

You or someone you know may be a caregiver:

Families and friends are the backbone of Nebraska's care system, and at some point in our lives each of us will likely take care of somebody we're close to who needs help with everyday activities.



Caregivers are individuals who provide assistance with daily living skills for older Nebraskans and for persons of all ages with special needs. For example, adult children who care for aging parents, a spouse caring for a significant other with Alzheimer's, parents of a child with a disability, and professionals who assist with daily living skills.

Becoming a family caregiver is a life-changing experience. Caring for a loved one can be isolating and stressful. **The Nebraska Caregiver Coalition hears you and wants you to know you're not alone.**

About the Nebraska Caregiver Coalition:

The Nebraska Caregiver Coalition was formed in 2013 to raise awareness and support for caregivers.

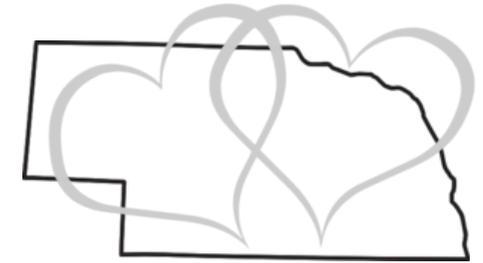
The Alzheimer's Association, AARP Nebraska, Brainwave Balance of Lincoln, Caregiver Chicks, Homestead Rehabilitation, Nebraska Stroke Association, South Central Town Hall Caregiver Coalition, and many other groups and individuals have joined together as members to further the efforts of the Coalition.

In the past, we have advocated for such policies as:

- Paid family medical leave for caregivers
- Caregiver tax credits
- Funding for respite services
- Better provision of information to caregivers

We invite other organizations and individuals with an interest in caregiving issues to join us!

If you are interested in convening a local caregiver roundtable in your community, or in assisting the efforts of the Coalition, please contact Suzy Campbell at **402-802-2309** or email us at **NebraskaCaregiverCoalition@gmail.com**



NEBRASKA CAREGIVER COALITION

Are you or
someone you know
a **Caregiver?**

Caregiving is the act
of assisting someone
you care about who is
chronically ill or disabled.

Mission:

To increase awareness, education, and statewide support for caregivers

Goals:

- Building a network for caregivers across the lifespan to share ideas, experiences, and needs
- Hosting public awareness and recognition events
- Working to have policies and legislation developed or enhanced to meet the needs of caregivers

Activities:

- Convening caregiver roundtables in communities
- Holding recognition events for Family Caregiver Month each November
- Legislative advocacy
- Developing caregiver education groups

Have you heard about respite?

If you are a caregiver and need someone to help out while you take a break, call the Nebraska Respite Network at:

1-866-RESPITE (737-7483)



Members of the Nebraska Caregiver Coalition stand with Governor Heineman during the November 2014 Proclamation Signing for National Family Caregivers Month at the Capitol in Lincoln.

Statistics:

At any given time 219,000 Nebraskans are serving as caregivers for a friend or family member who has a health problem, long-term illness or disability. Those caregivers provide over 200 million hours of care. This translates into economic value of \$2.2 billion.

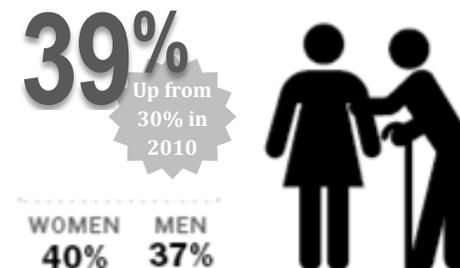
In a 2011 survey, AARP Nebraska asked caregivers what type of assistance would be most helpful.

- 72% of respondents said that being able to get information about available resources for caregivers would be extremely or very helpful.
- 71% said that assistance in completing government forms and applications would be extremely or very helpful.

Who Are Caregivers?

Among all adults, the percent within each group who care for someone.

All adults ages 18+



Age	18-29	30-49	50-64	65+
	36%	42%	44%	30%

Source: Pew Internet Health Tracking Survey, August 07 – September 06, 2012. N-3,014 adults ages 18+. Interviews were conducted in English and Spanish and on landline and cell phones. Margin of error is +/- 2 percentage points for results based on all adults.

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