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Highlighting Unique Challenges Facing Dementia Caregivers During National Family Caregivers Month

Alzheimer's Association offers help to the 369,000 Alzheimer's caregivers in North Carolina

During National Family Caregivers and National Alzheimer's Disease Awareness Month in November, the Alzheimer's Association's Western Carolina Chapter and Eastern North Carolina Chapter are highlighting the unique challenges facing Alzheimer's and dementia caregivers and urging caregivers to take care of their own health. Currently, there are more than 369,000 caregivers in North Carolina providing care to more than 180,000 living with Alzheimer's.

Caring for those living with Alzheimer's or other dementia poses special challenges for family caregivers. As dementia symptoms worsen, caregivers can experience increased emotional stress, depression, anxiety, and new or worsened health problems. Caregivers often experience depleted finances due to disruptions in employment and paying for health care or other services.

"Caring for a person with Alzheimer's takes longer, lasts longer, is more personal and intrusive than most other diseases, and takes a heavy toll on the health of the caregivers themselves," said Katherine L. Lambert, CEO of the Alzheimer's Association - Western Carolina Chapter. "During the course of the disease, caregiving tasks escalate and become more intensive. Alzheimer's and dementia caregivers are often managing multiple conditions, including memory loss, comorbidities, loss of mobility, reduced communication skills and behavioral and personality changes."

Across the country, 59% of dementia caregivers report high to very high emotional stress due to caregiving and 38% report high to very high physical stress due to caregiving. Seventy-four percent of dementia caregivers report they are "somewhat concerned" to "very concerned" about maintaining their own health since becoming a caregiver. In North Carolina, 18.1% report frequent poor physical health.

To help caregivers balance competing priorities while maintaining their overall health and well-being, the Alzheimer's Association offers these tips:

- Find time for yourself. It's normal to need a break from caregiving duties. No one can do it all by themselves. Consider taking advantage of respite care or help from family and friends to spend time doing something you enjoy. (alz.org/help-support/caregiving/care-options/respice-care)
 - Become an educated caregiver. Understand the disease, its progression and accompanying behavioral and physical changes. Know resources in your community that can help.
 - Build a support network. Organize friends and family who want to help provide care and support. Access local caregiver support groups (alz.org/help-support/community/support-groups) or online communities, such as ALZConnected (alzconnected.org), to connect with other caregivers. If stress becomes overwhelming, seek professional help.
 - Take care of yourself. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.
 - Avoid caregiver burnout. Sustained caregiver stress can lead to caregiver burnout – a state of physical, emotional and mental exhaustion. The Alzheimer's Association offers Caregiver Stress Check: (alz.org/help-support/caregiving/caregiver-health/caregiver-stress-check) to help caregivers identify and avoid caregiver burnout.
 - Accept changes. Eventually your loved one will need more intensive kinds of care. Research care options now (alz.org/help-support/caregiving/care-options) so you are ready for the changes as they occur.
 - Know you're doing your best. It's normal to lose patience or feel like your care may fall short sometimes. You're doing the best you can. For support and encouragement, consider joining an online or in-person support group.
- "As difficult as it may be, caregivers need to make their health and well-being an equal priority," said Lambert. "Maintaining your health can help you be a better caregiver. No caregiver should face this disease alone. The Alzheimer's Association is here to help."

As part of National Alzheimer's Disease Awareness Month and National Family Caregivers Month, the Alzheimer's Association's Chapters in North Carolina are offering free education programs and support groups to help all North Carolina caregivers and their families. Featured programs throughout central and western N.C. include:

- Healthy Families, Healthy Communities (November 11 | 10 a.m. - 3 p.m. | Charlotte, N.C.) - Caring for someone with Alzheimer's can be overwhelming. As a caregiver, you may find yourself with so many responsibilities that you neglect taking good care of yourself. The Alzheimer's Association and the Frankie Mae Foundation are hosting an all-day forum for caregivers and their communities dedicated to learning tips and strategies for healthy living. In addition to workshops being offered, attendees will be able to connect with local resource exhibits and visit a caregiver shop. There will also be a kids corner with games and crafts for kids in attendance.
- Caregiving During the Holidays - For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and goodwill. This program is designed to teach caregivers to care for themselves, their loved ones, and about holiday safety all while giving suggestions that may make the holidays more enjoyable for you and your loved ones.

- November 14 | 5:30-6:30 p.m. | China Grove, N.C.
- November 16 | 1-2 p.m. | West End, N.C.
- November 16 | 6:30-7:30 p.m. | virtual
- November 28 | 10-11 a.m. | Mocksville, N.C.

• Caregiver Appreciation Spa Day (November 6 | 12-2 p.m. | Kings Mountain, N.C.) - The Alzheimer's Association is presenting Caregiving During the Holidays and serving lunch while Visiting Angels is supplying gifts. Spa time includes massages, aromatherapy and hand and nail treatments after the program and lunch.

All programs are free, but pre-registration is required. For a complete list or to register for upcoming programs, visit act.alz.org/nmonthlyprograms or call 800-272-3900.

The Alzheimer's Association also provides a 24-7 Helpline staffed by master's level clinicians and specialists who are available 365 days a year and can help families navigate a variety of disease-related issues. Call 800-272-3900.

About the Alzheimer's Association The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800.272.3900.

About the Alzheimer's Association - Western Carolina Chapter The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in 49 central and western North Carolina counties. It offers opportunities to get involved and to make a difference, in addition to a variety of services including: a 24/7 Helpline, support groups, educational programs and care consultations. For more information about Alzheimer's disease or the Alzheimer's Association Western Carolina Chapter, visit alz.org/northcarolina or call (800) 272-3900. For the latest news and updates, follow us on Facebook, Twitter and Instagram.

Alzheimer's Caregiving: By the Numbers

- (From the Alzheimer's Association Alzheimer's Disease Facts and Figures report.)
- More than 11 million people in the U.S. are providing unpaid care to a person living with Alzheimer's or dementia.
 - In 2022, these caregivers provided an estimated 18 billion hours of unpaid care valued at \$339.5 billion.
 - 83% of the help provided to older adults in the U.S. comes from family members, friends or other unpaid caregivers.
 - Nearly half of all caregivers (48%) who provide help to older adults do so for someone with Alzheimer's or another dementia.
 - Among primary caregivers of people with dementia, over half take care of their parents.
 - Approximately two-thirds of caregivers are women, and one-third of dementia caregivers are daughters.
 - Approximately one-quarter of dementia caregivers are "sandwich generation" caregivers, meaning they care not only for an aging parent, but also for children under age 18.
 - In 2022, the lifetime cost of care for a person living with dementia was \$377,621.
 - 70% of the lifetime cost of care is borne by family caregivers in the forms of unpaid caregiving and out-of-pocket expenses.
 - 41% percent of caregivers have a household income of \$50,000 or less.

Funny, Random & Weird Holidays

- November 2 Thursday - Deviled Eggs Day, Men Make Dinner Day & International Stout Day
- November 3 Friday - Sandwich Day
- November 4 Saturday - Common Sense Day
- November 5 Sunday - Zero Tasking Day
- November 6 Monday - Saxophone Day
- November 7 Tuesday - Bittersweet Chocolate with Almonds Day
- November 8 Wednesday - Tongue Twister Day

Anson County's September Unemployment Rate

Anson County Anson County's unemployment rate for September was 3.8%. The August rate was 4.2%. Anson County ranked #77 of the 100 counties statewide (low to high).

Here are other past rates in Anson County: **2023:** July 4.2%; June 4.2%; May 4.0%; April 3.6%; March 3.9%; February 4%; January 4.3%. **2022:** December 4.0%; November 4.6%; October 4.9%; September 4.2%; August 4.9%; July 4.7%; June 5.3%; May 4.7%; April 4.6%; March 4.9%; February 5.1%; January 5.1%. **2021:** December 4.4%; November 4.7%; October 5.2%; September 4.9%; August 5.8%; July 6.5%; June 6.1%; May 5.5%; April 5.4%; March 5.9%; February 7.5%; January 7.7%.

The **2020** rates were: December 7.1%; November 7.2%; October 7.2%; September 8.5%; August 8%; July 10%; June 7.9%; May 10.1%; and April 8.2%.

In March 2020 the unemployment rate in Anson County was 4.9%, just before it was affected by the pandemic.

Statewide Statewide the unemployment rate for September was 3.2%, down slightly from 3.6% in June, July and August.

Here are other statewide past rates: **2023:** May 3.4%; April 3.1%; March 3.5%; February 3.6%; January 3.7%. **2022:** December 3.2%; November 3.8%; October 3.9%; September 3.3%; August 3.9%; July 3.7%; June 4.1%; May 3.6%; April 3.4%; March 3.6%; February 3.7%; January 3.8%. **2021:** December 3.2%; November 3.4%; October 3.6%; September 3.8%; August 4.4%; July 4.6%; June 4.9%; May 4.5%; April 4.4%; March 4.6%; February 5.6%; January 6%. **2020:** December 6%; November and October 6.1%; September 7%; August 6.8%; July 8.9%.

Anson's total labor force in September was 10,211, with 9,820 employed and 391 unemployed. In August the total labor force was 10,212, with 9,761 employed and 451 unemployed.

Unemployment rates (not seasonally adjusted) decreased in 98 of North Carolina's counties in September 2023 and increased in two. Scotland County had the highest unemployment rate at 5.6 percent while Swain and Buncombe Counties each had the lowest at 2.5 percent.

All 15 of the state's metro areas experienced rate decreases. Among the metro areas, Rocky Mount had the highest rate at 4.5 percent while Asheville had the lowest at 2.7 percent. The not seasonally adjusted statewide rate was 3.2 percent.

When compared to the same month last year, not seasonally adjusted unemployment rates decreased in 90 counties, increased in four, and remained unchanged in six. Fourteen of the state's metro areas experienced rate decreases over the year and one remained unchanged.

The number of workers employed statewide (not seasonally adjusted) increased in September by 53,039 to 5,134,777, while those unemployed decreased by 18,714 to 170,391. Since September 2022, the number of workers employed statewide increased 142,319, while those unemployed decreased 7,967.

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Of Intent To Apply

administered by the North Carolina Department of Health & Human Services.

The purpose of the Community Service Block Grant is to provide a range of services and activities having a measurable and potentially major impact on the causes of poverty in the areas of the community where poverty is a particularly acute problem.

The Sandhills Community Action Board of Directors will meet via tele-conference to discuss this program on Wednesday, November 15, 2023 at 6:00 p.m. The Call-In telephone number is 1-844-875-7777 & enter code: 4259133. The Public is invited.



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