



CONSORTIUM FOR CITIZENS  
WITH DISABILITIES

## **EFFECTIVE CARE GIVING CAN MINIMIZE PHYSICAL AND MENTAL IMPAIRMENTS OF VULNERBLE POPULATIONS**

A Congressional briefing was held on “Hispanic Family Caregiving”. Presenters at the forum were care giving researchers, policy experts, and an administrator of a long-term care facility.

### **Summary**

Family care giving and long term services are needed for millions of people in America

There approximately 50 million people with disability in America. Two thirds become disabled after the age of twenty. The prevalence of disability at age 65 is 30% and 52% at age 75. There are evidence based protocols for ameliorating the need for care giving (i.e. caregiving materials developed at the University of Stanford). However, vehicles for transmission of evidence based procedures develop for effective caregiving skills are limited. Protocols are evidence based when socially validated outcomes of caregiving are reproducible and available in a variety of settings.

### **Disability Prevention Issue**

There are public health functions that can reduce morbidity and the need for family caregiving. Health and human function for self-sufficiency diminishes with age. However, there are evidence based interventions based on social and behavioral principles associated with maintaining and restoring human functioning related to self sufficiency. In addition, there are also environmental modifications that may enable self sufficiency and reduce caregiving needs over ones life span. Thus, evidence-based interventions can ameliorate functional limitations and prevent secondary disabling conditions that may reduce the need for caregiving.

### **Intervention**

A letter was sent and a post forum discussion was held with the keynote speaker on dissemination of evidence based practices to maintain and promote function to minimize the need for family care giving

### **Recommendation**

There should be widespread dissemination of evidence based protocols to habilitate, maintain and prevent diminished function to minimize need for family care giving.