

Extension Caregiving

More than 10 percent of the population in Texas is older than 65. Between 2000 and 2010, the 65 and older population grew faster than the total population, and the 85 and older population increased. Falling continues to be one of the leading causes of accidental death in the U.S. among older adults.

Families provide an estimated 80 percent of care to older adults, with the remaining 20 percent provided by formal community agencies and institutional facilities. Estimates show that

Texas has approximately **2.1 million** caregivers, who provide more than **2.2 billion** hours of care valued at over **\$22 billion**.

aging.tamu.edu

Response

Eldercare Conferences. Texas A&M AgriLife Extension Service (AgriLife Extension) continues to sponsor and/or actively participate in eldercare conferences throughout the state. Conferences exist on a county or multi-county basis, often offering continuing education units to attendees. Participants in these conferences report learning new information and skills related to eldercare as a result of attending.

Improving Health Literacy. *Healthy People 2020* defines “health literacy” as the ability to “obtain, process, and understand basic health information and services needed to make appropriate health decisions.” Individuals confront decisions about their health and well-being daily and in all situations and settings: retail stores, workplaces, health providers’ offices, hospitals, and in their own living rooms. *The ABCDs of Medicare, Talking with Your Doctor, Medication Management – The Prescription for a Healthier You!, and Lifestyle Choices and Your Health* are programs that help older adults and their caregivers understand the importance of taking an active role in their own health. Training for this program and all materials associated with it are available by emailing Andy Crocker at: **ABCrocker@ag.tamu.edu**.

Grandparents Raising Grandkids. AgriLife Extension, in partnership with multiple agencies throughout Texas, provides education and support to grandparents rearing their grandchildren. In counties across the state, AgriLife Extension sponsors or helps to coordinate conferences and workshops on a variety of topics, including parenting skills, legal issues, social support, and support groups (**fcs.tamu.edu/families/aging/grg/**).

