

CAREGIVER STATISTICS:

- In New Jersey alone, nearly 1.1 million unpaid caregivers support a family member often from birth through adulthood.
- 30,000 NJ children are primary caregivers for parents, grandparents or siblings.
- Caregivers tend to die 12-15 years before non-caregivers.
- The value of the services family caregivers provide for "free" is estimated to be almost \$300 billion a year.

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Lifespan Respite Act Update:

One year after the passage and signing of the Lifespan Respite Act of 2006, funding the measure has proven difficult.

The bill was introduced and championed by Rep. Mike Ferguson (R-NJ) and Sen. Hillary Clinton (D-NY). The Act is designed to authorize \$289 million over five years for state grants to develop

Lifespan Respite Programs to help families access quality affordable respite care. Specifically, the law authorizes funds for development of state and local programs, planned or emergency respite care services, training and recruitment of respite care workers

Unfortunately, an omnibus spending bill of \$555 billion

(laden with 9,000 earmarks or pork projects worth \$7.4 billion) contained not a single dollar to get the Act off the ground.

The New Jersey Lifespan Respite Coalition is working to get the Act funded for FY 2009. Contact Dana Goldberg at dgoldberg@familyresourcenetwork.org to get involved.

Senators Mikulski and Klobuchar introduce new resources and tax relief for the "Sandwich Generation"

US Senators Barbara Mikulski and Amy Klobuchar introduced federal legislation to assist families who care for aging family members and to ensure the integrity of long-term care insurance policies.

"Just as the country addressed the needs of working moms and dads in the 1970s, we must now address the needs

of our working daughters and sons," said Klobuchar.

In the coming years the US will experience the dramatic effects of an "age wave" as the Baby Boomers retire and a growing number of people live into their 80s and beyond.

Adult children are the most common providers of informal care, and many also provide

direct financial assistance to their parents. The result is a "Sandwich Generation" of Americans caring both for children and for aging parents, and incurring related costs.

The two bills—the AGE (Americans Giving care to Elders) Act and the Long Term Care Insurance Integrity Act—seek to relieve this burden.

The 4th Annual Caregivers Retreat for Women - Open Mind, Strong Body, Free Spirit

The fourth annual Caregivers Retreat for Women, hosted by the Family Support Center of NJ will be held on May 15, 2008. This year's event will be held at the Robert Wood Johnson Center for Health and Wellness in Mercerville and, as always, will include motivational, educational and inspirational speakers.

This free event will feature a healthy and delicious breakfast and lunch, complete with pampering opportunities, such as massages. There will also be over twenty booths exhibiting valuable

supports and technologies to assist with caregiving responsibilities. In addition to



From left to right: Gail Sheehy, Dorothy Ginsberg, Peri Nearon and Jacqui Moskowitz

all this, all attendees will also receive a guest pass to use the on site, state-of-the-art health club. And to put the cherry on the ice cream, the day will conclude with an optional yoga class.

For more information about the Family Support Center of NJ please see the second page of this newsletter, and to register for the retreat, please contact Jacqui Moskowitz at 1-800-372-6510.

Spotlight On...



**Family Support
Center of
New Jersey**

The Family Support Center of New Jersey is a clearinghouse of up-to-date information on national, state and local family support services, services and disabilities.

The Family Support Center offers a searchable Resource Database for families participating in Real Life Choices or just looking for family support services such as respite, camps, after-school programs, etc.

Families and professionals alike can visit the website at www.fscnj.com or call 1-800-FSC-NJ10 to access free services such as the lending library or to request the popular **OPTIONS Manual**.

For more information, please call Jacqui Moskowitz at 1-800-FSC-NJ10

Out of Pocket Caregiving Expenses Soar:

A newly released report puts out-of-pocket costs for caring for an aging parent or spouse at \$5,531 on average per year. The report, released in November by the National Alliance for Caregiving, found that as many as 17,000,000 people that care for a loved one over the age of 50 are spending 10% of their annual income on caregiving and 1/3 said they needed to use money from their savings to subsidize the costs. The most common expenses noted were household goods, food and meals.

To learn more about CNJ contact
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www.njcaregivers.org

National Healthcare Decisions Day Set for April 16, 2008

April 16, 2008 will be the inaugural National Healthcare Decisions Day. On this day, throughout the county, healthcare providers, professionals, chaplains, attorneys and others will participate in a massive effort to highlight the importance of advance healthcare decision-making. To facilitate this process, initiative organizers will provide clear, concise, and consistent information and tools for the public to execute written advance directives

(healthcare power of attorney and/or living will) in accordance with their applicable state laws. These resources will be available at: www.nationalhealthcaredecisionsday.org.

Although several states have engaged in advance directives awareness events and numerous organizations have devoted substantial time and money to improving education about advance healthcare planning, only a small minority of

Americans have executed an advance directive. National Healthcare Decisions Day seeks to address this issue by focusing attention on advance healthcare planning from a variety of directions simultaneously.

For more information on this initiative, please visit www.nationalhealthcaredecisionsday.org, email nhdd@nhpco.org or call 800-658-8898.