



Solving care challenges
for modern families

The Weight of Caregiving:
Exploring the Deep Impact on Women's Health





We're not caring for the family CMO



The Family CMO

- Fertility
- Pregnancy + Postpartum
- Children
- Perimenopause / menopause
- Chronic and autoimmune issues
- Aging parents

Care — an untapped medical cost opportunity and SDOH

25%

of female caregivers have
health problems due to
caregiving

**8%+ higher
medical costs**

vs non-caregivers



1. Family Caregiver Alliance
2. Metlife, 2010

Medical cost factor:

#1 Higher rates of anxiety and depression

- Almost 2X higher chronic stress rates among female caregivers vs. male and non-caregivers
- 51% female caregivers experience depression (vs. 38% non-caregivers)
- 2X for elder care, 6x for ill spousal care³

1. Family Caregiver Alliance
2. The Commonwealth Fund
3. Cannuscio, 2002.



Medical cost factor:

#2 Deferred medical care, Rx refills, exercise, and socializing

- 2X more deferred care¹
- 50%+ more difficulty accessing needed medical care²
- 21% female caregivers defer mammograms³
- 2X greater unfilled Rx among female caregivers³

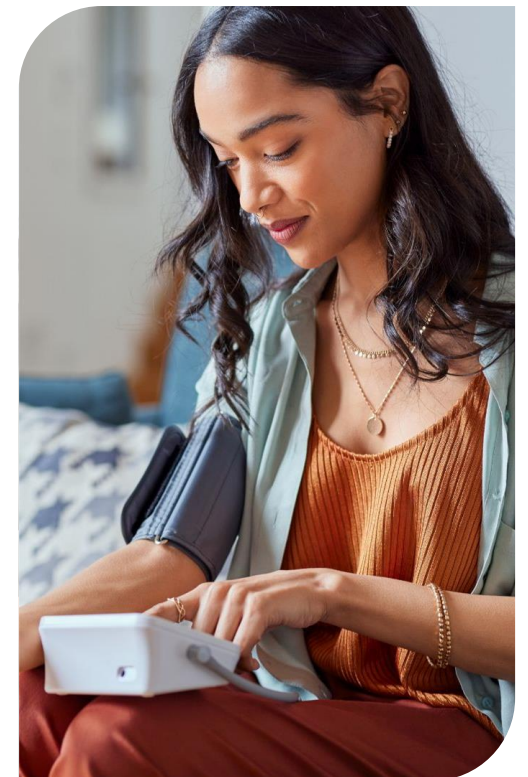
1. Commonwealth Fund
2. Donelan et al., 2001
3. Family Caregivers Alliance, 2015.



Medical cost factor:

#3 Higher prevalence of chronic conditions

- 54% female caregivers have a chronic condition (vs. 41% non-caregiving women)
- Higher risk of hypertension, heart disease, and diabetes, among others



Medical cost factor:

#4 Poorer immune function due to caregiver stress

- Compared to non caregivers, caregivers spend more days sick with the cold or flu from a weakened immune systems due to increased stress
- A weak immune system also makes vaccines such as flu shots less effective
- Longer recovery time following surgery

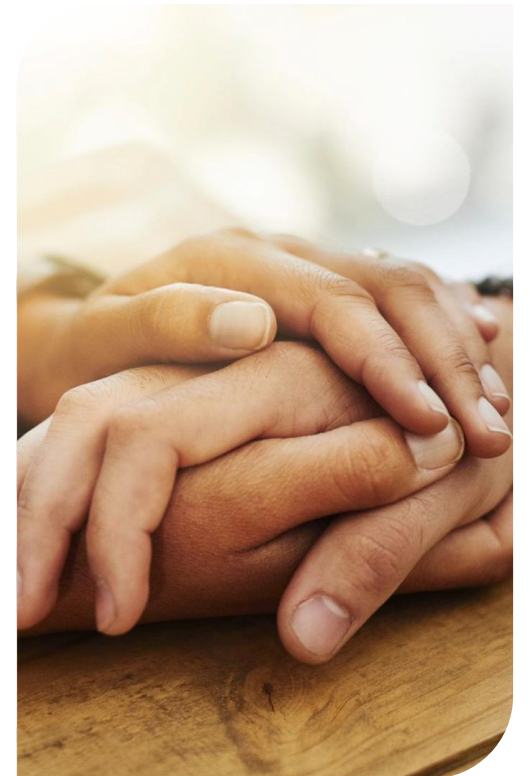


Medical cost factor:

#5 Poorer quality of care for the care recipient —also often on your health plan

- Higher caregiver burden yields lower quality patient care

1. Semere, et al. 2021
2. Kuzuya, et al. 2011.
3. Bastawrous M., 2013



Address caregiving, address health equity

Women's health equity

“The state in which all individuals who are women and/or were assigned female at birth have a fair and just opportunity to attain their highest level of health.”

NIH, Office of Women's Health Research



Additional considerations

- **Socioeconomic:** lower incomes have less access to paid resources, respite, and supports
- **Cultural:** the positives of caregiving are experienced differently among varying cultures, yielding differential impact on health outcomes

Interventions delivering a difference

Counseling (individual, group, family) – should provide direct connection to services in need

Caregiver support groups and peer connection

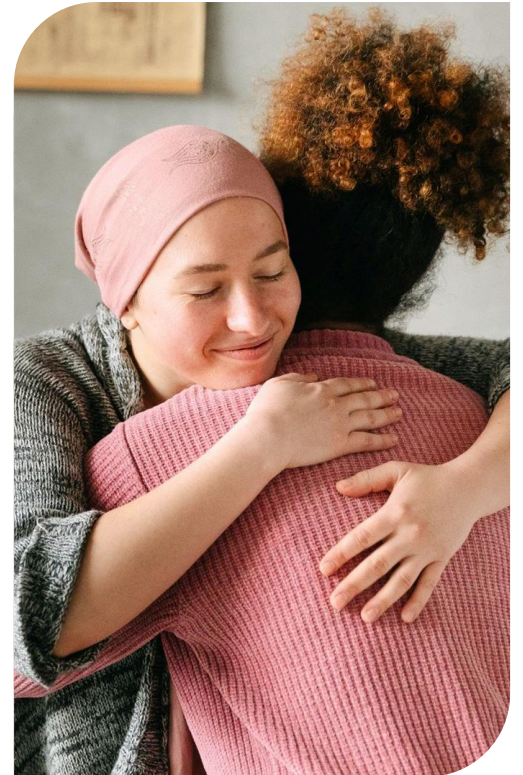
Skills & behavioral training

Accessing and arranging resource needs for caregiver

Respite and backup care, and supplemental services

Financial support

Combination of approaches: counseling, support, education services



6As to maximize intervention results

Awareness – ensure individuals understand available support

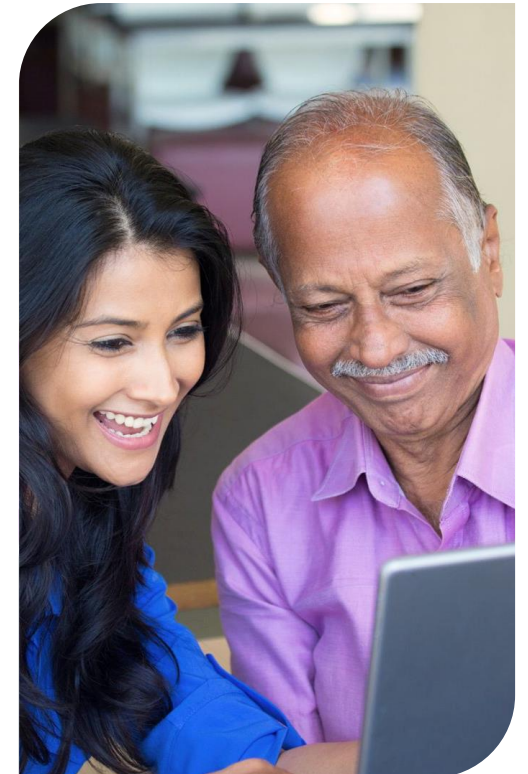
Availability – services must be available in community (or virtually)

Accessibility – easy to access & implement resources, take off their plate

Appropriateness – personalized to the individual's greatest needs

Acceptability – culturally appropriate and accepted by individual

Affordability – affordable in cost, time, ease of use, privacy



CASE STUDY

Neurodiverse Child



Terri was seeking support and guidance related to her son, who was having difficulty making friends and exhibiting concerning behaviors.

HOW GRAYCE HELPED



Healthcare navigation & advocacy

- Advocated for an urgent diagnostic assessment from a local behavioral specialist, expediting a long wait list
- Provided administrative support during the process of obtaining a diagnosis



Resource identification & emotional support

- Identified local support resources for neurodiverse children, including a summer camp and after-school programs
- Guided the family through setting up new care arrangements
- Educated on coping strategies for younger siblings



Educational & environmental adjustments

- Led establishment of an Individualized Education Program (IEP) for learning accommodations
- Connected Terri with an IEP advocate for preparation and ongoing support
- Evaluated her son's room and recommended ways to help reduce overstimulation

Call to action

Seeking:

Innovative employers to address and analyze the medical cost savings of caregiving interventions

Contact:

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Thank you



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