

Family caregivers providing complex medical/nursing care

PREPARING SPECIAL DIETS

When family caregivers **manage special diets**, it often involves precise measurements, specific guidelines, constant monitoring, and special equipment for preparation or feeding.



Almost **70%** of family caregivers prepare special diets at least daily.



More than **50%** do it multiple times per day.

CHALLENGES:

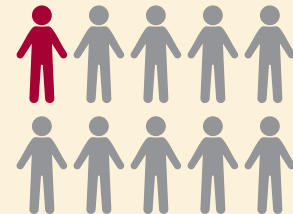
Special diets pose particular challenges for caregivers:



- Adjustments to the household routine
- Implications for costs of food
- Extra effort
- Complex guidelines
- Regular attention



- More than **1 in 5** feel it demands constant attention.
- Almost **1 in 5** have difficulty finding time to do this work.



- More than **1 in 10** fear making a mistake.

DIFFICULTY:



More than **30%** find preparing special diets hard to manage.



Special diets pose specific challenges for men. **12%** of men report that preparing food for special diets is difficult compared with **1%** of women.



Younger caregivers found it more difficult than older caregivers.

ASSISTANCE:



71% learn to prepare special diets their own.



More than **1 in 4** caregivers report that help would make it easier.

TRAINING:



Fewer than **1 in 5** receive instruction from health care professionals.

Would receiving more instruction at home make this task easier to perform?



- **15%** of men said yes
- **10%** percent of women said yes

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