



EXECUTIVE COUNCIL

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**ILLINOIS PUBLIC HEALTH ASSOCIATION
RESOLUTION NO. 2
2023**

**Strengthening Support and Services for Family Caregivers
of Elderly and Disabled Individuals**

WHEREAS, family caregivers are an essential component of the care system for persons with disabilities or health conditions, often providing regular and specialized care;¹ and,

WHEREAS, according to the U.S. Census Bureau's 2019 American Community Survey, approximately 28% of Illinois residents, or more than 2.8 million individuals, have a disability;² and,

WHEREAS, Illinois has an estimated 600,000 caregivers who care for loved ones with illness, disability, and other physical, cognitive, and mental health issues, providing an estimated 670 million hours of unpaid care in any given year;³ and,

WHEREAS, millions of unpaid home caregivers across the United States will provide care worth \$600 billion by 2021, at an average value of \$16.59 an hour;⁴ and,

¹ Centers for Disease Control and Prevention. Caregiving for Family and Friends — A Public Health Issue. Centers for Disease Control and Prevention. Published 2019. <https://www.cdc.gov/aging/caregiving/caregiver-brief.html>

² CDC. Disability & Health U.S. State Profile Data: Illinois | CDC. Centers for Disease Control and Prevention. Published September 12, 2019. <https://www.cdc.gov/ncbddd/disabilityandhealth/impacts/illinois.html>

³ State of Illinois. press-release. www.illinois.gov. Published November 12, 2020. Accessed July 19, 2023. <https://www.illinois.gov/news/press-release.22331.html>

⁴ Horovitz B. New AARP Report Finds Family Caregivers Provide \$600 Billion in Unpaid Care Across the U.S. AARP. Published March 8, 2023. <https://www.aarp.org/caregiving/financial-legal/info-2023/unpaid-caregivers-provide-billions-in-care.html>

WHEREAS, these family caregivers may face unique challenges, stressors, and demands that impact their own health, wellbeing, and quality of life;⁵ and,

WHEREAS, a thorough understanding of these challenges, their impact, and potential solutions is currently lacking;⁶ and,

THEREFORE BE IT RESOLVED, that the Illinois Public Health Association (IPHA) recommends legislation requiring the Illinois Department of Human Services to conduct an assessment of family caregivers of persons with disabilities or health conditions to measure factors related to the caregiver's abilities, needs, and quality of life.

BE IT FURTHER RESOLVED, that the Illinois Public Health Association (IPHA) advocates for the development and implementation of pilot programs to address caregiver's needs identified through the assessment and encourages the collection, analysis, and dissemination of these findings to increase transparency and inform policy decisions.

BE IT FURTHER RESOLVED, that the Illinois Public Health Association (IPHA) supports the sharing of best practices within the state and with other states that are implementing similar programs designed to promote the well-being and support of family caregivers of older adults and persons with disabilities.

THEREFORE, BE IT RESOLVED, that the Illinois Public Health Association (IPHA), as the public health leader in Illinois, will call for research and funding to support these efforts to ensure the resilience of family caregivers and to maintain the highest possible quality of care for older adults and persons with disabilities in all communities within Illinois.

⁵ AARP. How to Avoid Caregiver Burnout and Manage Stress. AARP. Published December 3, 2021. Accessed July 19, 2023. <https://www.aarp.org/caregiving/life-balance/info-2019/caregiver-stress-burnout/?cmp=RDRCT-1acb277d-20211210>

⁶ Parmet S. Research focuses on family caregivers of people with disabilities | UIC today. today.uic.edu. Published October 15, 2014. Accessed July 19, 2023. <https://today.uic.edu/new-research-center-to-focus-on-family-caregivers-of-elderly-disabled/>