

**Exhausted?  
Caregiving Doesn't  
Have to be So Hard!**



**2023 Home and Community-Based  
Services Conference**

# Meet Our Panelists



**Alaina Macia**  
President and CEO  
MTM, Inc.



**Ali Ahmadi**  
CEO  
TCARE



**Diane Slezak**  
CEO  
Age Options



**Becky Dragoo**  
Deputy Director  
Illinois Dept. on Aging

# Family Caregivers are Critical to Keeping Healthy at Home

“Some **53 million Americans** of all ages devote a portion of their day to feeding, driving, cleaning, paying bills, and making sure the medicine gets taken by a loved one not able to do these tasks on their own...

**That care should be given at home whenever possible**, rather than in an institutional setting...

The support systems needed to assist them — whether from employers, the health care industry or government — often come up far short. ”

*AARP Bulletin | May 3, 2022*

# Balancing Work and Caregiving is Challenging

50%

of caregivers say their work is unaware of their caregiving status<sup>1</sup>

61%

of caregivers say they have experienced at least one impact/change to their work circumstance due to caregiving<sup>1</sup>

21-24

average hours per week spent caregiving<sup>2</sup>

78%

of caregivers report having out-of-pocket expenses as a result of caregiving<sup>2</sup>

\$7,242

Average annual amount caregivers spend on caregiving<sup>2</sup>

47%

of caregivers have experienced at least one financial setback as a result of their caregiving<sup>2</sup>

# Stories on Caregiving and Aging



# Panel Q&A

*Let's talk about the  
caregiver experience*



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# Thank You!



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