EXECUTIVE SUMMARY

conducted by
The NATIONAL ALLIANCE for CAREGIVING
in collaboration with AARP

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Table of Contents

Introduction and Background
  Overview of Methodology iv
  Study Limitations v

Key Findings
  Profile of Caregivers vi
  Profile of Care Recipients vii
  Carrying the Load vii
  Unmet Needs of Caregivers viii

Detailed Findings
  Prevalence of Caregiving in the United States 1
    Numbers of Adult Caregivers and Households with Caregivers 1
  Who Are the Caregivers? 2
    Gender 2
    Age 2
    Level of Burden 2
    Marital Status 3
    Education 4
    Employment Status 4
    Income and Spending 6
    Military Service 6
  Characteristics of the Caregiving Situation 7
    Duration of Care of Persons Being Cared For 7
    Living Arrangements 8
  Who Are the Care Recipients? 10
    Relationship between Caregiver and Recipient 10
    Gender 10
    Age 10
    Marital Status 10
    Military Service 10
  Health Status of Care Recipients 10
    Main Problems or Illnesses 11
    Medication Management 12
  Intensity of Caregiving 12
    Hours of Care Provided and Frequency of Visits 12
    Types of Assistance Caregivers Provide 13
      IADLs: Managing Everyday Living 13
      ADLs: Personal Care 14
      Home Modification and Assistive Devices 16
  Caregiver Support 16
    Primary vs. Secondary Caregivers 16
    Unpaid Care 16
    Paid Care 17
  Stress and Strain of Caregiving 18
    Caregivers’ Physical Health 18
    Caregivers’ Emotional Health 19
  Coping with Stress 20
  Impact of Caregiving on Family and Leisure Activities 21
  Impact of Caregiving on Work 22
  Financial Hardship on Caregivers 23
  Supportive Services in the Community 24
  Unmet Needs for Help, Information or Support 25
    Where Caregivers Go For Information 27
  Caregivers in Ethnic Subgroups 27
    African-American Caregivers 27
    Hispanic Caregivers 29
    Asian-American Caregivers 29
    White Caregivers 30
  Comparison of Caregivers by Age of Recipient 31
    Characteristics of Caregivers of Persons Age 50+ 31
    Characteristics of Caregivers of Persons Age 18-49 31
  Summary and Conclusions 32
Introduction and Background

The purpose of this study was to determine how many caregivers there are in the U.S., who they are, what they do as caregivers, and how caregiving affects their lives. We also wanted to learn about the people who benefit from the care they provide.

We estimate there are 44.4 million caregivers age 18 and older in the U.S. (21% of the adult U.S. population) who provide unpaid care to an adult family member or friend who is also age 18 or older. These caregivers are present in an estimated 22.9 million households (21% of U.S. households).

Most caregivers in our study say they experience little physical strain, emotional stress, or financial hardship as a result of being a caregiver. Nonetheless, caregivers who provide the greatest number of hours of care and the most intense care are likely to say caregiving takes a toll on them physically, emotionally, and financially. These caregivers often feel they had to assume the responsibility for caring for another person. Although this group represents 10-31% of all caregivers, they are the group most at risk for experiencing negative consequences from this role. With the existing shortage of health care workers in the U.S. today, these caregivers represent the backbone of the long-term care system.

Overview of Methodology

This study is based on a national survey of 6,139 adults from which 1,247 caregivers were identified. The interviews included 200 African-American, 200 Hispanic and 200 Asian-American caregivers who were obtained through oversampling using additional targeted and surname samples for Hispanic and Asian-American caregivers. Most interviews were conducted in English over the telephone between September 5 and December 22, 2003. A Spanish version of the interview was initially offered to non-English speaking people of Hispanic descent.

For purposes of this study, caregivers were defined as people age 18 and over who help another person age 18 or older with at least one of thirteen tasks that caregivers commonly perform. These activities range from helping another manage finances, shop for groceries, or do housework (instrumental activities of daily living) or personal care such as to helping someone get in and out of a chair or bed, get dressed, bathe, use the toilet, or eat (activities of daily living). By using this definition of caregiving, the study focused on those caregivers who are actively engaged in providing specific types of care for adults of all ages.

To understand the range of experiences and impact on caregivers, a Level of Burden Index was used. Level of Burden is based on an index derived from the activities of daily living (ADLs), instrumental activities of daily living (IADLs) and the amount of time devoted to caregiving. Level 1 represents the least amount of responsibility and Level 5 the greatest amount of responsibility. This measure is important as Level of Burden, the feeling of having a choice in being a caregiver, and the caregiver’s reported health status have the biggest influence on whether or not a caregiver reports emotional stress, physical strain or financial hardship.

Study Limitations

The majority of the sample was obtained by using a random digit dial technique. However, we found that the incidence of caregivers in the Hispanic and Asian ethnic sub-groups was so small that additional targeted and surname samples were used, as well as an existing representative panel, to achieve the desired sample size. Consequently, the findings from the ethnic oversample may not represent all Hispanic or Asian caregivers.

Caregivers from the three sub-ethnic groups, African-Americans, Hispanics and Asian-Americans, under-represent recent immigrants or first generation caregivers who speak little or no English. It is also important to note that sub-ethnic group respondents may not have interpreted all questions identically due to their diverse cultural and linguistic backgrounds.
Key Findings

Profile of Care Recipients

More care recipients are female (65%) than male, and many are widowed (42%).

More care recipients are older (80% are age 50 or older) rather than younger.

The average age of all care recipients is 66 years. The average age of younger care recipients is 33 years old, and the average age of older care recipients is 75 years.

Among care recipients who do not live with their caregiver, more than half (55%) live in their own home.

Caregivers who help someone age 50 or older say the main problem or illness the person they care for has is “old age” followed by diabetes, cancer, and heart disease.

Caregivers who help someone between the ages of 18-49 say the main problem or illness the person they care for has is mental illness or depression (23%).

Caregivers of older adults are more likely to be taking care of their mother (34%), grandmother (11%), or father (10%). Many older recipients are widowed (52%) and more than half (53%) live alone.

Most caregivers (85%) say the person they care for takes prescription medicine.

Carrying the Load

More than one in three caregivers (37%) say no one else provided unpaid help to the person they cared for during the past year.

Among caregivers who say someone else did provide assistance during the past year, one in three (34%) says they provide most of the unpaid care, and ten percent say they split the care 50/50.

Using the services of paid personal helpers is less common than obtaining help from unpaid caregivers. Among caregivers who help those living outside of a nursing home, only 41 percent say their care recipient received paid services during the past year from an aide or nurse, hired housekeeper, or others paid to help.

Half of all caregivers say they provide care at the lower ranges of the Level of Burden Index. About thirty percent say they provide care in the higher range at Levels 4 and 5.

Although a minority (10%) of caregivers say they provide care at Level 5, these caregivers are, by definition, involved in the most intense caregiving situations.
Detailed Findings

Prevalence of Caregiving in the United States

We estimate there are 44.4 million (21% of the adult population) caregivers age 18 and older in the U.S. who provide unpaid care to an adult family member or friend who is also age 18 years or older. These caregivers are present in an estimated 22.9 million households (21% of U.S. households).

Number of American Adult Caregivers and Numbers of U.S. Households with Caregivers Age 50+

Key Finding: An estimated 16 percent of American adults, or 33.9 million adult caregivers, provide unpaid care to a recipient age 50 and older and an estimated five percent, or 10.6 million adult caregivers, help someone age 18 through 49.

Unmet Needs of Caregivers

- The most frequently reported unmet needs of caregivers are finding time for one's self (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%).
- About three in ten caregivers say they need help keeping the person they care for safe (30%) and finding easy activities to do with the person they care for (27%).
- One in five caregivers say they need help talking with doctors and other healthcare professionals (22%) or making end-of-life decisions (20%).
- The Internet is the place caregivers turn to most for information (29%), followed by doctors (28%).
- Seven in ten caregivers (73%) say praying helps them cope with caregiving stress, six in ten caregivers (61%) say they talk with or seek advice from friends or relatives, and four in ten caregivers (44%) say they read about caregiving in books or other materials.

Estimated Percent of Caregivers in U.S. and Within Each Ethnic Group

<table>
<thead>
<tr>
<th></th>
<th>Nat'l</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Asian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregivers</td>
<td>21%</td>
<td>21%</td>
<td>21%</td>
<td>16%</td>
<td>18%</td>
</tr>
<tr>
<td>Caregivers of 50+</td>
<td>16%</td>
<td>17%</td>
<td>15%</td>
<td>12%</td>
<td>15%</td>
</tr>
<tr>
<td>Caregivers of 18-49</td>
<td>5%</td>
<td>4%</td>
<td>6%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Caregiving households</td>
<td>21%</td>
<td>21%</td>
<td>21%</td>
<td>17%</td>
<td>17%</td>
</tr>
<tr>
<td>With caregivers helping 50+</td>
<td>17%</td>
<td>17%</td>
<td>15%</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>With caregivers helping 18-49</td>
<td>4%</td>
<td>4%</td>
<td>6%</td>
<td>4%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Who Are the Caregivers?
The typical caregiver in the United States is a 46-year-old female, who has some college education, works, and spends more than 20 hours per week providing unpaid care to her mother.

Gender
Key Finding: The caregiving landscape is dominated by women. However, the proportion of men who provide care is substantial (39%).

> Female caregivers are more likely to provide care at the highest Level of Burden (71% at Level 5 and 58% at Level 1). Male caregivers are more likely to provide care at the lowest Level of Burden (42% at Level 1 and 29% at Level 5).

> One third (35%) of caregivers say they experience emotional stress (rate four or five on a five-point scale) as a result of being a caregiver. However, female caregivers (40%) are more likely to report experiencing emotional stress from caregiving than are male caregivers (26%).

> Women (42%) are also more likely than men (34%) to report they didn’t have a choice in becoming a caregiver.

> Male caregivers are more likely to be Asian (54%) than any other ethnic background surveyed.

Age
Key Finding: The average age of a caregiver is 46. More than half (58%) of all caregivers are between the ages of 18-49 years.

> Younger caregivers tend to care for younger care recipients.

> Level 5 caregivers are more likely to be age 50 or older (60%) compared to Level 1 caregivers (39%).

> Minority caregivers are more likely to be 18-34 years old than white caregivers.

Level of Burden
Background: To measure the intensity of caregiving, caregivers were classified into different levels of burden. This was based upon the amount of time per week a caregiver spends helping his or her care recipient and the number and types of caregiving activities performed. Caregivers were classified into one of five levels, with Level 1 being the lowest in caregiving intensity, and Level 5 being the highest. Each successive level brings a higher degree of caregiving responsibility or demand. Level 1 caregivers perform no ADLs and devote relatively few hours per week providing care. Level 5 caregivers typically help with four ADLs, six IADLs and provide constant care.

Key Finding: The greater the level of caregiver burden (as measured by the Level of Burden Index), the stronger the impact caregiving has on the caregiver’s perceived health.

Marital Status
Key Finding: The majority of caregivers are married or living with a partner (62%). Far fewer numbers of caregivers are single (18%), divorced or separated (14%), or widowed (6%).

> African-American caregivers (32%) are more likely to be single and never married than white (14%) or Hispanic (23%) caregivers.

> Thirty-seven percent of all caregivers report a child under age 18 lives in the household. These caregivers are most likely to be under age 50 and African-American.

Marital Status of Caregivers
Q89. Are you currently: married, living with a partner, widowed, separated, divorced, or single, that is, never been married?

Base: 1,247 caregivers in the U.S.
Education
Key Finding: Almost equal proportions of caregivers have graduated from high school (29%), as those who have some college experience (30%) and those who are college graduates (35%).

> Not surprisingly, a caregiver’s education level and their annual household income are related. Forty-two percent of caregivers who are high school graduates report an income of $30,000 or less while 36 percent of caregivers who are college graduates report an income of $100,000 or more.

> Asian-American caregivers are the most highly educated ethnic group in this study with 61 percent having earned a college degree or higher.

Employment Status
Key Finding: With over 44.4 million Americans providing care to another adult, the impact on the workplace is substantial. Almost six in ten caregivers (59%) either work or have worked while providing care, and 62 percent of caregivers report having had to make some work-related adjustments ranging from going in late and leaving early to having to give up work entirely.

> More male caregivers say they are working full time (60%) than female caregivers (41%). Caregivers who live more than an hour away from their care recipient (63%) are more likely to work full time than caregivers who live with the person they care for (39%).

> More caregivers between the ages of 35-49 (64%) work full time than do caregivers in the 18-34 year (52%) and 50+ (51%) age brackets.

> Caregivers with the heaviest caregiving responsibilities are less likely to be employed and more likely to be retired than caregivers with less caregiving responsibility.

> More than half of working caregivers (57%) say they have to go into work late, leave early or take time off during the day to provide care. Fewer working caregivers report having to take a leave of absence (17%), go from full-time to part-time work (10%), quit working entirely (6%), lose job benefits (5%), turn down a promotion (4%), or choose early retirement (3%).

Employment Status by Age and Other Characteristics
Q39. Are you currently working full time, working part time, a student, disabled, retired, a homemaker, unemployed and looking for work, or something else?

<table>
<thead>
<tr>
<th></th>
<th>Employed full or part-time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>59%</td>
</tr>
<tr>
<td>Male</td>
<td>66%</td>
</tr>
<tr>
<td>Female</td>
<td>55%</td>
</tr>
<tr>
<td>White</td>
<td>61%</td>
</tr>
<tr>
<td>African-American</td>
<td>58%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>53%</td>
</tr>
<tr>
<td>Asian-American</td>
<td>52%</td>
</tr>
<tr>
<td>18-34</td>
<td>65%</td>
</tr>
<tr>
<td>35-49</td>
<td>74%</td>
</tr>
<tr>
<td>50-64</td>
<td>58%</td>
</tr>
<tr>
<td>65 or older</td>
<td>12%</td>
</tr>
<tr>
<td>Recipient age 18-49</td>
<td>66%</td>
</tr>
<tr>
<td>Recipient age 50+</td>
<td>57%</td>
</tr>
<tr>
<td>Recipient lives in household</td>
<td>49%</td>
</tr>
<tr>
<td>&lt;1 hour away</td>
<td>61%</td>
</tr>
<tr>
<td>1 hour + away</td>
<td>69%</td>
</tr>
<tr>
<td>Level 1 caregivers</td>
<td>63%</td>
</tr>
<tr>
<td>Level 5 caregivers</td>
<td>43%</td>
</tr>
</tbody>
</table>

Base: 1,247 caregivers in the U.S.
Income and Spending
Key Finding: Caregivers’ median household income in 2003 was $37,312. (The median household income for people in the U.S. in 2002 was $42,409).2

Income of Caregivers
Q95. Last year, what was your total annual household income from all sources, before taxes?

<table>
<thead>
<tr>
<th>Income Range</th>
<th>18-49 years</th>
<th>50+ years</th>
<th>Caregivers</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$30K</td>
<td>24%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>$30-49K</td>
<td>26%</td>
<td>34%</td>
<td>31%</td>
</tr>
<tr>
<td>$50-99K</td>
<td>27%</td>
<td>33%</td>
<td>31%</td>
</tr>
<tr>
<td>$100K+</td>
<td>15%</td>
<td>29%</td>
<td>29%</td>
</tr>
</tbody>
</table>

> Among those providing care to someone 50 or older, the median household income is $38,125.
> Not counting those who care for a spouse, about half of caregivers contribute financially to the care of their recipient, spending an average of $200 a month.
> A few caregivers spend more per month on out-of-pocket expenses than others. For example, Level 5 caregivers spend $324 per month while primary caregivers spend $232 per month.
> About half of Asian-American caregivers (53%) and White caregivers (42%) report higher household incomes ($50,000 or more) than do African-American caregivers (33%) or Hispanic caregivers (37%).

Military Service
> Fourteen percent of all caregivers say they are veterans.

Characteristics of the Caregiving Situation

Duration of Care of Persons Being Cared For
Key Finding: The average length of time caregivers provide care is 4.3 years.

Duration of Care for Recipient
Q13. For how long [have you been providing/did you provide] help to your (___)? PROMPT: Your best estimate is fine.

> Older caregivers are more likely to say they have provided care for 10 years or more, usually for their parent or spouse. Conversely, younger caregivers say they are more likely to have been providing care for less than six months, mostly to younger care recipients.
Living Arrangements

Key Finding: One in four people who receives care lives with his or her caregiver.

> Forty-two percent of caregivers say they live within 20 minutes of their care recipient.
> Fifteen percent of caregivers are considered long-distance since they live more than one hour away.

Distance of Caregiver to Recipient

Q4. [Does/Did] your (__) live in your household, within twenty minutes of your home, between 20 minutes and an hour from your home, a one to two hour drive from your home, or more than two hours away?

<table>
<thead>
<tr>
<th>Distance</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>In house</td>
<td>24%</td>
</tr>
<tr>
<td>Within 20 min.</td>
<td>42%</td>
</tr>
<tr>
<td>20 min. - 1 hour</td>
<td>19%</td>
</tr>
<tr>
<td>1-2 hours</td>
<td>5%</td>
</tr>
<tr>
<td>2 hours+</td>
<td>10%</td>
</tr>
</tbody>
</table>

Base: 1,247 caregivers in the U.S.

> Among the approximately three-quarters of care recipients who do not live with their caregiver, 55 percent live in their own home.

Living Arrangements of Care Recipient

Q6. IF NOT IN HOUSEHOLD, DK, OR REF IN Q4: [Does/Did] your (__) live in: his or her own home, someone else's home, an independent living or retirement community, in an assisted living facility where some care may be provided, a nursing home or facility, somewhere else?

<table>
<thead>
<tr>
<th>Arrangement</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Own home</td>
<td>55%</td>
</tr>
<tr>
<td>In caregiver's house</td>
<td>24%</td>
</tr>
<tr>
<td>Someone else’s home</td>
<td>8%</td>
</tr>
<tr>
<td>Nursing home</td>
<td>5%</td>
</tr>
<tr>
<td>Assisted living</td>
<td>4%</td>
</tr>
<tr>
<td>Independent living/retirement</td>
<td>3%</td>
</tr>
</tbody>
</table>

Base: 1,247 caregivers in the U.S.

> Not surprisingly, care recipients living in nursing homes tend to be older and to live in an urban setting. Those who live in an assisted living facility are more likely to have an older caregiver.
Who Are the Care Recipients?
The typical care recipient in the United States is a female, widowed, approximately 66 years old, being cared for by a relative.

Relationship between Caregiver and Care Recipient
Key Finding: Most care recipients are related to the person who cares for them (83%). Care recipients are often the caregiver’s mother (28%), grandmother (9%), or father (8%).

Gender
Key Finding: More care recipients are female (65%) than male (31%).

Age
Key Finding: More care recipients are older (79% are age 50+) than younger (20% are between the ages of 18-49 years).
> The average age of younger care recipients is 33 years; the average age of those 50+ is 75 years.
> One in five care recipients (20%) is 85 years of age or older.
> African-American caregivers (27%) are more likely to be caring for someone under 50 than white caregivers (21%).

Marital Status
Key Finding: Forty-two percent of care recipients are widowed, and 27 percent are married. Fewer are divorced or separated (15%) or are single (14%).
> African-American caregivers are more likely than other ethnic group to be helping a single person.

Military Service
> Seventeen percent of care recipients are veterans.

Health Status of Care Recipients
The types of health problems care recipients experience vary by age. Caregivers who assist younger persons most commonly report their care recipient as having mental or emotional illness. Caregivers assisting someone over 50 say aging or “being old” is the main problem or illness of their care recipient (see graph on page 11).
> When we asked caregivers an open-ended question about the main problem or illness the person they care for has, only six percent of caregivers say the person they care for has Alzheimer’s or dementia. However, when we asked caregivers who did not identify Alzheimer’s or dementia as the main problem or illness a follow-up question that specifically asked about Alzheimer’s or other mental confusion, an additional 17 percent said yes. Taken together, 23 percent of caregivers report providing care to someone with Alzheimer’s, dementia, or other mental confusion.
> Levels 4 and 5 caregivers are more likely to say they are caring for someone who has cancer than lower level caregivers. Level 5 caregivers are also more likely to say they are caring for someone who has had a stroke than Level 1, 2, and 3 caregivers.
> Asian-American caregivers are more likely than other ethnic group to say being old is their care recipient’s main illness or problem. Hispanic caregivers cite diabetes as their care recipient’s main health problem more than white or Asian-American caregivers.

Main Problems or Illnesses Identified by Caregiver
Q11b. What would you say [is/was] the main problem or illness your [care recipient] has/had?

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>Total</th>
<th>Recipient 18-49 years old</th>
<th>Recipient 50+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Old age</td>
<td>6%</td>
<td>12%</td>
<td>15%</td>
</tr>
<tr>
<td>Cancer</td>
<td>6%</td>
<td>4%</td>
<td>9%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>6%</td>
<td>4%</td>
<td>9%</td>
</tr>
<tr>
<td>Mental illness</td>
<td>3%</td>
<td>7%</td>
<td>23%</td>
</tr>
<tr>
<td>Heart disease</td>
<td>6%</td>
<td>7%</td>
<td>9%</td>
</tr>
<tr>
<td>Alzheimer’s</td>
<td>6%</td>
<td>8%</td>
<td>13%</td>
</tr>
<tr>
<td>Stroke</td>
<td>6%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Mobility</td>
<td>6%</td>
<td>6%</td>
<td>10%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>3%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Blindness/Vision</td>
<td>3%</td>
<td>3%</td>
<td>4%</td>
</tr>
</tbody>
</table>

*Base: 1,247 caregivers in the U.S.*

Medication Management

Key Finding: Most caregivers (85%) say the person they care for takes prescription medicine. Among caregivers who say the person they care for takes prescription medicine, 45 percent say the person they care for needs someone to oversee or manage taking medicine.

> Among caregivers who care for people age 50+, 92 percent say the person they care for takes prescription medicine.

> In addition, 75 percent of caregivers who assist those with Alzheimer's say they need to oversee or manage prescription medications for their care recipient.

Intensity of Caregiving: Hours of Care and Types of Assistance Provided

The amount of time spent giving care and the kind of care being provided varies greatly between caregivers. Therefore, it is not surprising that some caregivers experience more physical, emotional and financial stress than others.

Hours of Care Provided and Frequency of Visits

Key Finding: Caregivers are evenly split between those who say they spend eight hours or less per week providing care (48%) and those who report spending nine hours or more per week providing care (48%).

> On average, caregivers spend 21 hours per week assisting another person.

> Caregivers who provide constant care (40+ hours per week) tend to:
  > live with the care recipient;
  > be in fair or poor health themselves;
  > care for someone with Alzheimer's or dementia;
  > have a lower income;
  > have a high school education or less.

> Caregivers who spend eight hours or less a week on caregiving are more likely to be male, white, Asian, or employed.

> A majority of caregivers who do not live with the person they care for say they visit their care recipient at least once a week (74%).

Number of Visits to Care Recipient

Q5. IF NOT IN HOUSEHOLD: On average, how often [do/did] you visit your (___)? More than once a week, once a week, few times a month, once a month, few times a year, or less often?

![Graph showing number of visits to care recipient](image)

**Types of Assistance Caregivers Provide**

**Instrumental Activities of Daily Living (IADLs): Managing Everyday Living**

Key Finding: Because of the way we defined caregiving, all of our caregivers provide at least one IADL or ADL. Eighty percent of caregivers are helping with three or more IADLs.

> Caregivers who perform three or more IADLs are more likely to be female, African-American, in fair or poor health, or live with the person they care for.

> Women are more likely to help with housework and prepare meals than men.

> More African-American (48%) and Hispanic (46%) caregivers report their care recipient needs assistance with medications compared to white (39%) or Asian-American (32%) caregivers.

> Younger caregivers are more likely to help with housework and are less likely than their older counterparts to arrange outside services or manage finances.
Helping with IADLs
Q20-26. [Do/Did] you provide help for your (__) with:

- Transportation: 82%
- Grocery shopping: 75%
- Housework: 69%
- Managing finances: 64%
- Preparing meals: 59%
- Helping with medication: 41%
- Managing services: 30%

Base: 1,247 caregivers in the U.S.

Caregivers at different income and education levels tend to perform different types of IADLs. For example, caregivers with lower incomes and less education tend to help with everyday tasks such as grocery shopping, housework, and meal preparation. Caregivers with higher incomes and more education tend to help with arranging outside services from agencies. Higher income caregivers are also more likely to assist with managing the care recipient’s finances.

Activities of Daily Living (ADLs): Personal Care
Key Finding: Half of all caregivers perform the difficult tasks involved in personal care.

- Providing help getting in and out of bed and chairs, getting dressed, and personal grooming are the most commonly performed ADLs.
- While half of all caregivers say they perform at least one form of personal care (ADL), less than one in five (18%) say they have received formal training on how to care for their recipient. African-American caregivers are more likely to report having received some formal training than Asian-American or white caregivers.
- Male caregivers are less likely to help with dressing, bathing or showering, and dealing with incontinence than female caregivers. The same is true of younger caregivers compared to older caregivers.

Helping with ADLs
Q14-19. I’m going to read a list of kinds of help, which might be provided to a person, if the person cannot do this by him or herself. For each, just tell me if you [provide/provided] this kind of help. [Do/Did] you help your (__) with:

- Getting in and out of beds and chairs: 36%
- Getting dressed: 29%
- Helping bathe or shower: 26%
- Getting to and from the toilet: 23%
- Feeding care recipient: 18%
- Dealing with incontinence or diapers: 16%

Base: 1,247 caregivers in the U.S.

Performance of ADLs & IADLs:
Q14-Q19. I’m going to read a list of kinds of help, which might be provided to a person, if the person cannot do this by him or herself. For each, just tell me if you [provide/provided] this kind of help. [Do/Did] you help your (__) with:

<table>
<thead>
<tr>
<th>ADLs</th>
<th>Total</th>
<th>Level 1</th>
<th>Level 4</th>
<th>Level 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td>82%</td>
<td>73%</td>
<td>90%</td>
<td>95%</td>
</tr>
<tr>
<td>Grocery shopping</td>
<td>75%</td>
<td>65%</td>
<td>85%</td>
<td>94%</td>
</tr>
<tr>
<td>Housework</td>
<td>69%</td>
<td>47%</td>
<td>85%</td>
<td>94%</td>
</tr>
<tr>
<td>Managing finances</td>
<td>64%</td>
<td>60%</td>
<td>72%</td>
<td>76%</td>
</tr>
<tr>
<td>Preparing meals</td>
<td>59%</td>
<td>32%</td>
<td>79%</td>
<td>97%</td>
</tr>
<tr>
<td>Giving medicines</td>
<td>41%</td>
<td>13%</td>
<td>65%</td>
<td>85%</td>
</tr>
<tr>
<td>Arranging services</td>
<td>30%</td>
<td>16%</td>
<td>45%</td>
<td>51%</td>
</tr>
<tr>
<td>Three or more ADLs</td>
<td>80%</td>
<td>63%</td>
<td>93%</td>
<td>100%</td>
</tr>
<tr>
<td>None of these ADLs</td>
<td>*</td>
<td>—</td>
<td>—</td>
<td>—</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IADLs</th>
<th>Total</th>
<th>Level 1</th>
<th>Level 4</th>
<th>Level 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>In/out of bed and chairs</td>
<td>36%</td>
<td>—</td>
<td>67%</td>
<td>83%</td>
</tr>
<tr>
<td>Dressing</td>
<td>29%</td>
<td>—</td>
<td>61%</td>
<td>88%</td>
</tr>
<tr>
<td>Bathing</td>
<td>26%</td>
<td>—</td>
<td>51%</td>
<td>83%</td>
</tr>
<tr>
<td>Toileting</td>
<td>23%</td>
<td>—</td>
<td>47%</td>
<td>68%</td>
</tr>
<tr>
<td>Feeding</td>
<td>18%</td>
<td>—</td>
<td>30%</td>
<td>44%</td>
</tr>
<tr>
<td>Continence/diapers</td>
<td>16%</td>
<td>—</td>
<td>29%</td>
<td>53%</td>
</tr>
<tr>
<td>Three or more IADLs</td>
<td>26%</td>
<td>—</td>
<td>53%</td>
<td>84%</td>
</tr>
<tr>
<td>None of these IADLs</td>
<td>50%</td>
<td>100%</td>
<td>9%</td>
<td>—</td>
</tr>
</tbody>
</table>

By definition, Level 1 caregivers perform one or more IADLs, but no ADLs. See Detailed Methodology for a full description of the Level of Burden Index.
Home Modifications and Assistive Devices
Key Finding: Forty percent of caregivers say they have obtained an assistive device to make it easier to care for the person they help and nearly 40 percent have modified the home to make it easier to provide care.

- Caregivers with a Level of Burden between 3-5, and those helping someone with Alzheimer’s or dementia, are more likely than others to have made home modifications or obtained assistive devices.
- Not surprisingly, caregivers who have greater financial resources are more likely to make home modifications than those who do not.

Caregiver Support: Who Else Helps Provide Care?
Many caregivers receive unpaid help from others. This assistance most commonly comes from the recipient’s children. Caregivers who have higher incomes and those who have higher Levels of Burden use paid help more.

Primary vs. Secondary Caregivers
Key Finding: Although many caregivers receive help from others, the majority of caregivers (57%) say they are the primary caregiver and receive no other unpaid help or they consider themselves to provide most of the unpaid help. Thirty-seven percent of caregivers say no one else provided unpaid help during the last 12 months. Almost six in ten (59%) say they did not receive paid help during the last 12 months from four categories of helpers including nurses, aides, or housekeepers.

- Caregivers who provide most of the help are typically caring for someone age 18-49. They are most likely to be female, older, unemployed or have an income less than $30,000. They provide at least 21 hours of higher level of care each week.

Unpaid Care
Key Finding: Nearly six in ten caregivers (59%) say that someone else, usually the recipient’s daughter or son, helped provide unpaid care in the past year.

Other Unpaid Help
Q31. Has anyone else provided unpaid help to your (__) during the last 12 months?

<table>
<thead>
<tr>
<th></th>
<th>Primary Caregivers</th>
<th>Secondary Caregivers</th>
<th>Total Caregivers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any relative</td>
<td>87%</td>
<td>89%</td>
<td>88%</td>
</tr>
<tr>
<td>Daughter</td>
<td>39%</td>
<td>43%</td>
<td>42%</td>
</tr>
<tr>
<td>Son</td>
<td>24%</td>
<td>26%</td>
<td>26%</td>
</tr>
<tr>
<td>Non-relative</td>
<td>12%</td>
<td>10%</td>
<td>11%</td>
</tr>
</tbody>
</table>

Base: 1,247 caregivers in the U.S.

- African-American caregivers (12%) are much more likely to receive help from the recipient’s niece or nephew than white (4%), Asian-American (4%), or Hispanic (2%) caregivers.

Paid Care
Key Finding: Four in ten caregivers who help someone not living in a nursing home report using paid care in the past year. The most common type of paid care is the use of an aide or nurse obtained through an agency or a housekeeper.

Type of Paid Care
Q34-36. IF NOT IN NURSING HOME: During the past 12 months, did your (__) receive paid help from any of the following—regardless of who paid for it. First:

- Aide or nurse through an agency: 23%
- Hired housekeeper: 20%
- Other: 12%
- Aide or nurse independent of an agency: 7%

Base: 1,191 caregivers in the U.S. not living in a nursing home.

- Caregivers most likely to use paid help are older, college educated, upper income, and caring for someone with Alzheimer’s or dementia.
Stress and Strain of Caregiving

Most caregivers report low emotional stress, physical strain, and financial hardship as a result of caregiving.

Impact on Caregiver's Physical and Emotional Health

Physical Health

Key Finding: A majority of caregivers say they are in good health. The two greatest predictors of caregivers' physical strain are the caregivers' reported health and whether they felt they had a choice in taking on caregiving responsibilities.

> Twenty-five percent describe their health as excellent, 30 percent say their health is very good, and 28 percent say their health is good. About one in six (17%) considers their health as fair or poor. In general, about six in ten members of the adult population in the U.S. say their health is very good or excellent, three in ten say their health is good, and one in ten says their health is fair or poor.

> Almost three in four caregivers say being a caregiver has had no effect on their health. Caregivers who report caregiving has made their health worse tend to be lower income, women, age 50+, provide higher levels of care, and live with the person they provide care for.

> Few caregivers say caregiving is a physical strain. Only 15 percent rate physical strain from caregiving a four or five on a five-point scale (where five is very much and one is not at all).

> The two greatest predictors of physical strain are caregivers' reported health and whether they felt they had a choice in taking on caregiving responsibilities. Caregivers who report poorer health and those that feel they did not have a choice in taking on this role perceived the greatest physical strain. Level of Burden is another factor contributing to caregivers' physical strain. The higher the Level of Burden, the greater the caregivers' perceived physical strain.

Emotional Health

Key Finding: Caregiving appears to create more emotional stress than physical strain. One-third (35%) of caregivers say taking care of the person they help rates a four or five on a five-point scale where five is very stressful. Approximately one in four (27%) say taking care of the person they help is not at all stressful.

> The two greatest predictors of emotional stress are the caregivers' Level of Burden and whether or not they feel they had a choice in assuming the role of caregiver. Caregivers at the highest Level of Burden and those who feel they had no choice perceive the highest levels of emotional stress. Other factors associated with caregivers' emotional stress are caregivers' reported health, living in the same household with the care recipient, and being female.

> Nearly four in ten caregivers (39%) say they feel they had no choice in taking on the role of a caregiver, and half of these people feel their situation is emotionally stressful. Conversely, just a quarter of those who felt they did have a choice in becoming a caregiver report experiencing emotional stress at the highest levels.

> Those who say they had no choice in becoming a caregiver tend to be female, primary caregivers, live with the care recipient, say they are in fair to poor health and provide the highest levels of care.

Proportion of caregivers who say their own health is fair or poor

87. How would you describe your own health? Is it excellent, very good, good, fair, or poor?

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>All caregivers</td>
<td>17%</td>
</tr>
<tr>
<td>Level 5 caregivers</td>
<td>35%</td>
</tr>
<tr>
<td>Lower income (&lt;$30K)</td>
<td>28%</td>
</tr>
<tr>
<td>Living with care recipient</td>
<td>26%</td>
</tr>
<tr>
<td>Caregivers 50 or older</td>
<td>24%</td>
</tr>
<tr>
<td>Lower educated (HS or less)</td>
<td>24%</td>
</tr>
</tbody>
</table>

Base: 1,247 caregivers in the U.S.
Coping with Stress
Caregivers say they deal with the demands of caregiving by using various coping mechanisms. The most common are praying (73%) and talking with friends or relatives (61%). Reading about caregiving (44%), exercising (41%), and going on the Internet to find information (33%) are other ways they say they cope with the demands of caregiving.

Coping with Demands of Caregiving
Q60-67. I’m going to read a list of ways that caregivers such as yourself have coped with the demands of caregiving. For each one, please tell me whether you have used any of these. [Have/Did] you ever [tried/try] to cope with caregiving stress by:

- Praying: 73%
- Talking with or seeking advice from friends or relatives: 61%
- Reading about caregiving: 44%
- Exercising or working out: 41%
- Going on the Internet to find information: 33%
- Talking to a professional or spiritual counselor: 27%
- Taking medication: 12%

> While many caregivers report praying as a way to cope with the demands of caregiving, African-American (84%) and Hispanic (79%) caregivers use this method of coping significantly more than white (71%) or Asian-American (50%) caregivers.

> More women (80%) than men (61%) say praying is a way they cope with caregiving demands. Women also tend to cope by talking with friends or relatives (67%) more than men (51%).

> Those more likely to use the Internet as a tool for dealing with caregiving demands include Asian-American caregivers (43%), college educated (41%) and upper income (44% of those making $100,000+) caregivers as well as those helping someone with Alzheimer’s or dementia (42%).

Impact of Caregiving on Family and Leisure Activities
Half of caregivers say their caregiving has resulted in less time for family and friends. A substantial proportion also report giving up vacations, hobbies or other social activities as a result of caregiving responsibilities.

Impact of Caregiving on Family and Leisure Activities
QS3-55. There may have been other ways in which providing care to your (__) has affected your life. As a caregiver …

Less time for friends or family
- 51%

Give up vacations, hobbies, social activities
- 44%

Get less exercise than before
- 26%

Base: 1,247 caregivers in the U.S.

> Caregivers who experience the greatest impact on family and leisure activities are primary caregivers, those residing with the care recipient, those who provide the highest levels of care, and who consider their own health to be fair or poor.
Impact of Caregiving on Work
Fifty-nine percent of caregivers say they are currently working (48% full time and 11% part time), or have worked at some time while being a caregiver. More than six in ten (62%) of these working caregivers say their caregiving responsibilities have led them to make adjustments to their work life, including such things as reporting late to work, leaving early, or taking time off, taking a leave of absence or leaving the workforce entirely.

> Making schedule changes such as going to work late, leaving early or taking time off during the day to provide care, is the most frequently reported work adjustment (57%).

> Those most likely to say they have made one or more work schedule adjustments are:
  > female;
  > primary caregivers;
  > caregivers at higher Levels of Burden;
  > those between the ages of 35-64;
  > African-American caregivers;
  > those living with the care recipient;
  > those helping someone with Alzheimer’s or dementia.

> More than one third of Level 5 caregivers (35%) say they chose to give up work entirely as a result of their caregiving responsibilities and 12% chose early retirement.

Work-Related Adjustments by Level of Burden
Q41-Q47. IF WORKING WHILE A CAREGIVER: In your experience as both a worker and a caregiver, did you ever:

<table>
<thead>
<tr>
<th>TOTAL</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go in late, leave early, etc.</td>
<td>57%</td>
<td>40%</td>
<td>51%</td>
<td>63%</td>
<td>75%</td>
</tr>
<tr>
<td>Take leave of absence</td>
<td>17%</td>
<td>8%</td>
<td>17%</td>
<td>14%</td>
<td>22%</td>
</tr>
<tr>
<td>Go from full-time to part-time</td>
<td>10%</td>
<td>3%</td>
<td>7%</td>
<td>9%</td>
<td>15%</td>
</tr>
<tr>
<td>Give up work entirely</td>
<td>6%</td>
<td>1%</td>
<td>3%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Lose any job benefits</td>
<td>5%</td>
<td>2%</td>
<td>2%</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>Turn down promotion</td>
<td>4%</td>
<td>2%</td>
<td>3%</td>
<td>5%</td>
<td>6%</td>
</tr>
<tr>
<td>Choose early retirement</td>
<td>3%</td>
<td>1%</td>
<td>1%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>None of the above</td>
<td>38%</td>
<td>57%</td>
<td>44%</td>
<td>31%</td>
<td>21%</td>
</tr>
</tbody>
</table>

Base: 935 caregivers employed while caregiving.

Financial Hardship on Caregivers
Only twelve percent of caregivers say caregiving is a financial hardship for them (rate it a four or five on a five-point scale where one is no hardship at all and five is a great deal of hardship). More than three in four (77%) report that caregiving is very little financial hardship (rate it one or two on a five-point scale).

> Our analysis shows that the two greatest predictors of caregivers’ perception of financial hardship are Level of Burden and whether they felt they had a choice in taking on caregiving responsibilities. Caregivers at higher Levels of Burden and those who do not feel they had a choice to take on this role report greater financial hardship. Other factors contributing to financial hardship are the caregiver’s age, health, living with the care recipient, and income. The older the caregiver, the poorer the caregiver’s perceived health, and living with the care recipient and having a lower income increase the reported level of hardship.

> Level 5 caregivers are more likely to say they experience financial hardship (35%) than caregivers at other Levels of Burden, and they are more likely to say they have requested information about financial help for their care recipient than caregivers at Level 1 (20%), Level 2 (23%), and Level 3 (21%).

> Caregivers who report their annual income is less than $30,000 are more likely to say caregiving is a financial hardship (rate it as a four or five on a five-point scale) than caregivers who report their annual household income is $30,000 or more.

> Caregivers who help younger care recipients (25%) are more likely to say caregiving is a financial hardship than those who assist older care recipients (9%).

> Younger caregivers (35% of those 18-49 years) are more likely to say they experience financial hardship as a result of being a caregiver than older caregivers (22% of those age 50+).

> African-American caregivers (22%) say they experience financial hardship as a result of caregiving more than other ethnic groups Hispanic (14%), Asian-American (11%) or white (10%) caregivers.

> Caregivers who live with the person they provide care for are more likely to say they experience financial hardship as a result of caregiving than those who do not live with the person they care for.
Unmet Needs for Help, Information or Support

Finding time for oneself, keeping the care recipient safe at home, and balancing work and family responsibilities are the top unmet needs identified by caregivers (see graph on page 26).

- Minority caregivers (Hispanic 80%, African-American 75% and Asian-American 73%) are much more likely to say they need more help with information than white caregivers (64%).
- Caregivers of those with Alzheimer’s or dementia and those providing the highest level of care say they need help or additional information more often than other caregivers.
- Of caregivers already receiving an outside service, almost eight in ten (79%) say they need more help or information about at least one of the unmet needs listed.
- Fulfilling personal needs, such as managing stress, finding time for oneself, and balancing work and family are more likely to be mentioned as a need by female caregivers, caregivers under 65, and those living with their care recipient.

Supportive Services in the Community

Supportive services are used by almost half of all caregivers (48%). One-quarter of caregivers say they requested information about financial help for their care recipient.

- Those caring for someone with Alzheimer’s or dementia are more likely to use outside services than other caregivers.
- Caregivers whose care recipient lives in an urban setting (58%) are more likely than caregivers helping someone in a suburban (42%) or rural setting (44%) to say they use supportive services. Caregivers who live with their care recipient tend to seek supportive services more often than caregivers who live within an hour of the person they care for.
- Midlife caregivers age 50-64 (55%) and those age 65+ (56%) are more likely to use supportive services than younger caregivers (40%).
- More Asian-American (12%), African-American (11%), and white (7%) caregivers say they have taken part in support groups than Hispanic (3%) caregivers.

Use of Outside Services

Q71-78. In your experience as a caregiver, have/did you ever...

<table>
<thead>
<tr>
<th>Service</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Requested info about financial help</td>
<td>25%</td>
</tr>
<tr>
<td>Obtained formal training</td>
<td>18%</td>
</tr>
<tr>
<td>Used transportation service</td>
<td>18%</td>
</tr>
<tr>
<td>Used service such as Meals on Wheels</td>
<td>11%</td>
</tr>
<tr>
<td>Enrolled recipient in recreation camp</td>
<td>8%</td>
</tr>
<tr>
<td>Took part in support groups</td>
<td>7%</td>
</tr>
<tr>
<td>Enrolled recipient in Adult Day Care</td>
<td>5%</td>
</tr>
<tr>
<td>Used respite service</td>
<td>5%</td>
</tr>
</tbody>
</table>

Base: 1,247 caregivers in the U.S.
Where Caregivers Go For Information

Key Finding: Almost three in ten caregivers say they get information on caregiving from the Internet (29%) or a doctor (28%). Smaller percentages rely on family and friends (15%) or other health professionals (10%) for their caregiving information. Other sources of information on caregiving, such as libraries, employers, and senior centers, were identified by too few caregivers to be significant.

- Those who turn to the Internet for information are likely to have a higher income and be college educated. Forty-one percent say they live an hour or more away from their care recipient.
- Level 5 caregivers (42%), those living with their care recipient (36%) and caregivers who help someone age 50 or older (31%), are more likely to obtain caregiving information from a doctor.
- Younger caregivers are more likely to turn to friends and family for information about caregiving.

Caregivers in Ethnic Subgroups

Overall, African-American, Hispanic and Asian-American caregivers provide similar types of care and experience similar stresses regardless of ethnic background. The following bullets report statistically significant differences based on ethnicity. When an ethnic group is not mentioned, the difference was not significant.

African-American Caregivers

- African-American caregivers are more likely to have children under age 18 living in the household than caregivers from other ethnic groups (53% v 35% white, 39% Hispanic, 34% Asian). They are also more likely to be single, never married (32% v 14% white, 23% Hispanic caregivers) and less likely to be married (13% v 28% white, 30% Hispanic, 33% Asian caregivers).
- Among caregivers who do not live with the person they care for, African-Americans are more likely to say they visit the person they care for more than once a week (65% v 55% white, 44% Asian-American caregivers).
- African-American caregivers are more likely to live in urban areas (49% v 24% white, 35% Asian-American caregivers). African-American care recipients are also more likely to live in urban areas (49% v 28% white care recipients).

Unmet Needs

Q82a-n. As a caregiver, on which of the following do you [need/needed] more help or information:

- Finding time for myself 35%
- Keeping the person I care for safe at home 30%
- Balancing my work and family responsibilities 29%
- Managing my emotional and physical stress 29%
- Easy activities I can do with the person I care for 27%
- How to talk with doctors 22%
- Making end-of-life decisions 20%
- Moving or lifting the person I care for 16%
- Managing challenging behaviors, such as wandering 14%
- Choosing an assisted living facility 13%
- Choosing a home care agency 13%
- Managing incontinence or toileting problems 11%
- Choosing a nursing home 8%
- Finding non-English educational materials 5%

Base: 1,247 caregivers in the U.S.
Hispanic Caregivers

- Like African-American caregivers, Hispanic caregivers are likely to spend more than eight hours a week providing care.
- Hispanic caregivers are more likely to say they live with the person they care for (34% v 22% white caregivers) and they are also more likely to say they help the person they care for with at least one ADL (59% v 48% white caregivers).
- Hispanic caregivers are more likely to say they are Level 4 or 5 caregivers (41%) and have given up vacations, hobbies or their own social activities (48% v 35% African-American caregivers).

Asian-American Caregivers

- Asian-American caregivers stand out as being well educated (61% have at least four years of college v 36% white, 30% African-American, 27% Hispanic caregivers).
- Asian-American caregivers also report higher household incomes than others (53% report a household income of $50,000+ v 42% white, 33% African-American, 38% Hispanic caregivers). Therefore, it is not surprising that Asian-American caregivers are less likely to say caregiving is a financial hardship.
- Like white caregivers, Asian-American caregivers are more likely to say the person they care for lives in the suburbs (43% v 27% African-American caregivers). Similarly, Asian-American caregivers are more likely to say they live in the suburbs (56% v 40% white, 34% African-American, 37% Hispanic caregivers).
- Asian-American caregivers are less likely to say the person they care for has Alzheimer's or other dementia (86% v 75% white, 72% African-American, 75% Hispanic caregivers).
- Asian-American caregivers are more likely to say they tried to cope with stress by going to the Internet to seek information (43% v 33% white, 29% African-American caregivers).
Comparison of Caregivers by Age of Recipient

Key differences between caregivers of persons age 50 and over and persons age 18-49 are summarized in the following table.

**Comparing Caregivers Characteristics by Age of Recipient**

<table>
<thead>
<tr>
<th></th>
<th>Recipients 18 - 49</th>
<th>Recipients 50 or older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average recipient age</td>
<td>33</td>
<td>75</td>
</tr>
<tr>
<td>Relationship</td>
<td>Adult child, sibling, or non-relative</td>
<td>Mother, grandmother or father</td>
</tr>
<tr>
<td>Problems/Illnesses</td>
<td>Mental illness, depression, or emotional problems, financial problems</td>
<td>Aging, Alzheimer’s disease, cancer, diabetes, heart disease, mobility, blindness</td>
</tr>
<tr>
<td>Average caregiver age</td>
<td>41</td>
<td>47</td>
</tr>
<tr>
<td>Demographics</td>
<td>Working</td>
<td>Retired, married</td>
</tr>
<tr>
<td>Support</td>
<td>Primary caregivers</td>
<td>Feel financial hardship</td>
</tr>
</tbody>
</table>

Base: 1,247 caregivers in the U.S.

**White Caregivers**

> White caregivers are more likely to say they are age 50 or older than members of other ethnic groups (46% white, 29% African-American, 34% Hispanic, 35% Asian-American caregivers).

> Like Asian-American caregivers, white caregivers tend to report higher incomes (42% make $50,000+). However, unlike Asian-American caregivers, white caregivers are more likely to say they are currently providing care (68% v 56%).

> While a large proportion of white caregivers say they live in a suburb (40%), white caregivers are more likely to say they live in a rural area (34% v 15% African-American, 19% Hispanic, 9% Asian-American caregivers). White caregivers are also more likely to say the person they care for lives in the suburbs (40% v 27% African-American, 28% Hispanic caregivers).

> Like Hispanic caregivers, white caregivers are likely to say they have given up vacations, hobbies, or their own social activities (45% v 35% African-American caregivers). Yet white caregivers are less likely to say caregiving is a physical strain (69% v 61% African-American caregivers), and they are more likely to say caregiving is not a financial hardship (79% v 66% African-American).

> White caregivers are also less likely to say they feel a need for more help or information keeping the person they care for safe at home, balancing their work and family responsibilities, finding easy activities they can do with the person they care for, moving or lifting the person they care for than African-American, Hispanic or Asian-American caregivers.
Summary and Conclusions
Caregivers are a diverse group. Their caregiving experiences range from those that are relatively easy to manage, to those that are burdensome. We know that most caregivers today are able to fulfill this role without experiencing overwhelmingly negative physical, emotional, or financial consequences. We also know that being a caregiver makes those who carry the heaviest responsibilities vulnerable to risks associated with poorer health, emotional stress, and economic hardship.

As the baby boom generation ages over the next 25 years, the ranks of those needing care will swell and the numbers of those available to provide care are likely to dwindle. This suggests that in the future, our caregivers may feel even less choice about becoming a caregiver than they do today. It also suggests that they may provide care to two, three, or even more care recipients. Even if the care recipient has "simple" needs, the sheer numbers of people needing help may increase the caregiver burden.

Indicators from this survey, as well as a weak economy and the aging of the baby boomers, tell us that those who provide unpaid care deserve our attention and our assistance.

It is important that we use information from this study to do at least three things. First, we need to help current at-risk caregivers so that they can continue to provide care to family and friends without sacrificing their health, financial security and quality of life in the process. Secondly, we need to expand current caregiver programs to include all caregivers regardless of the age of their care recipient. Thirdly, we need to begin to prepare for the future. This includes encouraging family members to plan ahead and discuss their changing needs as they age, as well as advocating for more public funding for policies and programs that provide needed services for the long-term care population.

Appendix A: Topline Results
Interviewing conducted September 5 through December 22, 2003, among N = 1,247 caregivers 18 and older in the United States.

Screening questions, used to identify caregiver respondents at the outset of the interviews for the national study, show the following:

<table>
<thead>
<tr>
<th>In the U.S.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of adults who are caregivers</td>
<td>22%</td>
</tr>
<tr>
<td>Number of caregivers</td>
<td>44,443,800</td>
</tr>
<tr>
<td>Percent of households with caregiver(s)</td>
<td>23%</td>
</tr>
<tr>
<td>Number of households with caregiver(s)</td>
<td>22,901,800</td>
</tr>
</tbody>
</table>

Per cents may add up to 99% or 101% due to rounding. Data are weighted by gender, age, and race. Margin of sampling error is + 2.8 percentage points. * indicates less than 1%, and — indicates zero.

This survey is part of an important national study conducted by AARP and the National Alliance for Caregiving. We really appreciate your participation. IF HELPFUL, INTERVIEWER MAY TELL RESPONDENT: This is a national survey, and although individual answers are confidential, the results from the overall survey will be published. If you'd like, we could send you a copy of the final report.

1a. Are you currently providing unpaid help to a relative or friend 18 years or older, or, was this something you did in the past 12 months but are no longer doing?
   CURRENTLY 66%
   PAST 12 MO. 34
   DK/REF *

1. How many adults [do you provide this care for? / did you provide this care for in the past 12 months?]
   1 69%
   2 22
   3+ 8
   DK/REF 1

Mean: 1.7 adults
IF ONE PERSON: Now, I’d like to ask you some questions about the adult for whom you [provide/provided] care. IF MORE THAN ONE: Let’s focus on the adult for whom you [provide/provided] the most assistance.

1b. What [is/was] this person’s relationship to you?
- SPOUSE: 6%
- MOTHER: 28%
- FATHER: 8%
- MOTHER-IN-LAW: 7%
- FATHER-IN-LAW: 2%
- SON: 3%
- DAUGHTER: 3%
- BROTHER: 2%
- SISTER: 3%
- BROTHER-IN-LAW: 1%
- SISTER-IN-LAW: *
- GRANDMOTHER: 9%
- GRANDFATHER: 3%
- GRANDPARENT-IN-LAW: 1%
- AUNT/UNCLE: 5%
- OTHER RELATIVE: 1%
- FRIEND/NEIGHBOR: 16%
- PARTNER: 1%
- COUSIN: 1%
- DK/REF: 1%

1c&1d. Gender of care recipient. IF NOT KNOWN FROM Q1b RESPONSE: ASK:
Would you mind telling me if your (__) is male or female?
- MALE: 31%
- FEMALE: 65%
- DK/REF: 4%

2. [Is your (__) currently/ Was your (__)] currently widowed, married, living with a partner, separated, divorced, or single — that is never been married?
- WIDOWED: 42%
- MARRIED: 27%
- PARTNER: 2%
- SEPARATED: 3%
- DIVORCED: 12%
- SINGLE: 14%
- DK/REF: *

3. How old [is/was] your (__)? PROMPT: Your best estimate is fine.
- 18-29: 8%
- 30-49: 13%
- 50-64: 16%
- 65-74: 19%
- 75-84: 24%
- 85-89: 11%
- 90+: 9%
- DK/REF: 1%

Mean age is 66.

4. [Does/Did] your (_) live in your household, within twenty minutes of your home, between 20 minutes and an hour from your home, a one to two hour drive from your home, or more than two hours away?
- HOUSEHOLD: 24%
- 20 MIN AWAY: 42%
- 20 MIN TO 1 HR: 19%
- 1 TO 2 HRS: 5%
- 2 HRS+: 10%
- DK/REF: *

5. IF NOT IN HOUSEHOLD, DK, OR REF IN Q4: On average, how often [do/did] you visit your (__)? More than once a week, once a week, few times a month, once a month, few times a year, or less often?
- >ONCE A WEEK: 56%
- ONCE A WEEK: 18%
- FEW TIMES A MO: 11%
- ONCE A MONTH: 5%
- FEW TIMES A YR: 7%
- LESS OFTEN: 2%
- DK/REF: 1%

6. IF NOT IN HOUSEHOLD, DK, OR REF IN Q4: [Does/Did] your (__) live in: his or her own home, someone else’s home, an independent living or retirement community, in an assisted living facility where some care may be provided, a nursing home or facility, elsewhere?
- IN OWN HOME: 72%
- OTHERS’ HOME: 11%
- IND. LVNG/ RTRMNT: 4%
- ASSISTED LVING: 6%
- NURSING HOME: 7%
- OTHER: *
- DK/REF: *

7. IF NOT IN HOUSEHOLD, DK, OR REF IN Q4 OR NOT IN NURSING HOME IN Q6: [Does/Did] your (_) live: (MULTIPLE PUNCH OKAY) alone, with her/his spouse, with her/his grown children, with other family members, with friends, with an aid, housekeeper, or other staff, or with someone else?
- ALONE: 47%
- SPOUSE: 26%
- CHILDREN: 11%
- OTHER FAMILY: 12%
- FRIENDS: 3%
- AID/ HOUSEKPR: 3%
- SOMEONE ELSE: 1%
- DK/REF: *

8. IF NOT IN HOUSEHOLD IN Q4: [Does/Did] your (_) live in an urban, suburban, or rural area?
- ALONE: 47%
- SPOUSE: 26%
- CHILDREN: 11%
- OTHER FAMILY: 12%
- FRIENDS: 3%
- AID/ HOUSEKPR: 3%
- SOMEONE ELSE: 1%
- DK/REF: *

Mean age is 66.
9. And do you live in an urban, suburban or rural area?

<table>
<thead>
<tr>
<th>Area</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>URBAN</td>
<td>29%</td>
</tr>
<tr>
<td>SUBURBAN</td>
<td>39%</td>
</tr>
<tr>
<td>RURAL AREA</td>
<td>29%</td>
</tr>
<tr>
<td>DK/REF</td>
<td>3%</td>
</tr>
</tbody>
</table>

10. (Is/Was) your (__) frail, sick, disabled, or none of these? MULTIPLE RESPONSE

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRAIL</td>
<td>28%</td>
</tr>
<tr>
<td>SICK</td>
<td>26%</td>
</tr>
<tr>
<td>DISABLED</td>
<td>35%</td>
</tr>
<tr>
<td>NONE OF THESE</td>
<td>28%</td>
</tr>
<tr>
<td>DK/REF</td>
<td>*</td>
</tr>
</tbody>
</table>

11. What would you say (is/was) the main problem or illness your (__) (has/had)? PRECODED OPEN END: ACCEPT ONE ANSWER IF "DISABLED", PROBE: What kind of disability would that be?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGING</td>
<td>12%</td>
</tr>
<tr>
<td>DIABETES</td>
<td>8%</td>
</tr>
<tr>
<td>CANCER</td>
<td>8%</td>
</tr>
<tr>
<td>ALZHEIMER’S</td>
<td>6%</td>
</tr>
<tr>
<td>HEART DISEASE</td>
<td>7%</td>
</tr>
<tr>
<td>MOBILITY (CAN’T GET AROUND)</td>
<td>5%</td>
</tr>
<tr>
<td>STROKE</td>
<td>5%</td>
</tr>
<tr>
<td>ARTHRITIS</td>
<td>4%</td>
</tr>
<tr>
<td>BLINDNESS/VISION LOSS</td>
<td>3%</td>
</tr>
<tr>
<td>LUNG DISEASE/EMPHYSEMA</td>
<td>2%</td>
</tr>
<tr>
<td>PARKINSON’S</td>
<td>1%</td>
</tr>
<tr>
<td>SURGERY</td>
<td>1%</td>
</tr>
<tr>
<td>AMPUTEE</td>
<td>1%</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE/HYPTENSION</td>
<td>1%</td>
</tr>
<tr>
<td>BROKEN BONES</td>
<td>2%</td>
</tr>
<tr>
<td>DEAFNESS/HEARING LOSS</td>
<td>*</td>
</tr>
<tr>
<td>FEEBLE, UNSTEADY, FALLING</td>
<td>1%</td>
</tr>
<tr>
<td>MENTAL RETARDATION</td>
<td>1%</td>
</tr>
<tr>
<td>MENTAL/EMOTIONAL ILLNESS/DEPRESSION</td>
<td>7%</td>
</tr>
<tr>
<td>OSTEOPOROSIS</td>
<td>1%</td>
</tr>
<tr>
<td>PARAPLEGIA</td>
<td>1%</td>
</tr>
<tr>
<td>NEUROLOGICAL PROBLEM/DISORDER</td>
<td>1%</td>
</tr>
<tr>
<td>MS</td>
<td>1%</td>
</tr>
<tr>
<td>KIDNEY</td>
<td>1%</td>
</tr>
<tr>
<td>FINANCES</td>
<td>2%</td>
</tr>
<tr>
<td>DRUG/ALCOHOL PROBLEMS</td>
<td>1%</td>
</tr>
<tr>
<td>BACK PROBLEMS</td>
<td>1%</td>
</tr>
<tr>
<td>AIDS</td>
<td>*</td>
</tr>
<tr>
<td>OTHER (SPECIFY)</td>
<td>9%</td>
</tr>
<tr>
<td>DON’T KNOW/REFUSE</td>
<td>4%</td>
</tr>
</tbody>
</table>

12. IF ALZHEIMER’S/CONFUSION/DEMENTIA NOT MENTIONED:

   [Does/Did] your (__) suffer from Alzheimer’s or other mental confusion?

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>23%</td>
</tr>
<tr>
<td>NO</td>
<td>76%</td>
</tr>
<tr>
<td>DK/REF</td>
<td>1%</td>
</tr>
</tbody>
</table>

13. For how long (have you been providing/did you provide) help to your (__)? PROMPT: Your best estimate is fine. PRE-CODED OPEN END

<table>
<thead>
<tr>
<th>Duration</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>OCCASION.</td>
<td>5%</td>
</tr>
<tr>
<td>&lt;6 MONTHS</td>
<td>16%</td>
</tr>
<tr>
<td>6 MOS–1 YR</td>
<td>18%</td>
</tr>
<tr>
<td>1-4 YEARS</td>
<td>31%</td>
</tr>
<tr>
<td>5-9 YEARS</td>
<td>15%</td>
</tr>
<tr>
<td>10 YEARS+</td>
<td>14%</td>
</tr>
<tr>
<td>DK/REF</td>
<td>1%</td>
</tr>
</tbody>
</table>

Mean: 4.3 years

I’m going to read a list of kinds of help, which might be provided to a person, if the person cannot do this by him or herself. For each, just tell me if you [provided provided] this kind of help. [Do/Did] you help your (__)....

<table>
<thead>
<tr>
<th>Help</th>
<th>YES</th>
<th>NO</th>
<th>DK/REF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get in and out of beds and chairs</td>
<td>36%</td>
<td>64%</td>
<td></td>
</tr>
<tr>
<td>Get dressed</td>
<td>29%</td>
<td>71%</td>
<td></td>
</tr>
<tr>
<td>Get to and from the toilet</td>
<td>23%</td>
<td>77%</td>
<td></td>
</tr>
<tr>
<td>Bathe or shower</td>
<td>26%</td>
<td>74%</td>
<td></td>
</tr>
<tr>
<td>Dealin with incontinence or diapers</td>
<td>16%</td>
<td>84%</td>
<td></td>
</tr>
<tr>
<td>By feeding him or her</td>
<td>18%</td>
<td>82%</td>
<td></td>
</tr>
</tbody>
</table>

[Do/Did] you provide help for your (__) with:

<table>
<thead>
<tr>
<th>Help</th>
<th>YES</th>
<th>NO</th>
<th>DK/REF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giving medicines, pills, or injections</td>
<td>41%</td>
<td>59%</td>
<td></td>
</tr>
<tr>
<td>Managing finances, such as paying bills, or filling out insurance claims</td>
<td>64%</td>
<td>36%</td>
<td></td>
</tr>
<tr>
<td>Grocery shopping</td>
<td>75%</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Housework, such as doing dishes, laundry, or straightening up</td>
<td>69%</td>
<td>31%</td>
<td></td>
</tr>
<tr>
<td>Preparing meals</td>
<td>59%</td>
<td>42%</td>
<td></td>
</tr>
<tr>
<td>Transportation, either by driving him or her, or helping your (__) get transportation</td>
<td>82%</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Arranging or supervising services from an agency, such as nurses or aides</td>
<td>30%</td>
<td>70%</td>
<td></td>
</tr>
</tbody>
</table>

IF NO/DK/REF TO ALL Q14-Q26: TERMINATE

27. Thinking now of all the kinds of help you [provide provided] for your (__), about how many hours (do/did) you spend in an average week, doing these things?

<table>
<thead>
<tr>
<th>Hours Spent</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1</td>
<td>4%</td>
</tr>
<tr>
<td>1-8</td>
<td>44%</td>
</tr>
<tr>
<td>9-20</td>
<td>23%</td>
</tr>
<tr>
<td>21-39</td>
<td>8%</td>
</tr>
<tr>
<td>40+</td>
<td>17%</td>
</tr>
<tr>
<td>DK/REF</td>
<td>5%</td>
</tr>
</tbody>
</table>
28. [Does/Did] your (__) take any prescription medicine?  
   YES  85%  
   NO  12  
   DK/REF  2  

29. IF YES IN Q28: Would you say your (__) [needs/needed] someone to oversee giving him/her medicine in the right amount and on time, or that he/she [managed had managed] this well on his/her own?  
   Base N = 1049  
   NEEDS HELP  45%  
   MANAGES  55  
   DK/REF  1  

30. IF YES IN Q28: Do you feel you [know/knew] as much as you [need/needed] to about the prescription medicine your (__) [takes/took], or that you [need/needed] to know more about it?  
   Base N = 1049  
   KNOW AS MUCH  76%  
   KNOW MORE  22  
   DK/REF  2  

31. Has anyone else provided unpaid help to your (__) during the last 12 months?  
   YES  59%  
   NO  37  
   DK/REF  3  

32a. IF YES IN Q31: What relationship [are/were] they to your (__)? MULTIPLE RESPONSE  
   IF "CHILDREN", PROBE: Would that be (__)’s son or daughter or both?  
   Base N = 742  
   SPOUSE/FORMER  7%  
   MOTHER  6  
   FATHER  1  
   MOTHER/FATHER-IN-LAW *  
   SON  26  
   DAUGHTER  42  
   SON/DAUGHTER-IN-LAW  6  
   BROTHER  1  
   SISTER  5  
   BROTHER/SISTER-IN-LAW *  
   NIECE/NEPHEW  5  
   GRANDSON/GRANDDGHTR  9  
   OTHER RELATIVE  3  
   ALL FAMILY  4  
   NON-REL./FRIEND/NEIGH.  11  
   VOLUNTEER  1  
   OTHER (SPECIFY)  1  
   DK/REF  1  

33. IF YES IN Q31: Who would you consider to be the person who [provides/provided] most of the unpaid care for your (__)—you yourself, or someone else?  
   Base N = 742  
   SELF  34%  
   SOMEONE ELSE  55  
   SPLIT 50-50 (VOL.)  10  
   DK/REF  1  

34. An aide or nurses hired through an agency or service?  
   YES  23%  
   NO  74  
   DK/REF  3  

35. An aide or nurse hired independently—that is not through an agency or service?  
   YES  7%  
   NO  90  
   DK/REF  3  

36. A housekeeper hired to clean or cook?  
   YES  20%  
   NO  80  
   DK/REF  2  

37. Any other people who are paid to help her/him?  
   YES  12%  
   NO  86  
   DK/REF  2  

38. IF YES TO ANY IN Q34-Q37 ABOVE: Who would you say [provides/provided] more of your (__)’s care you, other unpaid helpers, or paid helpers such as nurses or aides?  
   Base N = 468  
   RESPONDENT  44%  
   OTHER UNPAID  34  
   PAID HELPERS  19  
   DK/REF  3  

39. Now I have a few questions about you. Are you currently working full time, working part time, a student, disabled, retired, a homemaker, unemployed and looking for work, or something else?  
   FULL TIME  48%  
   PART TIME  11  
   RETIRED  16  
   SOMETHING ELSE *  
   DK/REF  *  

40. IF NOT CURRENTLY EMPLOYED OR A PAST CAREGIVER: Have you been employed at any time since you began helping your (__)? Were you employed at any time while you were helping your (__)?  
   Base N = 782  
   YES  59%  
   NO  41  
   DK/REF  *
IF WORKING WHILE A CAREGIVER: In your experience as both a worker and a caregiver, did you ever: Base N = 935

41. Have to go in late, leave early, or take time off during the day to provide care? 57% 43 *
42. Have to take a leave of absence? 17% 83 *
43. Have to go from working full-time to part-time, or taken less demanding job? 10% 90 *
44. Have to turn down a promotion? 4% 95 1
45. Lose any of your job benefits? 5% 95 1
46. Have to give up working entirely? 6% 94 —
47. Choose early retirement? 3% 97 *

52. IF NOT SPOUSE: How much of your money would you estimate you [spend/spent] in a typical month for groceries, medicines, or other kinds of cash support for your (__)'s care if any? Your best estimate is fine. Base N = 1180

$0 34%
$1-$50 15
$51-$100 11
$101-$500 25
$501+ 3
DK/REF 11

Mean for those who make financial contributions: $200 per month

There may have been other ways in which providing care to your (__)'s has affected your life. As a caregiver, YES NO DK/REF

53. [Do/Did] you have less time for friends or other family members than before? 51% 48 1
54. [Do/Did] you have to give up vacations, hobbies, or your own social activities? 44% 56 *
55. [Do/Did] you have to get less exercise than before? 26% 74

56. Think of a scale from 1 to 5, where 1 is not a strain at all and 5 is very much of a strain. How much of a physical strain would you say that caring for your (__)'s was for you? 1 NOT A STRAIN 44%
2 23
3 17
4 8
5 VERY MUCH 7
DK/REF 1

57. Using the same scale from 1 to 5, where 1 is not at all stressful and 5 is very stressful, how emotionally stressful would you say that caring for your (__)'s was for you? 1 NOT STRESSFUL 27%
2 17
3 20
4 16
5 VERY STRESSFUL 18
DK/REF 1

58. Using the same scale from 1 to 5, where 1 is no hardship at all and 5 is a great deal of hardship, how much of a financial hardship would you say that caring for your (__)'s was for you? 1 NO HARDSHIP 62%
2 14
3 11
4 5
5 GREAT DEAL 7
DK/REF *

59. We have been talking about the help you [provide/provided] for your (__). Do you feel you had a choice in taking on this responsibility for caring for your (__)? YES 59%
NO 39
DK/REF 1

I'm going to read a list of ways that caregivers such as yourself have coped with the demands of caregiving. For each one, please tell me whether you have used any of these. [Have/Did] you ever [tried/try] to cope with caregiving stress by:

YES NO DK/REF

60. Talking with or seeking advice from friends or relatives? 61% 39 *
61. Exercising or working out? 41% 59 *
62. Taking any kind of medication? 12% 88 *
63. Talking to a professional or spiritual counselor? 27% 73 *
65. Praying? 73% 27 *
66. Going on the Internet to find information? 33% 67 *
67. Reading about caregiving in books or other materials? 44% 56 *

IF YES IN Q66: Which of the following things have you looked for on the Internet? All Base N = 436

YES NO DK/REF

68. Information about your (__)'s condition and treatment? 88% 11 *
69. Information about services available for people like your (__)? 55% 45 —
70. Support or advice from people with similar caregiving experiences? 39% 61 —
In your experience as a caregiver, [have/did] you ever....

71. [Requested/Request] information about how to get financial help for your (__)? 25% 75 *
72. [Taken/Take] part in support groups for caregivers? 7% 92 *
73. [Used/Use] a respite service to take care of your (__)? to free up your time? 5% 93 3
74. [Helped/Help] enroll your (__) in Adult Day Care? 5% 95 *
75. [Helped/Help] enroll your (__), in a recreation program or camp? 8% 92 *
76. [Had/Have] an outside service such as Meals on Wheels deliver meals to your (__)'s home? 11% 89 *
77. [Had/Have] an outside service provide transportation for your (__), instead of you providing the transportation? 18% 82 *

Have you done or obtained any of these types of things to make it easier to care for your (__):

79. Had modifications made in the house or apartment where your (__), [lives/lived] to make things easier for your (__)? 39% 61 *
80. Obtained formal training of some sort about how to care for a person with your (__)'s needs? 19% 81 *
81. Obtained a bathing bench, magnifying lens for reading, or other helpful devices for your (__)? 40% 60 1

As a caregiver, on which of the following do you feel you [need/needed] more help or information:

82a. Keeping the person I care for safe at home 30% 69 1
82b. Managing challenging behaviors, such as wandering 14% 85 1
82c. Easy activities I can do with the person I care for 27% 73 *
82d. Managing incontinence or toileting problems 11% 89 *
82e. Moving or lifting the person I care for 16% 84 *
82f. Balancing my work and family responsibilities 29% 71 1
82g. Finding time for myself 35% 64 1
82h. Choosing an assisted living facility 13% 87 *
82i. Choosing a nursing home 8% 92 1
82j. Choosing a home care agency 13% 86 *
82k. How to talk with doctors and other healthcare professionals 22% 78 *
82l. Managing my emotional and physical stress 29% 70 1
82m. Making end-of-life decisions 20% 80 1
82n. Finding non-English language educational materials 5% 95 *

83. If you were looking for information about some aspect of helping take care of your ___, where would you turn? MULTIPLE RESPONSE
INTERNET 29%
DOCTOR 28
FAMILY/ FRIEND 15
HEALTH PROFESSIONALS 10
BOOKS, MAG., LIBRARY 7
GOVT AGENCY 5
SENIOR CITIZEN'S CENTER 3
CHURCH/REL. ORG. 3
AGING ASSOC./GRP/ORG 2
EMPLOYER 1
SUPPORT GRPS/PPL LIKE ME 1
HOSPITAL/CLINIC 1
OTHER 2
DK/REF 10

And finally, just a few questions for classification purposes only....

87. How would you describe your own health? Is it excellent, very good, good, fair, or poor?
EXCELLENT 25%
VERY GOOD 30
GOOD 28
FAIR 12
POOR 5
DK/REF *

88. How would you say taking care of your (__), has affected your health? Has made it better, not affected it, or made it worse?
BETTER 9%
NO EFFECT 74
WORSE 15
DK/REF 2

89. Are you currently:
Married 56%
Living w/ a partner 6
Widowed 6
Separated 3
Divorced 11
Single, never married 18
DK/REF *

91. Did you ever serve on active duty in the US Armed Forces? PROBE: Army, Navy, Air Force, Marines, Coast Guard or Women's Armed Forces
YES 14%
NO 86
DK/REF *
92. Did your (__) serve in the US Armed Forces?

- YES: 17%
- NO: 82%
- DK/REF: 1%

93. Are there any children or grandchildren living in your household under 18 years of age?

- YES: 37%
- NO: 62%
- DK/REF: *

94. What is the last grade of school you completed?

- < THAN HS: 5%
- HS GRAD: 29%
- SOME COLL: 27%
- TECH SCHL: 3%
- COLL GRAD: 22%
- GRAD SCHL/ WORK: 13%
- DK/REF: *

95. Last year, what was your total annual household income from all sources, before taxes?

- <$15K: 8%
- $15K-$30K: 17%
- $30K-$50K: 26%
- $50K-$75K: 18%
- $75K-$100K: 9%
- $100K+: 15%
- DK/REF: 9%

Gender

- MALE: 39%
- FEMALE: 61%

Race

- WHITE: 73%
- BLACK: 12%
- HISPANIC: 10%
- ASIAN: 4%
- OTHER: *

Age

- 18-24: 11%
- 25-34: 15%
- 35-44: 22%
- 45-54: 23%
- 55-64: 18%
- 65-74: 9%
- 75+: 4%