



Understanding the Male Caregiver

By

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Home Instead Senior Care

Objectives

1. Learn statistics about male caregiving
2. Understand the challenges of male caregivers
3. Identify the differences between male and female caregivers
4. Identify tips to help males avoid caregiver stress

State of Aging

- Of people age 65 or older, 20 percent will live until age 90.
- 50% of Americans will develop dementia after age 85, to name just one chronic illness.
- The statistics make it clear that more boomers, men and women, will inevitably step into a caregiving role, whether for parents or a spouse.

Statistics

- In the past 15 years, nearly twice as many men are assuming a caregiver role
- Men account for nearly 45% of the caregiver population in the US; compared to just 19% 15 years ago
- One out of three caregivers are men-
14.5 million

Statistics

Male caregivers by the numbers:

- The average age of a male caregiver is 49.
- The average age of the person he assists is 77.
- He usually cares for an aging parent, usually his mom.
- 3 million are caring for their spouse

For More Statistics

See the handout - AARP study



Reasons for the increase

- Changes in the economy, layoffs and early retirement
- Changing gender roles
- More women working outside the home
- Longer life expectancies
- Alzheimer's is more common in women
 - 3.9 million women have been diagnosed as compared to only 1.8 million men



Professional Male Caregivers

Across the Home Instead Senior Care network of 65,000 Professional CAREGivers in North America:

- Approx. 2,500 male CAREGivers: 4%
- Huntsville/North AL location:
 - 434 total CAREGivers
 - 16 males

Professional Male Caregivers

2013 CAREGiver of the Year

- 61 years old
- Biology degree & worked at local University for 35 years
- Saskatoon, Canada
- Had lived with his grandmother while attending college; where he learned to appreciate and respect seniors.
- One year after retirement he was looking for a way to do something positive and help others when he found Home Instead Senior Care.



Rick
Folkerson

Professional Male Caregivers

Male Nursing Statistics:

1970- 2.7% of RN's

2013- 9.6% of RN's

1970- 3.9% of LPN's

2013- 8.1% of LPN's



United States™
Census
Bureau

Professional Male Caregivers

Males working in childcare:

2011- 5.5% of childcare workers
3.3% of preschool/kindergarten
teachers



Professional Male Caregivers

Benefits for professional male Caregivers:

- Good pay (nursing)
- Challenging work
- Flexible hours



Challenges for professional male Caregivers:

- Gender discrimination
- Resistance from patients/families

Challenges for the Male Caregiver

Men face many of the same challenges as women such as:

- Depression
- Stress
- Exhaustion
- Reduced Personal Time
- Fear
- Resentment
- Sadness

But men are less likely to get the emotional support they need.

Challenges

- For men, there's a sense of
 - “Just suck it up,”
 - “Do what you have to do.”
 - “Be a man,”
 - “This is the life you've been dealt — deal with it”.



Challenges

- Men have been taught by society to be strong and stoic
- It's not that they *don't* feel it. They don't *allow* themselves to feel it — at least in public
- They don't allow themselves to express themselves....but when they do....



Challenges

- Many men put on a brave front for their children, grandchildren, and friends.
- May feel that their masculinity is being threatened by taking on a role that requires emotional support.



Spousal Caregiving



- 3 million men are caring for a spouse
- Spousal caregivers are different because of the intimacy of the relationship. It's hard to have sexual feelings toward your partner if you have to deal with incontinence and other personal issues.

Spousal Caregiving

- Can be one of the most stressful and detrimental
- “In sickness and in health”
- Tempted to ignore your own health and put your own health at risk



- It can put your love to the test.
- Some couples grow stronger.

Challenges

A sad development- “Partner Abandonment”

Essentially means a situation where one spouse leaves the other after the diagnosis of a serious illness.



Challenges

In a study of 515 men and women-

- 11.6% were "abandoned" (divorced or separated) after a diagnosis of multiple sclerosis or cancer.
- When separated by gender-
 - 2.9% of the men were divorced or separated
 - 20.8% of women were divorced or separated.

The “Invisible” Caregiver

Men are often thought of as invisible caregivers because they may not even think of themselves that way.

- Men may feel a stigma or bias about taking on a traditionally "female role."
- Men are more likely to be balancing caregiving with employment.

Male vs. Female

1. Male caregivers are less likely to be the sole or primary caregiver but are just as dedicated to their role.



The duration of their caregiving experience is about four years.

Male vs. Female

2. Men are less likely to provide personal care.

- 24 percent of male caregivers help a loved one get dressed, compared to 28 percent of female caregivers.
- 16 percent help with bathing, versus 30 percent of females.
- Over 40 percent of men use paid assistance for their loved one's personal care. That can be a really good solution to this touchy issue.

Male vs. Female

3. Men tend to live farther away, and as a result they have to travel farther or spend more time organizing the care from a distance. What's more, men are more likely to use an outside service to provide for the transportation needs of their loved one.

Male vs. Female

4. They're more plugged in!

- Men have an advantage in their comfort level with technology.
- They're more likely to use the Internet as a caregiving resource.
- Men typically launch a fact-finding mission. They want information, and none of it sugarcoated

Male vs. Female

5. More men work full time.

- 82 percent of male caregivers have full-time jobs, compared to 70 percent of female caregivers.
- Consequently, two-thirds of men say they have to make workplace adjustments, such as going in late, leaving early, or taking time off.

Male vs. Female

- In addition, many men are hesitant to let a boss know about their role as a caregiver, much less ask for help.
- Men can have a particularly difficult time dealing with the perception that their request to take time off to care for Mom will be seen as a sign of weakness or a lack of commitment to the job.

Male vs. Female

6. Men approach caregiving as a form of work, a series of tasks that needs to be accomplished.
 - Because they are used to delegating, they are more comfortable seeking outside help when they need it.
 - They do what they know how to do: Solve the problems. Think strategically.

	BREAKFAST	LUNCH	DINNER	BEDTIME
ALPRAZOLM 1MG (XANAX)	ONE HALF	ONE HALF	ONE HALF	0
CLOPIDOGREL 75MG (PLAVIX)	ONE	0	0	0
LANOXIN 0.25MG	ONE	0	0	0
FOSINOPTIL 30MG (MONOPRIL)	ONE	0	ONE	0
ISOSORBIDE 30MG (IMDUR)	ONE	0	0	0
LABETALOL 300MG	ONE	0	ONE	0
LEVOTHYROXINE .075MG (SYNTHROID)	ONE	0	0	0
METFORMIN 1000MG (GLOCOPHAGE)	ONE	0	ONE	0
CALCITROL .25MG (ROCALTROL)	0	ONE	0	0
MULTIVITAMIN (CENTRRUM SILVER)	0	ONE	0	0
POTASSIUM CL 10MEQ	0	0	ONE	0
AMITRIPTYLINE 10MG (ELAVIL)	0	0	0	ONE
ASPIRIN 325MG	0	0	0	ONE
MAGNESIUM OXIDE 400MG	0	0	0	ONE
SIMVASTATIN 40MG (ZOCOR)	0	0	0	ONE
TEMAZEPAM 30MG (RESTORIL)	0	0	0	ONE
ZANTAC 175MG	0	0	0	ONE
CLEAR-LAX PLOYETHYIENE GLYCOL 3350	17 GRAMS DAILY*	0	0	0
** OXYCONTIN 10MG	1 EVERY 8 HOURS	0	0	
LEVEMUR	0	0	0	70 UNITS
***NOVOLOG (SEE SLIDING SCALE)	18 UNITS	18 UNITS	18 UNITS	0
****NITROQUICK 0.4MG (NITROSTAT)	AS NEEDED	0	0	0
B-12 SHOT	ONCE A MONTH			
<p>* MIX WITH LIQUID ** TAKE TWO AT BED TIME IF NEEDED *** AS NEEDED FOR CHEST PAIN: 1 TABLET, MAY REPEAT X2 AFTER 5 MINUTE INTERVALS ****NOVOLOG BASED ON SLIDING SCALE: TAKE AN EXTRA UNIT OF NOVOLOG FOR EVER 30 POINTS GLUCOSE IS ABOVE 120 NOVOLOG SCHEDULE 120 18 UNITS 151 19 UNITS 181 20 UNITS 211 21 UNITS 241 22 UNITS</p>				

Male vs. Female

- Women tend to be more reluctant to admit they can't do it all, or to put any of what they perceive as their own burden on anyone else.
- Women internalize their caregiving performance with constant worry and anxiety, thus leading to higher stress levels and more persistent stress.

Male vs. Female

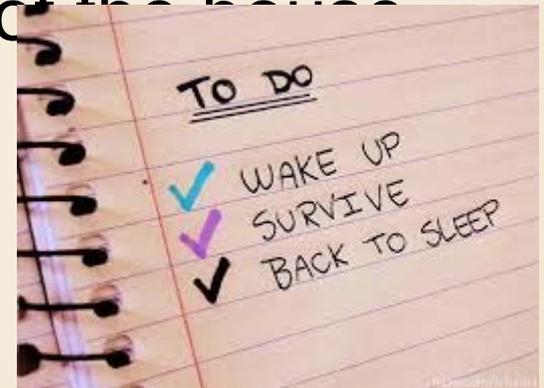
7. Men are more assertive when advocating for loved ones with such authority figures as doctors and hospital staff, demanding straight answers on the condition of their parent or spouse.

Tips to avoid stress/burnout

- Caregiver burnout is not your wife's/mom's fault or anyone's.
- Realize that you are a very important part of the healing process, both physically and emotionally.
- If you are burnt-out or stressed-out, you can't create a good healing environment

Tips to avoid stress/burnout

1. Accept help from family & friends!
 - You don't have to be strong and do it all.
 - Have a list already in the back of your mind of things you could delegate to them, whether it's a trip to the grocery store, a nice home-cooked meal, or just a couple of hours of respite time for you to get out of the house.

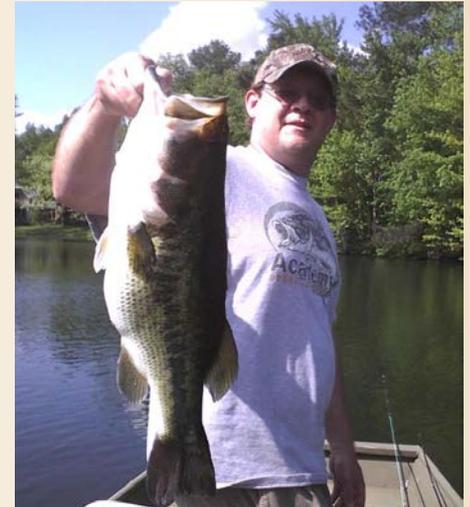


Tips to avoid stress/burnout

2. Plan some fun time, even if it has to be at home with your loved one.
 - It's important to have some down time, something to look forward to, and a chance to recharge the batteries.
 - It's also an opportunity to connect with the person you're caring for. Maybe rent a movie or plan a special lobster tail dinner, etc.

Tips to avoid stress/burnout

- Try to do something for yourself every day. It does not need to be planned, expensive or lengthy.
- Take an extra 10 minutes getting to work in the morning and listen to your favorite tape or take the scenic way home
- Golf, fishing....do something you love!



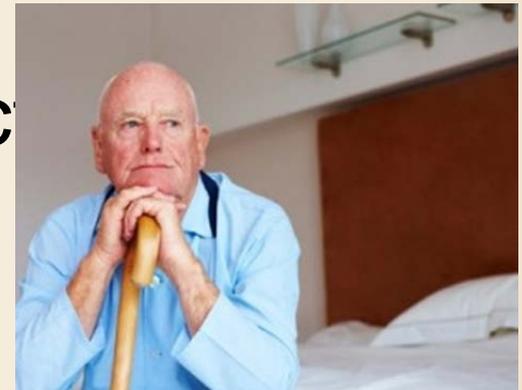
Tips to avoid stress/burnout

3. Get in touch with how you're feeling.
 - It's OK for men talk about emotions.
 - It's a tough job and you're not expected to act like a robot, day after day.
 - Find a local male caregiver support group where you can talk to other men who understand what you're going through. Even if you just talk about sports, politics, or grandchildren.

Tips to avoid stress/burnout

4. Don't sweat the small stuff.

- Focus on what matters each day.
- Be grateful for the good times, no matter how small and fleeting they may be.
- Remember- No one is perfect



Tips to avoid stress/burnout

5. If you're still working, be upfront with your employer.

- They might be more understanding than you think.
- See if you can work out a plan to effectively balance your work responsibilities with the demands of caregiving.

Tips to avoid stress/burnout

6. Learn all you can about the diagnosis and related conditions.
 - The more you know about the person you're caring for, from a health standpoint, the better you'll be able to do your caregiving job.
 - Arm yourself with knowledge and understanding.



To Learn More

If you'd like to learn more about our services, or if you're interested in employment as a Home Instead CAREGiver, please contact my office – a local, independently owned and operated Home Instead Senior Care[®] franchise.

Questions and Answers