



ELDERCARE: Caring for those of advanced age

WHAT IS ELDERCARE? Eldercare is the service of supporting older adults by means of in-home assistance or facility care with the goal of maintaining their independence and comfort.^[1]

WHY IS ELDERCARE IMPORTANT?

"Eldercare plays an essential role in supporting brain health and promoting mental wellness as people age."^[2]

In 2024, it was found that 29.2% of people ages 50-80 felt socially isolated.^[3] Eldercare increases social interactions and helps individuals maintain relationships outside of their home.

The goal of eldercare is to help an older person maintain their dignity and feel valued as they age. This is done by allowing the individual to help make decisions and complete appropriate tasks under supervision, all of which give them the feeling of independence.^[4]

In 2010, 44% of older adults attended church services, according to AARP surveys. In 2025, that number dropped to 36%.^[5] Eldercare support can help maintain their ability to attend church for longer periods of time. Church is a great way to stay connected with long-time acquaintances and foster new relationships.



DID YOU KNOW?

In 2025, "the national median cost for non-medical in-home care was approximately \$33 per hour."^[6]

In 2022, it was estimated that in a twelve-month period, one in five Americans provided caregiving services for an adult or child with special needs.^[7]

Unfortunately, eldercare is not commonly covered by regular health insurance policies and is not guaranteed under state or federal health care programs.^[8]

Most eldercare in the United States is provided by family members, although many skilled medical professionals work in this field as well.^[2]

"Bear one another's burdens,
and so fulfill the law of Christ."
~ Galatians 6:2 ~



Podcast
Resources
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WHAT CAN WE DO AS INDIVIDUALS AND THE CHURCH?



Serve their everyday needs:

- Help them go grocery shopping
- Take them to appointments.
- Help them care for their homes if they live in their own residence.

Encourage and/or enable the elderly to find community with others:

- Visit with them
- Bring them to church and Bible study
- Set up rides so they can participate in local community or senior center activities.
- Volunteer at your local senior center, retirement community, or nursing home.