The Caregiver Challenge

TimeBanks
www.timebanks.org
Are You a Family Caregiver Who Needs a Break?

Are you doing it all for an elder or loved one?  

Yes.  

Have you taken or planned a vacation this year?  

Yes.  

You might need respite care to recharge!  

No.  

You need to take care of yourself too.  

No.  

Have you taken yourself to the doctor recently?  

Yes.  

Are you feeling depressed?  

No.  

Have you spent time with your friends lately?  

Yes.  

Whew! Studies show that time with close friends promotes good health.  

No.  

Good for you!
43.5 million adults are caregivers according to AARP.
Only 18.2% reported being a caregiver.
Respite is their most frequently requested service.
85% of caregivers of adults receive no respite.
Insufficient support puts caregivers at risk.

Nationally, 30% caregivers die before those they care for.
80% of all caregiving is unpaid: provided by friends & family

Unpaid caregiving value = $470 Billion

Declines in informal care?

Unaffordable costs

Volunteering overwhelmed
Try Timebanking!
Building Extended Family

ONE HOUR HELPING SOMEONE = 1 TIME CREDIT

• Getting help, giving help
• Building relationships, friendships, networks, & community
• Increasing self-esteem
  • Saving money
  • Nurturing health

Turning caregiving scarcity into community based, self-renewing supply
Evaluations and member feedback

• Increased sense of belonging
• New friends of different ages, backgrounds, cultures
• Supports for aging in place
• Improved mental, physical health
• Reduced hospital/emergency room use
• Shorter hospital/rehab stays
• Feeling they can still contribute
• Better quality of life

Timebanks are able to attract people who don’t normally volunteer, keep old people healthier and cut the drop-out rates of volunteers.

EVALUATION STUDY BY UNIVERSITY OF MARYLAND CENTER ON AGING
TimeBanking Elements

- 5 Core Values
- Time Credits used for “time out, time in”
- Peer leaders who connect, support, and encourage
- Core known practices – adaptable to local needs
- TimeBanking software
Element 1: Five Core Values

The most important thing

**Assets** – everyone has something to give

**Work** – redefining what counts

**Reciprocity** – paying it forward

**Community** – we are stronger together

**Respect** – every voice deserves a listening

Time Credits: One hour of help = One time credit.
TimeBanking in Action
Element 2: “Time out, Time in”

500+ Community TimeBanks, Millions of hours exchanged

Care-giver
- Can give care, advice to other care-givers...
- Can receive respite, a massage...

Care-recipient
- Can give an ear to listen, guitar lessons...
- Can receive a massage, a singing lesson

Coordinator
- Can give structure, pair up members...
- Can receive child care, manicure...

Respite provider
- Can give respite, transportation...
- Can receive child care, transportation...
Element 3: Peer leaders who connect, support, encourage

Everyone has a role:
- Caregivers
- Volunteers
- Service providers
- Programs & managers
- Funders

TimeBanking encourages people to step forward -- with their strengths, their talents, what they love doing -- and calls them to reach out in a spirit of sharing and caring.
Element 4: **Adaptive Practice**

TimeBanking’s well known core practices, roles and rules can be easily adapted for a good fit with local needs.

**Ongoing TimeBank Actions**
- Outreach
- Enrollment & Orientations
- Exchanges (Individual, group)
- Gatherings and celebrations
- Feedback & Evaluation

Identify strengths, find key partners and build on what works wherever you can. Celebrate often!
Uses

- List and filter of members
- All members can see what is offered
- Members can make their own exchanges
- Members can be given a “guardian angel”
- Tracks hours of time given/received

- Coordinators can easily match members based on needs and skills via categories
- Ability to see distance of other members in relation to you
- Coordinators have tools to engage, inform, track activity, organize
“We have what we need, if we use what we have.”

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