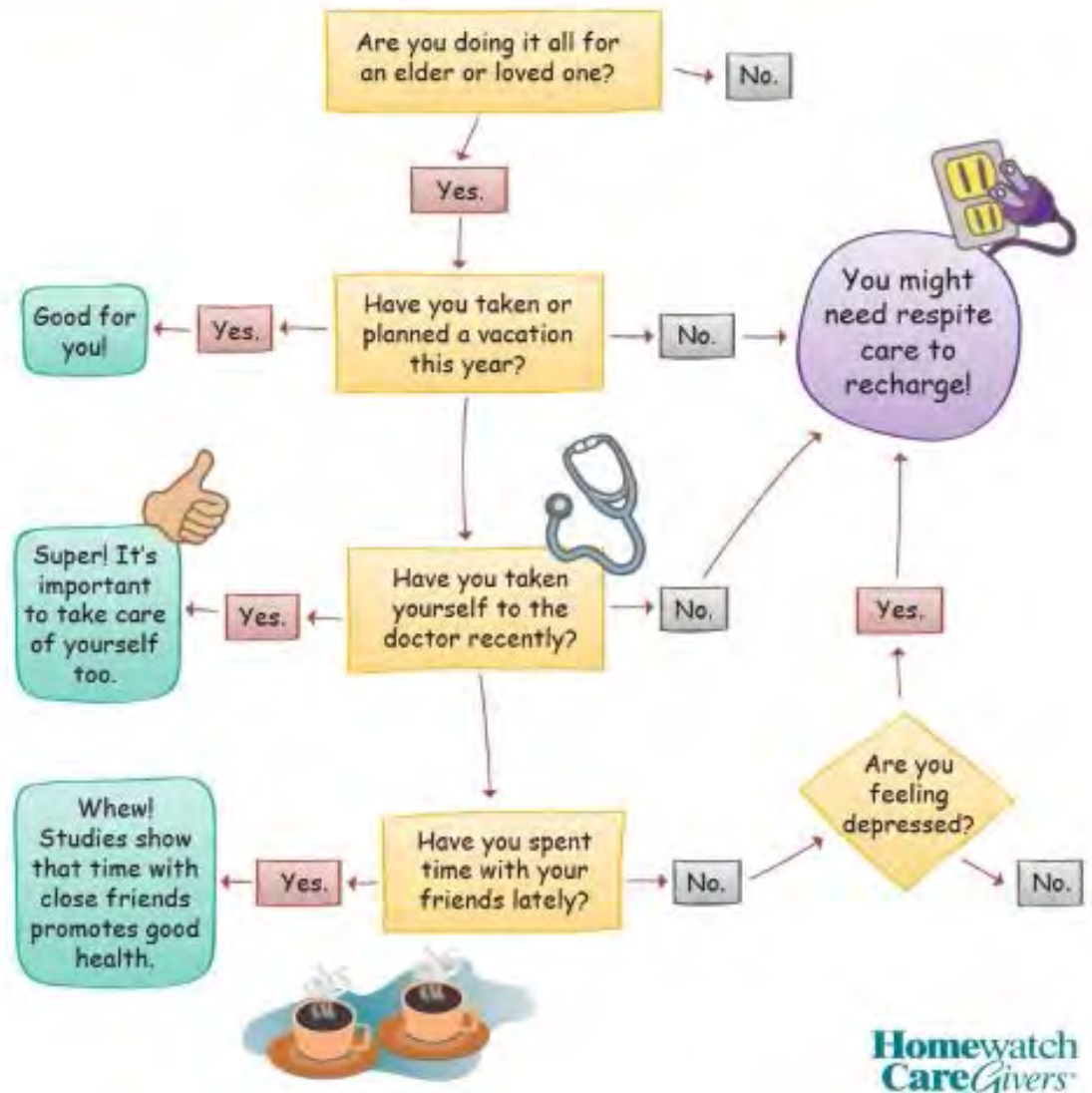


The Caregiver Challenge



Are You a Family Caregiver Who Needs a Break?



Caregivers need Care!

- 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**

TimeBanking Benefits

For TimeBanks with focus on seniors

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"

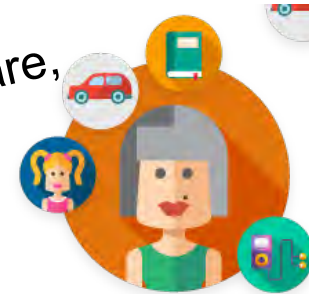
500+ Community TimeBanks, Millions of hours exchanged



Can give care,
advice to other
care-givers...

Care-giver
Can receive
respite, a
massage...

Can receive care,
transportation,
home-fixes...



Can give an
ear to listen,
guitar
lessons...

Care-recipient

Can give
structure, pair
up members
...



Coordinator

Can receive child
care, manicure..



Can receive a
massage, a
singing lesson



Can give respite,
transportation...

Respite provider

Creating Extended Family

Thru giving , receiving

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!

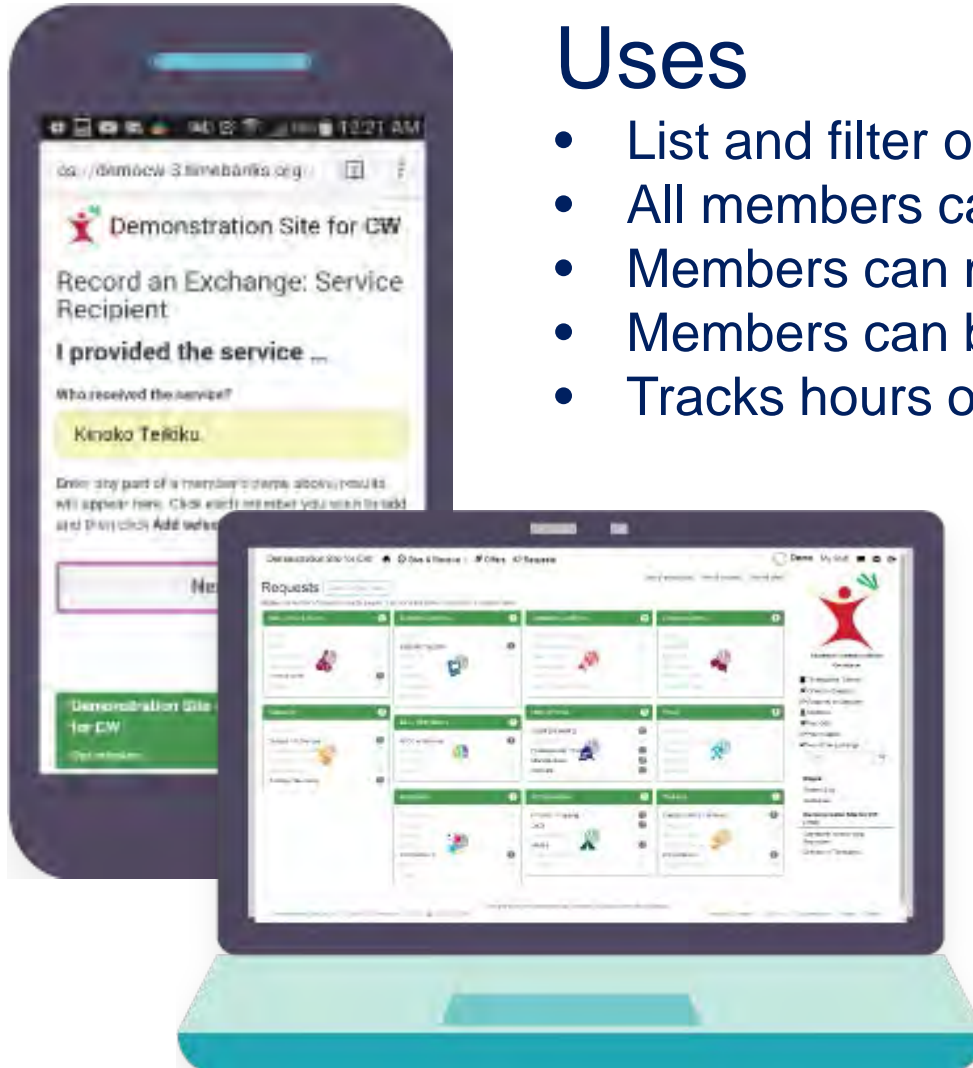
5: TimeBanking Software

Keeping track of TimeBank activities

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



TimeBanking

“We have what we need, if we use what we have.”



ARROYO TIMEBANK



TimeBanks USA

Dr. Edgar Cahn, CEO, 202.686-5200, YesWeCan@aol.com
www.timebanks.org