SUBSTANCE USE & MENTAL ILLNESS

in North Dakota Adults (18+)

2012-2013 National Survey on Drug Use and Health (NSDUH)

SUBSTANCE USE | MENTAL ILLNESS

8.8% OR **49,949** adults had a Substance Use Disorder (SUD) in the past year

16.4% OR **93,087** adults have Any Mental Illness (AMI) in the past year

In the past month, **32.6%** OR **185,039** adults engaged in binge drinking

4.2% OR **23,839** adults have Serious Mental Illness (SMI) in the past year

In the past month, **6.5%** OR **36,894** adults used illicit drugs

17,900 adults have both co-occuring behavioral health disorder (SUD & AMI)

BEHAVORIAL HEALTH IS

a state of mental/emotional being and/or choices and actions that affect wellness.

FACT

By 2020 mental & substance use disorders will surpass all physical diseases as a major cause of disability worldwide.

1. Any Mental Illness (AMI) is defined as individuals having any mental, behavior, or emotional disorder in the past year that met DSM-IV criteria (excluding developmental and substance use disorders).

2. Serious Mental Illness (SMI) is defined as adults with any mental, behavior, or emotional disorder that substantially interfered with or limited one or more major life activities.

3. Substance Use Disorder (SUD): Individuals with alcohol or illicit drug dependence or abuse are defined as having SUD. The questions used to measure dependence and abuse are based on criteria in the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

Created by the North Dakota State Epidemiological Outcomes Workgroup (SEOW) www.nd.gov/dhs/prevention/seow

Status of Caregiving in the United States & North Dakota

Elaine Ryan
Vice President
AARP State Advocacy & Strategy Integration

North Dakota Interim Human Services Committee
August 19, 2015

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Overview

- Caregiving Research
  - Caregiving in the US
  - Home Alone
  - Valuing the Invaluable
- Profile of a North Dakota Caregiver
- Policy Solutions
- Caregiving Across the States

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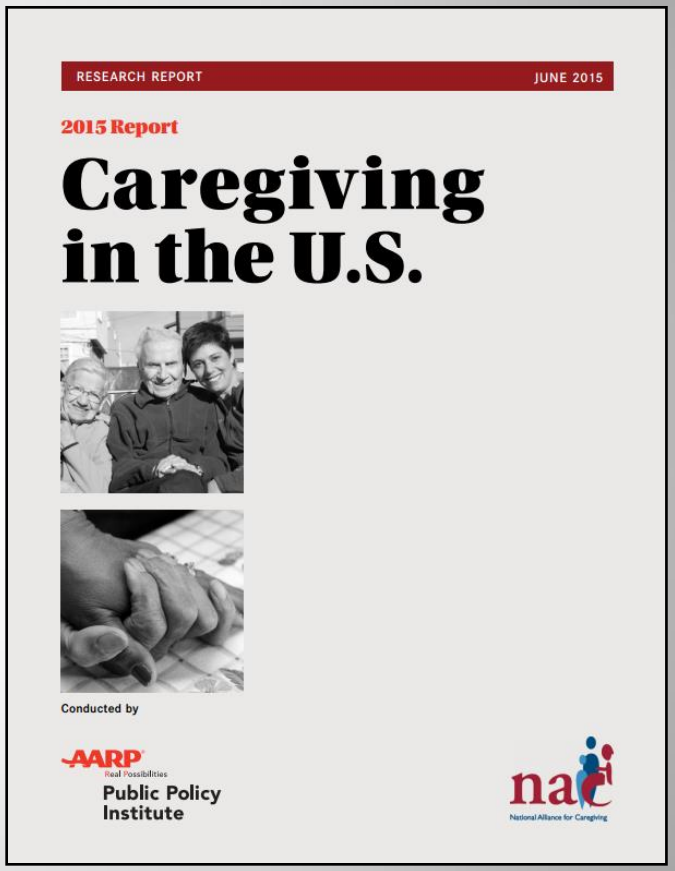
Caregiving in the U.S.

- Joint study between National Alliance for Caregiving and AARP
- Special focus on caregivers who support a loved one for at least 21 hours each week ("higher-hour"), medical/nursing tasks, caregivers in the workplace, and caregivers age 75 or older


RESEARCH REPORT JUNE 2015

2015 Report

Caregiving in the U.S.

Conducted by

AARP Real Possibilities Public Policy Institute

nac National Alliance for Caregiving

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Caregiving in the U.S.

- Typical caregiver is a **49 year-old female** caring for a 69 year-old relative due to a long-term physical condition.
- **32%** of caregivers are **higher-hour caregivers**.
  - **62 hours** per week caring for a loved one
- Caregivers **age 75 or older** are typically caring for a close relative and are the **sole provider**.
  - Provided **34 hours** per week care for **5 ½ years**

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Caregiving in the U.S.

- **60%** of caregivers were **employed** at some point in the past year.
- **70%** of caregivers who perform medical/nursing tasks reported that caregiving **impacted their job**.
- **39%** of caregivers who **left their job** did so to have **more time to provide care.**

34% of caregivers who **left their job** did so due to **lack flexible work hours.**

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Caregiving in the U.S.

- 8 in 10 higher-hour caregivers are performing **medical/nursing tasks**.
  - 6 out of 10 have **no prior preparation**.
- 68% of caregivers have **no paid help.**

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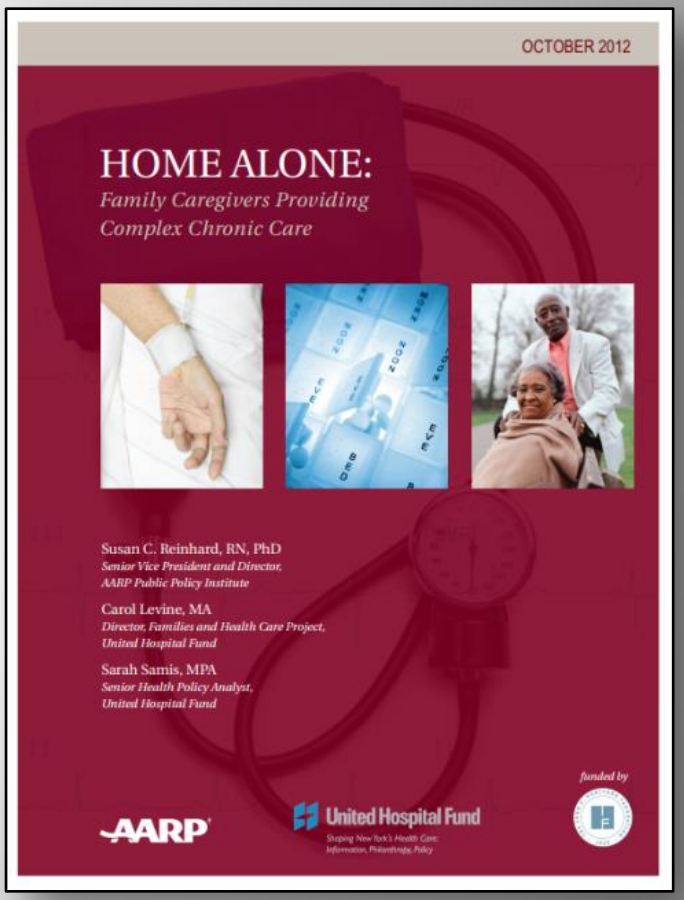
Home Alone

- AARP PPI surveyed 1,677 family caregivers and found:
  - Family caregivers perform complicated medical/nursing tasks and medication management
  - Training is limited
  - Most care recipients do not receive home visits by health professionals
  - Performing medical/nursing tasks may prevent nursing home placement
  - Quality of life is affected



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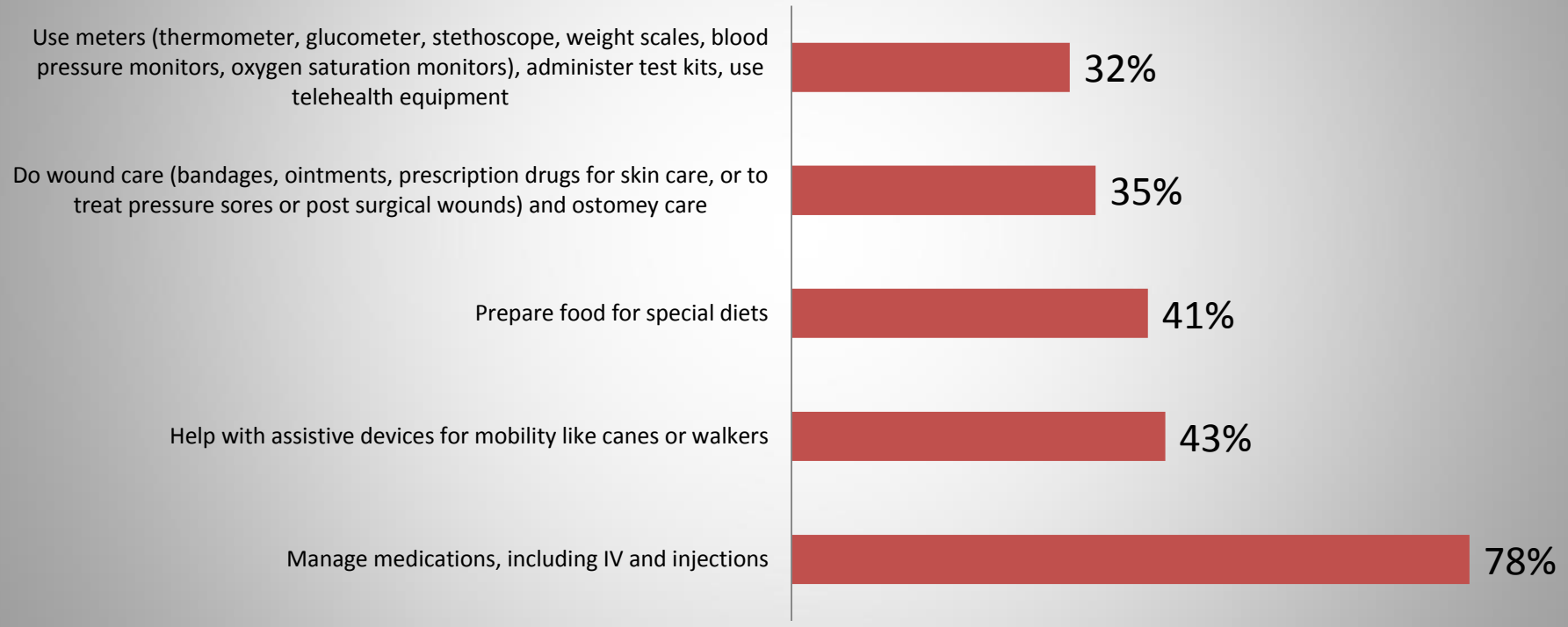
Home Alone

Percentage of Caregivers Performing Medical/Nursing Tasks



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Valuing the Invaluable

- 2013 – **40 million** caregivers provided **37 billion hours** of care to an adult with limitations in daily activities.
- Estimated **economic value** of their unpaid contributions was approximately **$470 billion.**

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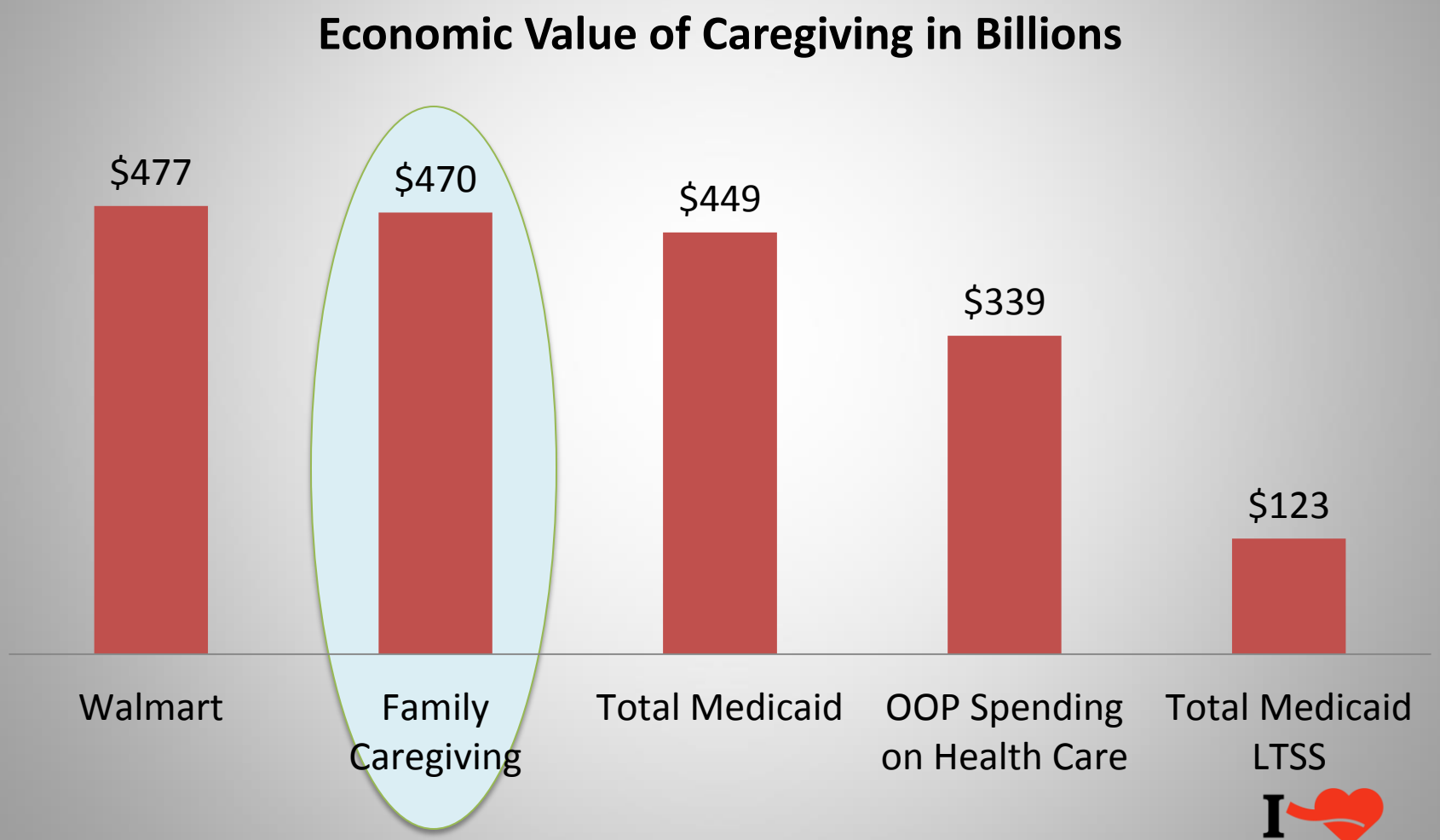
Valuing the Invaluable



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Valuing the Invaluable

TIME COMMITMENT

Caregivers spend an average of **18 hours per week** providing care to a family member.

60% Family caregivers caring for an adult while employed full or part time.

Provide **21+ hours** of family care per week while working a job. **22%**

FINANCIAL COMMITMENT

68% Family caregivers who say they have to use their own money to help provide care to their relative.

39% felt financially strained.

EMOTIONAL COMMITMENT

55% Caregivers who felt overwhelmed by the amount of care needed for a family member.

WORK COMMITMENT

1 in 4 workers age 25+ are family caregivers.

72% workers 40+ that say allowing work flexibility for caregiving would help improve work/life balance.

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North Dakota Caregivers

- **62,100 North Dakotan caregivers** provide **58 million hours** of care **valued at $820 million** annually.
- Average North Dakota caregiver is a **63 year old female** who is married, has two or more years of **college education** and **is working** either full or part time.

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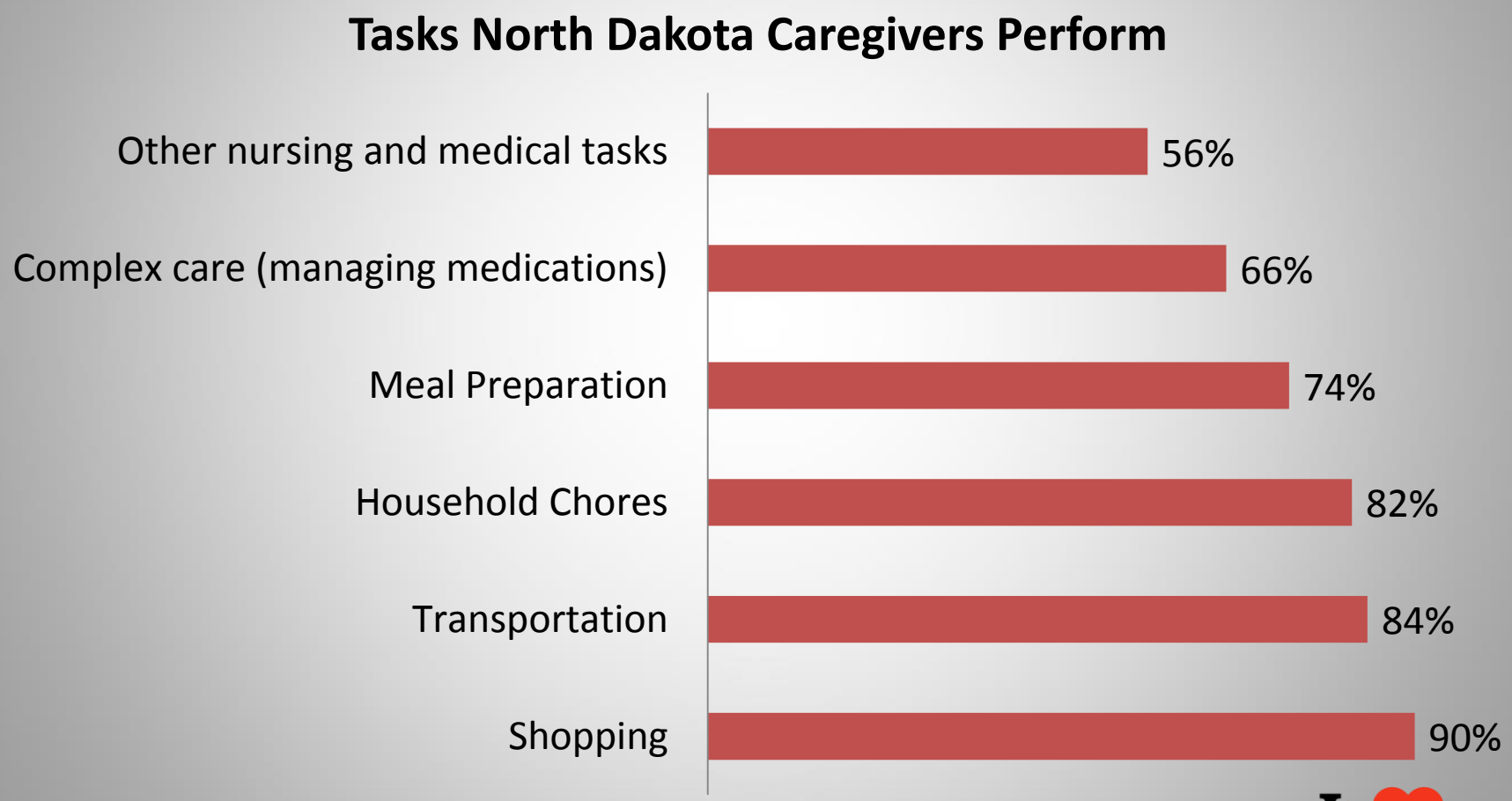
North Dakota Caregivers



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North Dakota Caregivers

- **70%** of North Dakota voters age 45 and older believe that **remaining at home with caregiver assistance is the ideal situation** when basic tasks of life become more difficult.
- **56%** believe it is **likely that they will provide care on an unpaid basis** for an adult loved one who is ill, frail, elderly or who has a disability.

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North Dakota Caregivers

- **91%** of North Dakota caregivers believe it is important to be **able to provide care** so their **loved ones** can continue to **live independently** in their own homes.
- **67%** of North Dakota caregivers believe it is important to have **more caregiver resources and training** that allow for caregivers to continue providing care for their loved ones.

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Policy Solutions

- Support During Hospital Transitions
- Removing Barriers to Practice and Care
- Respite Care
- Workplace Flexibility
- Uniform Guardianship and Power of Attorney Laws
- Access to Direct Care Workers

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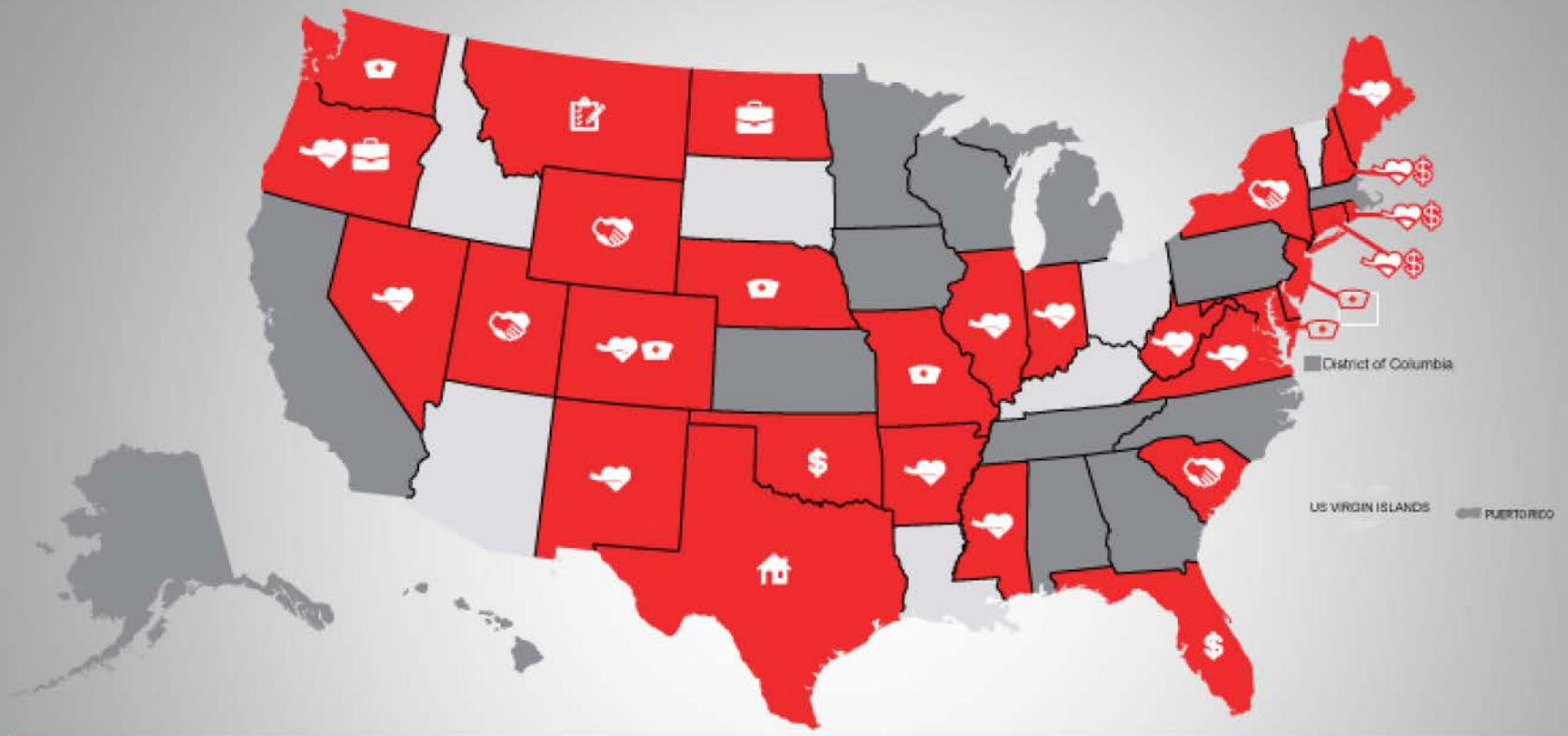
Fighting for Family Caregivers: 2015 Across the States



States Take Action to Support Family Caregivers

- **CARE Act:** bills signed into law
- **Financial Caregiving:** bills signed into law
- **Home and Community Based Care:** services protected or increased
- **Nurse Scope & Delegation:** bills signed into law
- **Registry of Home Care Workers:** established
- **Respite Care:** services increased
- **Workplace Flexibility:** bills signed into law
- **Bill to Support Family Caregivers:** *passed by legislature**
- **Bill to Support Family Caregivers:** *introduced**

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Mary Beth from North Dakota

Like 0

Caregiver in Training

Mary Beth's Story

From the moment I first took my sister to the doctor three years ago I knew I was in for a long, difficult caregiving experience.

Even though for now my sister lives in her own apartment, and manages to take care of herself she has a multitude of problems that will make it increasingly difficult to care for herself in the future. Along with ulcerative colitis which has caused cirrhosis of the liver & kidney disease she has developed an autoimmune disease, osteopenia, anemia, & pulmonary arterial hypertension heart disease. Of course these conditions require multiple medical visits but she does not always tell doctors what they need to know or remember and understand all they tell her. Consequently I have to take time off work to accompany her to doctors, to the hospital, the ER & walk-in clinics whenever needed and often times at a moment's notice.

I also currently assist her with her financial affairs, light housekeeping, and grocery shopping. Last year I moved to a ground floor handicap accessible apartment because her deteriorating health condition means she will eventually need to move in with me as I will become her 24/7 caregiver. Unless her condition requires skilled nursing care, I will not put her in a nursing facility as this is against her wishes.

My future is full of questions. As an AmeriCorps volunteer for the last two and a half years, I have provided respite care to family caregivers in Minnesota. I learned how very important it is to take the time to take care of one's self. Since North Dakota does not have this program to assist caregivers will I be able to have the any kind of respite? If I give up my job what sort of family assistance payment is available? Will it be enough to pay our rent & eat? How can I sustain my own mental health if I care for her day & night? All I know for sure is that I want to be the best caregiver possible for my sister. Will there be help for me?

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QUESTIONS

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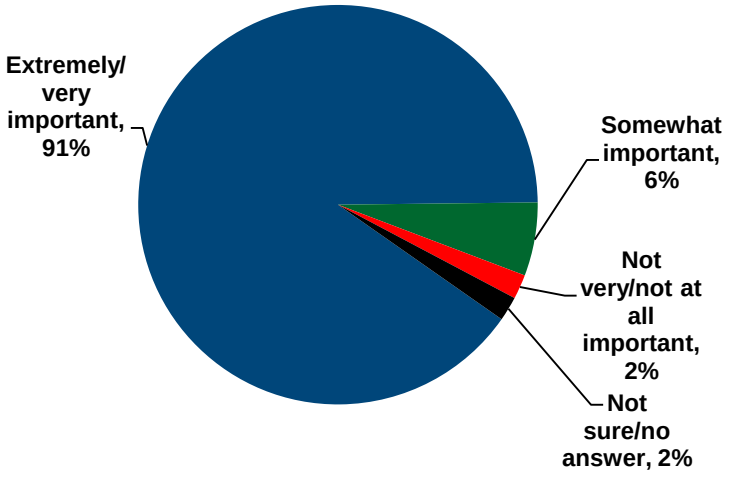
2014 AARP Caregiving Survey of North Dakota Voters Age 45 and Older: Family Caregivers

There are approximately 62,100 caregivers over the course of the year in North Dakota. North Dakota caregivers provide 58 million hours of care per year with an estimated economic value of $860 million dollars.[1]

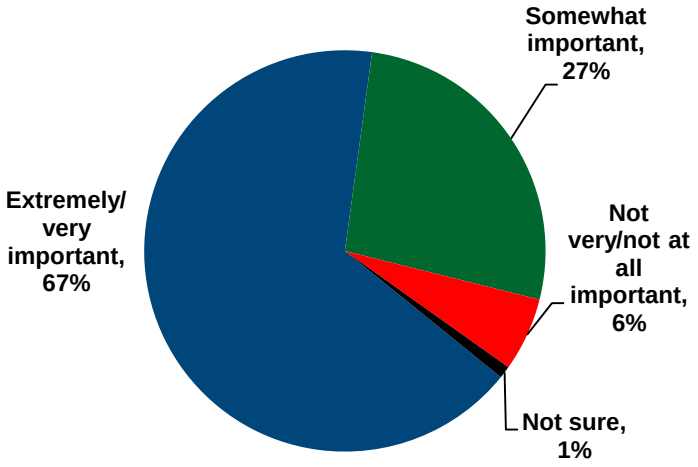
Most (70%) North Dakota voters age 45 and older believe that being cared for at home with caregiver assistance is the ideal situation when the basic tasks of life become more difficult due to aging or illness. Moreover, more than half (56%) of North Dakota voters age 45 and older say it is extremely, very, or somewhat likely they will provide care on an unpaid basis for an adult loved one who is ill, frail, elderly or who has a disability.

Most North Dakota caregivers are helping or have helped their loved ones with shopping (90%), transportation (84%), household chores (82%), meal preparation (74%) as well as more complex care like managing medications (66%) and other nursing and medical tasks (56%). The majority (72%) of these caregivers says it is likely that they will need to provide this type of care in the future. As such, nearly all (91%) of these caregivers believe it is important to be able to provide care so that their loved ones can keep living independently in their own home and two-thirds (67%) believe it is important to have more caregiver resources and training that allows family caregivers to continue to provide in-home care.

Importance of Providing Care to Adult Loved Ones Among North Dakota Caregivers (n=383, Respondents Who Are Current or Past Caregivers)



Importance of Having More Resources and Training for Caregivers Among North Dakota Caregivers (n=383, Respondents Who Are Current or Past Caregivers)



The average age of North Dakota caregivers is 63 years old and the majority is female (60%), married (71%), has a two year college degree or higher (64%), working either full or part-time (54%) and has an annual household income of less than $100,000 (56%).

AARP North Dakota commissioned a telephone survey of 800 North Dakota voters age 45 and older to learn about their experiences with family caregiving, as well as their opinions on proposals to support family caregivers in the state. This report highlights results from voters interviewed between November 6 and November 16, 2014. The data in this report has been weighted by age, gender and geographic county of residence to reflect the North Dakota population of voters age 45 and older. The survey has a margin of error of ±3.5 percent.

[1] Valuing the Invaluable: 2015 Update Undeniable Progress, but Big Gaps Remain, Susan C. Reinhard, Lynn Friss Feinberg, Rita Choula, and Ari Houser, AARP Public Policy Institute

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

State Research brings the right knowledge at the right time to our state and national partners in support of their efforts to improve the lives of people age 50+. State Research consultants provide strategic insights and actionable research to attain measurable state and national outcomes. The views expressed herein are for information, debate, and discussion, and do not necessarily represent official policies of AARP.

AARP staff from the North Dakota State Office, Campaigns, State Advocacy and Strategy Integration (SASI), and State Research contributed to the design, implementation and reporting of this study. Special thanks go to AARP staff including Janis Cheney, State Director in North Dakota, Joshua Askvig, Associate State Director of Advocacy in North Dakota; Chryste Hall, Reshma Mehta, Lani Kawamura, William Brown, and Jodi Sakol, Campaigns; Kristina Moorhead and Sarah Mysiewicz, SASI; and Joanne Binette, Rachelle Cummins, and Darlene Matthews, State Research. Please contact Aisha Bonner at 202-434-3531 for more information regarding this survey.

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AARP Research

For more information about this survey, please contact Aisha Bonner at:

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