

# Asking the Right Questions and Finding the Right Resources for Rural Caregivers

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**THE OHIO STATE UNIVERSITY**

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COLLEGE OF FOOD, AGRICULTURAL,  
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Ohio AgrAbility's mission is to promote success in agriculture for Ohio's farmers and farm families who are coping with disability or a long-term health condition





Ohio AgrAbility also provides education and resources to farmers, agricultural businesses and groups, healthcare, education and disability professionals, and anyone interested in making farming safe and accessible.



Ohio AgrAbility is part of a national network of state & regional AgrAbility projects

Funding is based on the U.S. Farm Bill,  
and is competitively awarded on 4-year cycles

Funds are awarded to a state team comprised of a land grant  
university and a non-profit organization:  
Ohio State University & Easter Seals of Greater Cincinnati

# Why is Ohio AgrAbility interested in Caregivers?

- Farming is a dangerous occupation, may lead to disabling conditions and limitations earlier than general population
- Farmers/rural populations may have less providers, infrastructure/support compared to urban
- We take a holistic approach to working with farmers and their families, and caregiving may be part of their story

# Agenda

- Who are the caregivers?
- Caregiver Support Network overview
- Caregiver burnout – signs and solutions
- Ohio and national resources
  - Links
  - Handouts
  - Recorded webinars

# Who are the caregivers?

“There are only four kinds of people in the world  
- those who **have been** caregivers,  
those who **are currently** caregivers,  
those who **will be** caregivers,  
and those who **will need** caregivers.”

- Former First Lady, Rosalynn Carter

# Who is a caregiver?

Caregivers provide assistance to another individual who has a disability, other limiting condition, or is suffering from an illness

# Challenges for rural caregivers

Rural caregivers face additional challenges such as geographical isolation, gaps in rural service delivery systems, and the unique needs of agricultural workers with disabilities

A word cloud featuring various terms related to caregiving and compassion. The words are arranged in a dense, overlapping manner, with some words being significantly larger than others. The colors of the words vary, including shades of green, blue, purple, brown, and yellow. The words include:

- loving
- compassionate
- exhausted
- assistant
- strong
- overworked
- helpful
- caregiver
- patient
- mom
- reassurance
- support
- helper
- resourceful
- competent
- organized
- all-purpose
- bonding
- stress
- tired
- frazzled
- fulfilling
- invaluable
- responsible
- appreciated
- dedicated
- important
- relationship
- responsive
- burnout
- blissings
- saint
- caring

# CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.\*

**43.5 million**  
2015  **53 million**  
2020



**18%**  
2015  **21%**  
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING  
UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.\*\*

More Americans are caring for  
more than one person.



**18%**  
2015  **24%**  
2020

More family caregivers have  
difficulty coordinating care.

**19%**  
2015  **26%**  
2020



More Americans caring for someone with  
Alzheimer's disease or dementia.



**22%**  
2015  **26%**  
2020

More family caregivers report their  
own health is fair to poor.

**17%**  
2015  **21%**  
2020



23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

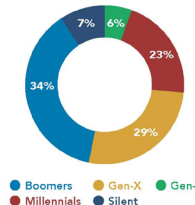
Who are today's family caregivers?



**39%**  
MEN



**61%**  
WOMEN



**45%**  
HAVE HAD AT  
LEAST ONE  
FINANCIAL IMPACT



**61%**  
WORK



Family Caregiving™

\*Provided care to an adult or child with special needs.

\*\*The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

URL: [www.aarp.org/uscaregiving](http://www.aarp.org/uscaregiving) DOI: <https://doi.org/10.26419/ppi.00103.002>



Caregiving in the U.S. 2020,  
National Alliance for Caregiving and AARP  
For media inquiries, contact [Media@nac.org](mailto:Media@nac.org)

LL, and ENVIRONMENTAL SCIENCES

# Caregiver Support Network (CSN)

- Formed fall 2019
- Focus on rural caregivers
- Local resources
- Engaging with community partners, stakeholders, Extension, social services, advocacy organizations

# **First CSN workshop February 2020 was in person across the state**

- Central location (on OSU campus, Columbus)
  - Hosted speakers, Zoomed from this site
- 6 satellite sites around the state
  - Extension, county social services and a NAMI office
- 140+ registrants
- 25+ exhibitors

# 2021 Workshops – all virtual

## **February 17: *Respite! Respite? Respite...***

1<sup>st</sup> session (90 minutes) Finding respite, creating a respite care plan

2<sup>nd</sup> session (90 minutes) Expert panel – Sharing respite experiences and resources, where do I start?

## **June 9 - *GenerationRx: Safe Medication Practices for Better Health for Older Adults***

## **October 9 - *Let's Talk About Caregivers and Mental Health***

# Caregiver Burnout

- Resources
- Videos
- Handouts
  - Caregiver burnout action planning worksheet
  - Know your strengths and needs
  - Self-care tips
  - Signs of burnout
  - When to see a mental health professional

# What resources are available?

- Videos of all webinars
- Handouts from webinars
- Links to Area Agencies on Aging (by county)
- Links to Ohio DODD
- County level mental and public health resources

# What resources are available?

- Fact sheets, reports and resources
  - National Alliance for Caregiving and AARP
    - Caregiving for different populations and situations
    - Rural Caregiver factsheet
  - Ohio AgrAbility
  - Ohio Department of Aging

# How to collaborate with the Caregiver Support Network

- Share CSN resources
- Help promote upcoming webinars
- Suggest a topic or speaker for a webinar

# How can Rural Health advocates help caregivers?

- Have a list of resources to offer
- Ask what they need
- Hold webinars, workshops or local events
  - Share resources
  - Invite local service providers and vendors
  - Hold events for caregivers to meet each other
    - Comments from workshop evaluations
      - “I am not the only one going through this”
      - “Other caregivers struggle”

Caregiver fact sheets,  
infographics and  
statistics

[2021 Caregiver  
workshops](#)

[Caregiver videos and  
handouts](#)

[Caregiver resources](#)

[Who should attend the  
workshop?](#)

[Health and COVID-19  
resources and  
information](#)

[Caregiver Workshop  
Sponsors](#)

[Workshop Exhibitors -  
February 22, 2020](#)

[Past workshops](#)

## Caregiver fact sheets, infographics and statistics

**“There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”**

- Former First Lady, Rosalynn Carter

### [Link to the National Alliance for Caregiving \(NAC\) factsheets, reports and resources](#)

[AARP Caregiving in the US 2020 Infographic](#)

[Ohio AgrAbility Fact Sheet - Primary Caregiver for a Farm Family Member](#)

[Rural Caregiver fact sheet](#)

["Typical, Feeling Alone" Caregiver fact sheet](#)

[Ohio Department of Aging Caregiver Fact Sheet](#)

[Ohio Department of Aging Support Working Caregivers infographic](#)



# All resources and handouts shared in this webinar are available on the Ohio AgrAbility website

<https://agrability.osu.edu/caregiver-support-network>

- Caregiver Support Network Pages
  - Fact sheets and statistics
  - Caregiver videos and handouts
  - Caregiver resources

# Questions?

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**Thanks for joining me today!**