LOS ANGELES CAREGIVER LANDSCAPE ANALYSIS

CREATING A MORE INCLUSIVE AND RESPONSIVE SERVICE SYSTEM FOR LOS ANGELES FAMILY CAREGIVERS

We would like to thank the many individuals who generously shared their time, expertise, and passion for improving the lives of family caregivers in Los Angeles County for this analysis. Their valuable insights, experiences, and recommendations broadened the lens of what is needed to provide comprehensive, culturally relevant, services and supports to family caregivers.

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LifeCourse Strategies conducted the Los Angeles Caregiver Landscape Analysis. LifeCourse Strategies is a health care consulting firm specializing in project management, community-based research, gap analyses, and strategic planning for health and social service organizations serving vulnerable and underserved communities. www.lifecourse-strategies.com

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Agenda

1. Purpose of Study
2. Results
3. Recommendations

“Every step of the way caring for my wife for the last 10 years, I have had to fight, fight, fight to get social security and support. This [Alzheimer’ disease] happened to my wife before her 56th birthday. She worked all her life. I’m a fighter but that is gone. All the fight is out of me now.

Methods

- Review of secondary caregiver data from the California Health Interview Survey-LAC and the California Caregiver Resource Center System CareNav™-FCSC.
- Survey of community-based organizations to assess the range of available caregiver services and corresponding gaps.
- Semi-structured interviews with leading LAC caregiver stakeholders.
- Focus groups with Los Angeles family caregivers.
- Environmental scan of caregiver best practice models that could be used or expanded in Los Angeles.

UCLA CHIS vs FCSC

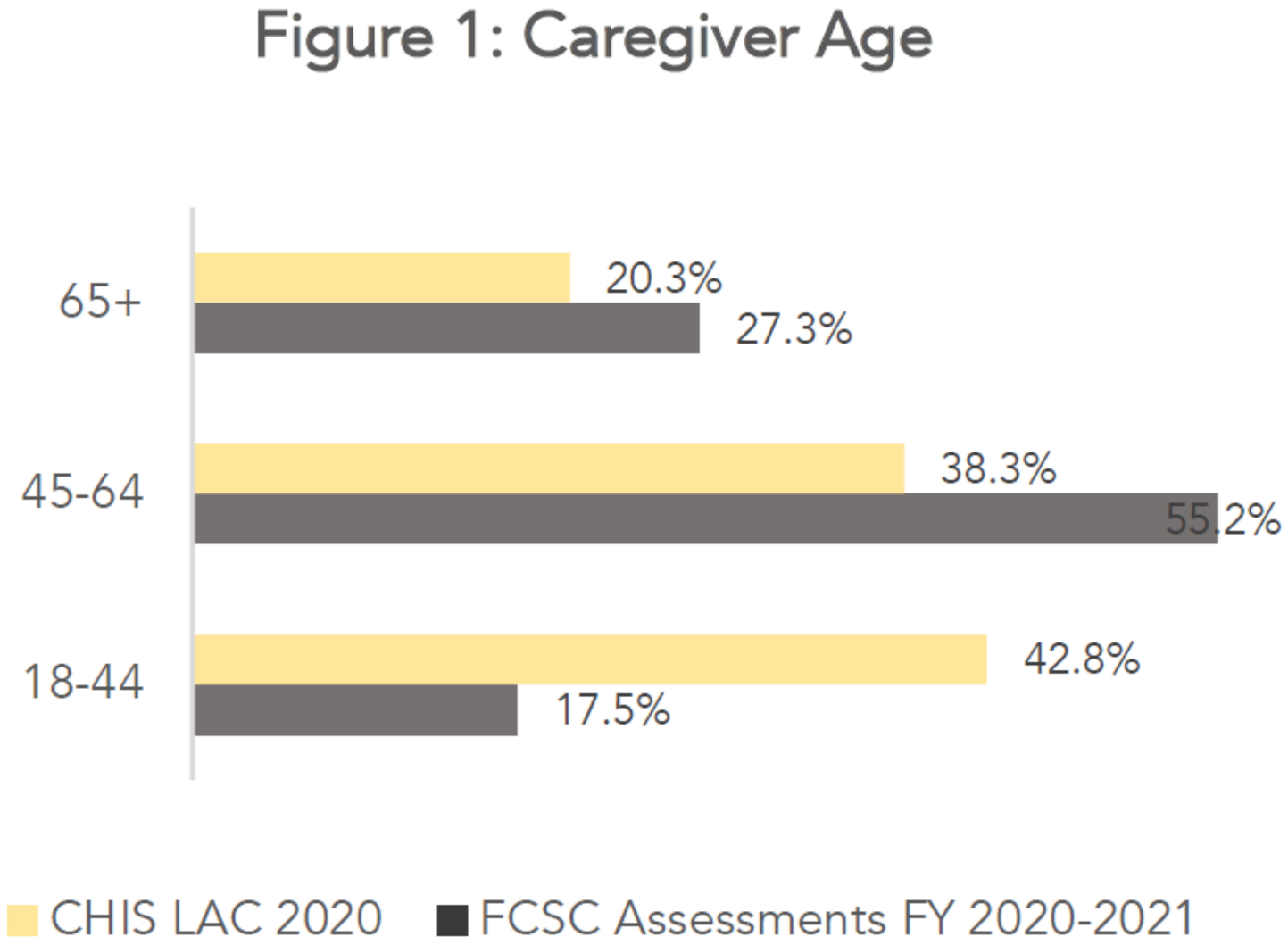


Figure 2: Caregiver Race/Ethnicity

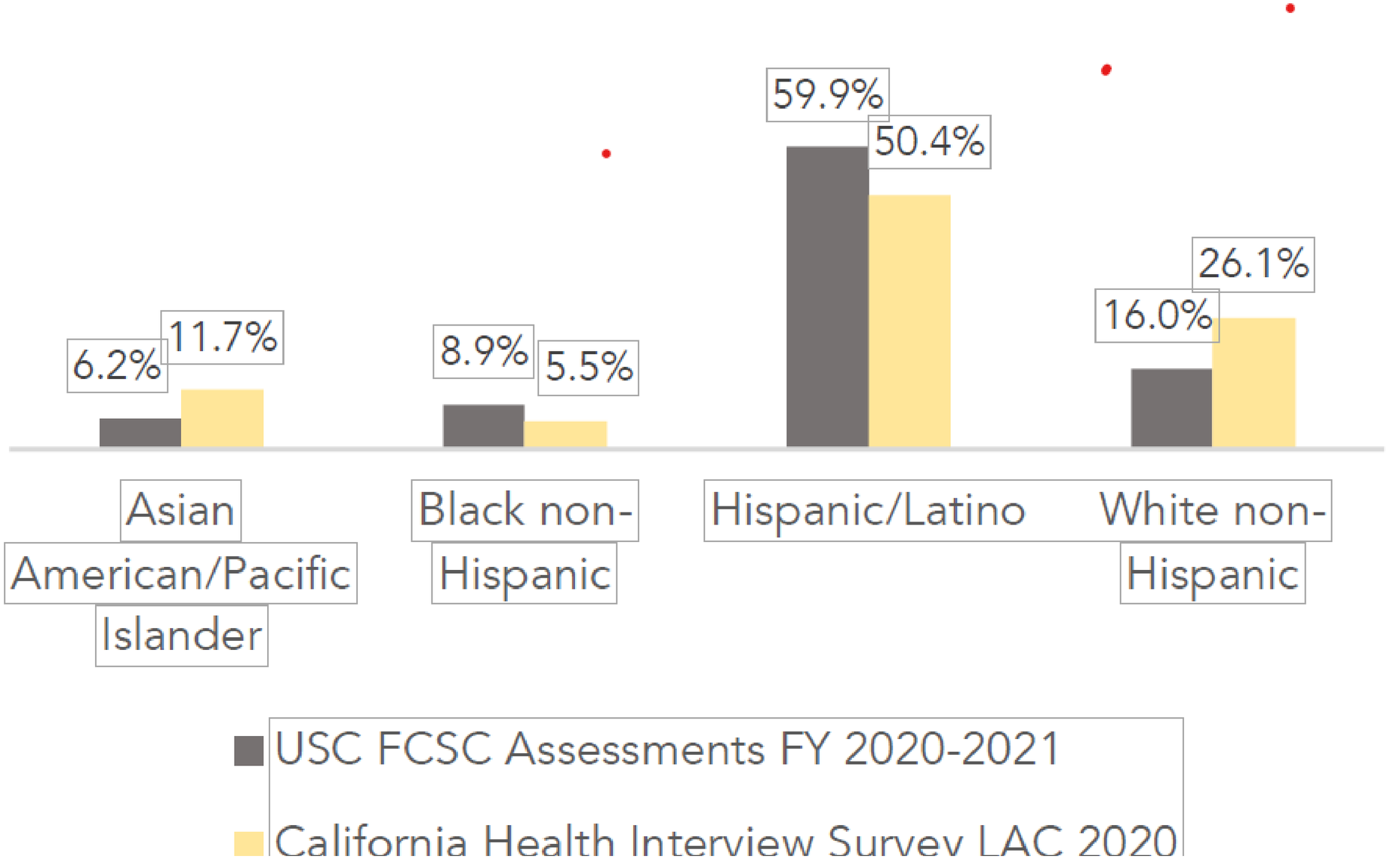


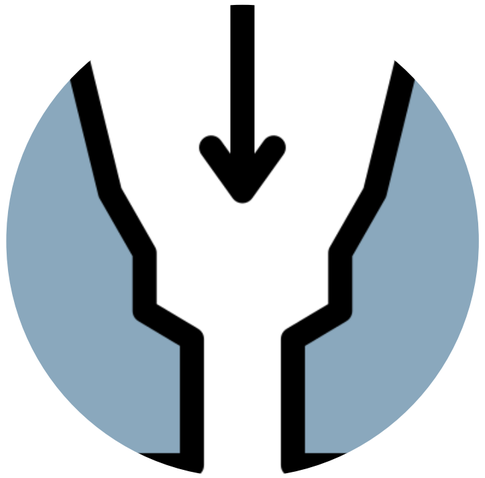
Table 1. FCSC and CHIS LAC Caregiver Health Status 2020-2021

	FCSC 2020-2021 (%)	CHIS LAC 2020-2021 (%)
Self-Rated Overall Health	***n* = 519**	***n* = 1,049**
Excellent	3.7	14.8
Very Good	11.4	31.6
Good	39.3	35.8
Fair	36.6	14.2
Poor	9.1	3.6
UCLA Loneliness Scale	***n* = 390**	***n* = 1,049**
3-5 (Not Lonely)	71.0	84.5
6-9 (Lonely)	22.3	15.5

KEY INFORMANT INTERVIEW

- Gaps in family caregiver services and supports
- Major challenges for family caregivers
- Viable Opportunities to Close Gaps in Services

THEMES



Gaps

Culturally Responsive Services,
Healthcare Integration

Challenges

Economic, Mental Health, Self
Identification

Opportunities

Leverage Partnerships
Promote Models

"After the diagnosis, you are on your own. You are not given resources but are told to 'take care of yourself.' But no one tells you how to do that."

– Caregiver

"We need to know what to expect and how to navigate the system. Doctors can treat us differently. We can be and are fierce advocates for our loved ones. Maybe we can partner better with health care."

– Caregiver

"Keeping him safe and from being taken advantage of—that is what I worry about."

– Caregiver

"I worry about who will take care of my mom, if something happens to me."

– Caregiver

RECOMMENDATIONS

Form a single countywide collaborative comprised of leading caregiver stakeholders

Increase the number of in-and out-of-home respite services and respite grants for low and middle-income caregivers

Explore opportunities to streamline the current array of information and assistance programs serving Los Angeles family caregivers into a coordinated system with multiple access points