



Family Caregivers Benefit from Volunteer Services for Older Adults



The Department of Health & Human Services- Administration for Community Living requested Community Care Corps to implement a special Pilot Project to study the benefits that family caregivers experience when volunteer services are provided to an older adult. Caregiver Action Network conducted interviews with more than 30 family caregivers from three selected Community Care Corps Grantee Organizations who participated in the pilot.

“Indirect benefits” for family caregivers are the improved health and well-being of the caregiver that might result from the volunteer services provided directly to the older adult or adult with disabilities for whom they provide care.

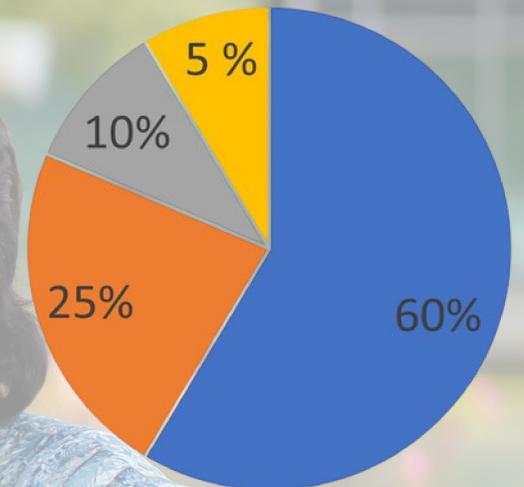
Community Care Corps is a national program that fosters innovative local models in which volunteers provide nonmedical assistance to family caregivers, older adults, or adults with disabilities in order to maintain their independence. Learn more at CommunityCareCorps.org

Indirect Benefits for Caregivers

1. Volunteers providing non-medical assistance provides respite, enabling the family caregiver to take mental, emotional and physical breaks.
2. Provides emotional uplift to caregiver and care recipient.
3. Relieves caregiver stress and the feeling of being overwhelmed.
4. Companionship and socialization for both care recipient and caregiver.
5. Volunteers provide a different perspective, with new and helpful ideas.
6. Caregivers can pay more attention to loved ones when someone else is helping inside and outside the home.
7. When the care recipient feels better, the caregiver feels better.
8. Keeping the house clean inside and out allows family caregivers more meaningful time with loved ones.
9. Sometimes the volunteer service providers were more eager to work and learn more about the caregiver and loved one than the paid providers.



Which Services Were Most Beneficial to Caregivers?



Support and Resources 60%

Caregivers report that the support they receive from the volunteers is tremendous and very important to helping them care for their loved ones.

Free Time 25%

Caregivers try to take advantage of the free time provided by the volunteers assisting with their loved ones.

Home Help 10%

Caregivers report the help around the home is invaluable for chores they are unable to do.

Errands 5%

Caregivers report volunteers running errands for them is helpful while caring for loved one.

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