH SO IMPORTANT FOR OLDER ADULTS?

As the population ages, the number of adults with acute and chronic illnesses increases.

One in three adults age 65 or older have untreated dental caries. Oral complications and diseases are recognized as risk factors for a number of systemic diseases.²

The use of medications increases with age as well. People over 65 years of age make up a small percentage of the US population (12%). However, they consume 30% of all prescription medications, many of which can have a negative impact on oral health.³



According to the 2015 Caregiving in the U.S. report compiled by National Alliance for Caregiving and AARP. Furthermore, the information is based upon a survey of 1,236 caregivers aged 18+.

WHAT IS ORAL HEALTH AMERICA DOING TO RAISE AWARENESS?

Oral Health America is committed to raising awareness about the challenges older Americans and their caregivers face through our *Mosaic of Caregiving*. This mosaic is designed to connect older adults and their caregivers with oral health resources and to promote self-care practices to positively impact overall health.

Please join Oral Health America as we strive to impact the lives of America's older adults and their caregivers. Together, we can make a difference. For more information, please visit oralhealthamerica.org/caregiving.

1. (Ppi), AARP Public Policy Institute, and National Alliance for Caregiving. "Caregiving in the U.S. 2015." Caregiving in the U.S. – AARP 2015 Report (2015): 1-80. June 2015. Web. 7 July 2015.
2. Oral Health for Older Americans, CDC: Division of Oral Health, Oral Health Care Services for Older Adults: A looming Crisis, Ira B. Lamster, D.D.S, MMSc; Am J Public Health. 2004 May; 94(5): 699-702
3. Kiyak, Asuman H., M.A. Ph.D., and Marisa Reichmuth, D.D.S. "Barriers to and Enablers of Older Adults' Use of Dental Services." Journal of Dental Education. American Dental Education Association, 1 Sept. 2005. Web. 16 July 2015. <<http://www.jdentaled.org/content/69/9/975.long>>.