



Caregiving in the U.S.

2015 REPORT

CONDUCTED BY:



Today's Speaker



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Research Sponsors



About the Report

- Family caregiver is defined as an individual, age 18 or older, who provides unpaid care to family member or friend who needs assistance with everyday activities
- The research study is based on quantitative, online interviews of 1,248 family caregivers age 18 and older
 - Includes a random sample of 1,015 caregivers, with oversample for African American, Hispanic/Latino, and Asian American Pacific Islander caregivers*
- Special focus on family caregivers who support a loved one for at least 21 hours each week (“higher-hour”), medical/nursing tasks, caregivers in the workplace, and caregivers age 75 or older

The Changing Nature of Family Caregiving

Caregiving today affects everyone. Either you are a caregiver, know someone who is, or you expect to be one.

Today's Family Caregiver

Caregivers reflect the diversity of the United States: they come from every age, gender, race/ethnicity and socioeconomic status.

Performs at least 2 Activities of Daily Living (ADLs); 4 Instrumental Activities of Daily Living (IADLs); and Medical/Nursing (M/N) Tasks



Responsibilities Include:

ADL- Bathing, Dressing & Feeding
IADL- Housework, Cooking & Managing Finances
M/N Tasks- Injections, Tube Feedings & Colostomy Care

Who are They?

There are an estimated 43.5 million caregivers in the U.S. (18.2% of the population).

The typical caregiver is a 49 year-old female caring for a 69 year-old relative due to a long-term physical condition.

22% of caregivers are caring for someone with Alzheimer's or dementia.

More are considered "*higher-hour*"-- providing increased hours of care each week.

<u>SNAPSHOT</u>	
60%	Women
40%	Men
13%	African American/ Black
6%	Asian American Pacific Islander
17%	Hispanic/Latino
62%	White

Higher-Hour Caregivers

Higher-hour caregivers provide at least 21 hours each week caregiving.

The average amount of time for higher-hour caregivers is **62 hours per week** and they have a high burden of care (4 out of 5 in a 5-level index).

They are typically the sole, unpaid care provider and nearly four times as likely to be caring for a spouse or partner.

These caregivers often report that they had “no choice” in taking on the caregiving role.



Overall:

32% of caregivers are higher-hour

Percent Higher-Hour by Ethnicity:

White: 28%, Asian American Pacific
Islander: 37%, African American/Black:
39%, Hispanic/Latino: 40%

Caregivers Age 75 and Older

Caregivers age 75 or older are typically caring for a close relative (spouse, adult child, or sibling). They are the sole provider of care, and usually live with the care recipient.

These caregivers, on average, have provided care for 5 ½ years, spending about 34 hours per week performing multiple caregiving responsibilities:

- 2 Activities of Daily Living (ADL);
- 5 Instrumental Activities of Daily Living (IADL); and
- Medical/Nursing Tasks (M/N Tasks).



Responsibilities Include:

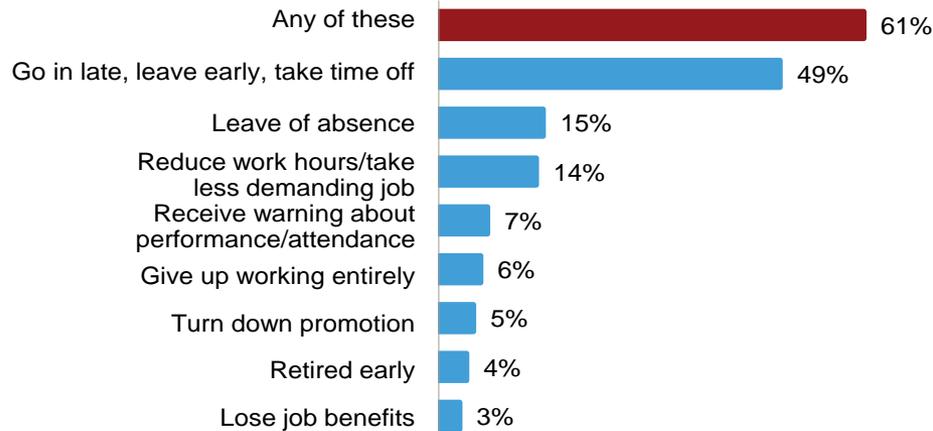
ADL- Bathing, Dressing & Feeding

IADL- Housework, Cooking & Managing Finances

M/N Tasks- Injections, Tube Feedings & Colostomy Care

Balancing Caregiving & Work

Base: Working Caregivers of Recipient Age 18+ (n=724)



Hours Caregiving per Week	
0-20 (n=527)	21+ (n=194)
58%	69%*
47%	53%
12%	23%*
10%	25%*
5%	11%*
4%	12%*
3%	11%*
3%	8%*
2%	5%

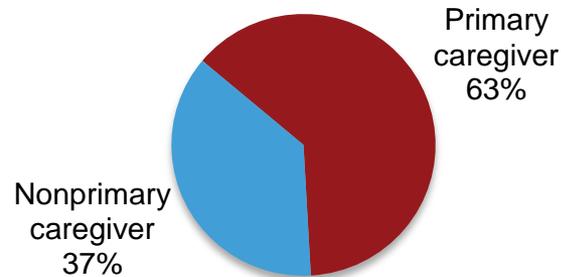
60% of caregivers were employed at some point in the past year while also caregiving. Higher-hour caregivers who are employed are more likely to report experiencing nearly all of these work impacts.

Other Impacts on Work/Caregiving Balance

- Primary caregivers are more likely to report that caregiving impacted their work, as are caregivers who felt they had “no choice” in taking on the role
- 70% of caregivers who perform medical/nursing tasks reported that caregiving impacted their job
- Employees working 30 hours a week or more were more likely to report workday interruptions as a result of caregiving
- 39% of caregivers who left their job did so to have more time to provide care
- 34% of caregivers who left their job did so due to lack flexible work hours

Most Respondents are Primary Caregivers

Base: Caregivers of Recipient
Age 18+ (n=1,248)



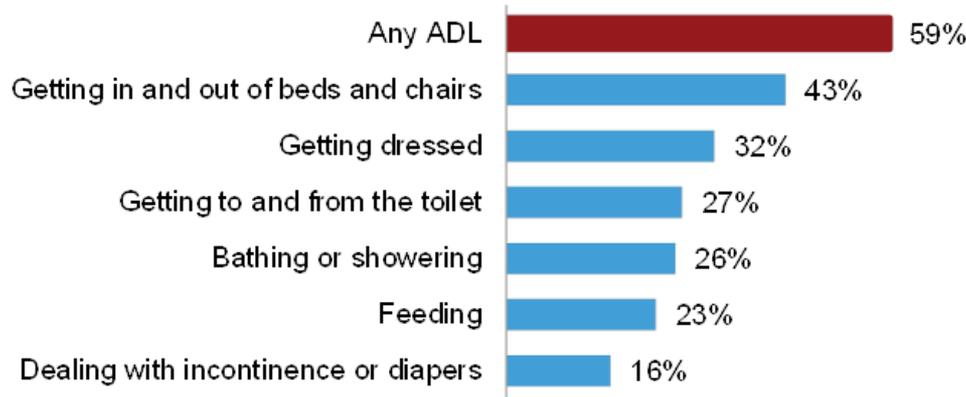
% Primary Hours Caregiving per Week	
0-20 (n=826)	21+ (n=416)
56%	77%*

Caring for Whom?

	Caregivers of Recipient Ages 18+ (n=1,248)	Hours of Care	
		0–20 (n=826) A	21 or more (n=416) B
Relative	85%	81%	93%^A
Parent	42	42	43
Spouse or partner	12	7	24 ^A
Parent-in-law	7	8	5
Grandparent or grandparent-in-law	7	8 ^B	4
Adult child	5	5	6
Uncle or aunt	4	4	3
Sibling	3	3	3
Other relatives	3	3	3
Sibling-in-law	2	3	1
Grandchild	*	*	--
Nonrelative	15	19^B	7
Friend	10	13 ^B	4
Neighbor	3	3	2
Other nonrelative	2	3	2

Help with Activities of Daily Living (ADLs)

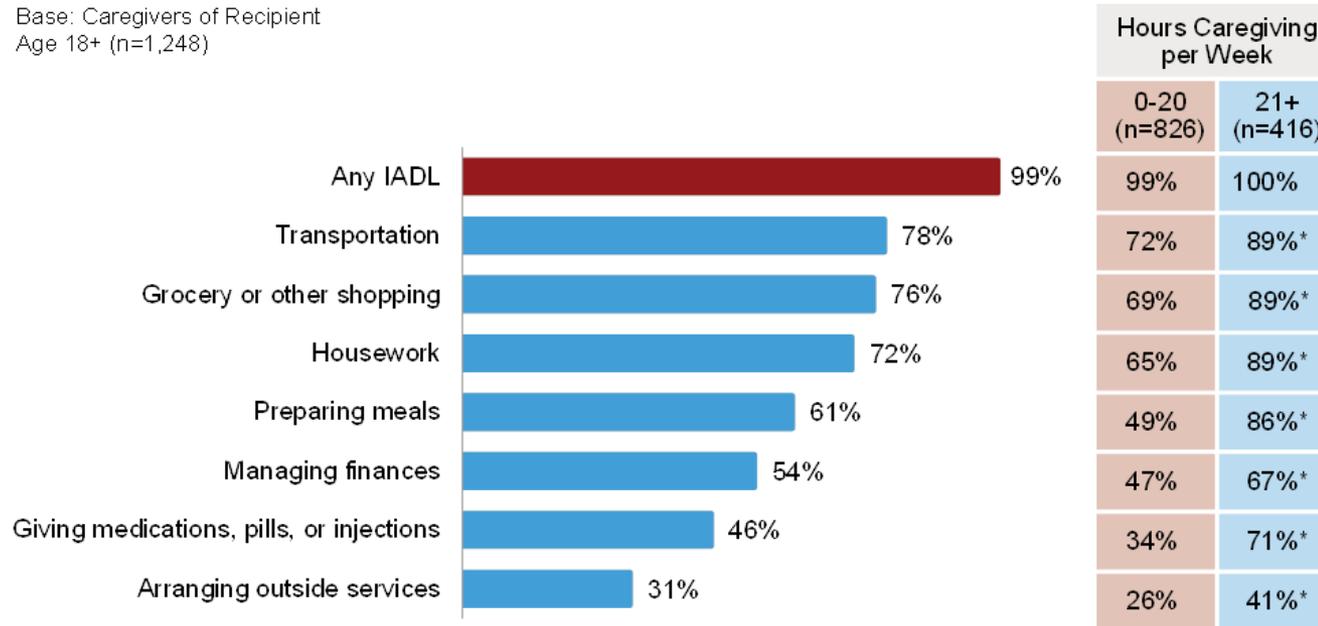
Base: Caregivers of Recipient
Age 18+ (n=1,248)



Hours Caregiving per Week	
0-20 (n=826)	21+ (n=416)
51%	75%*
36%	59%*
22%	51%*
21%	40%*
17%	45%*
18%	36%*
9%	31%*

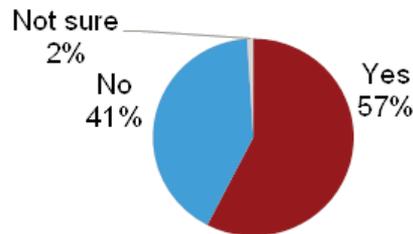
Help with Instrumental Activities of Daily Living (IADLs)

Base: Caregivers of Recipient
Age 18+ (n=1,248)



Medical/Nursing Tasks

Base: Caregivers of Recipient
Age 18+ (n=1,248)



% Yes	
Hours Caregiving per Week	
0-20 (n=826)	21+ (n=416)
45%	83%*

In addition to ADLs and IADLs, family caregivers are increasingly performing tasks that nurses typically perform. Known now as medical/nursing tasks, these skilled activities include:

- giving injections,
- providing tube feedings,
- managing catheter and colostomy care, and
- many other complex care responsibilities.

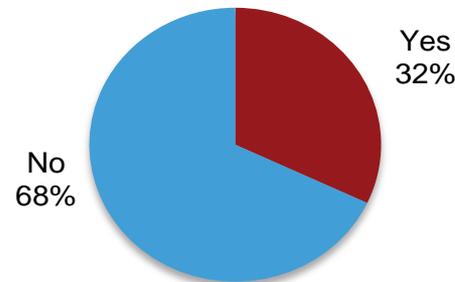
Medical/Nursing Tasks continued...

More than 8 in 10 higher-hour caregivers are performing medical/nursing tasks. 6 out of 10 have no prior preparation.

Caregivers in the most complex care situations are the ones most likely to be performing medical/nursing tasks without any preparation -- 62% of high-burden caregivers are performing medical/nursing tasks without prior preparation.

Most Caregivers Have No Paid Help

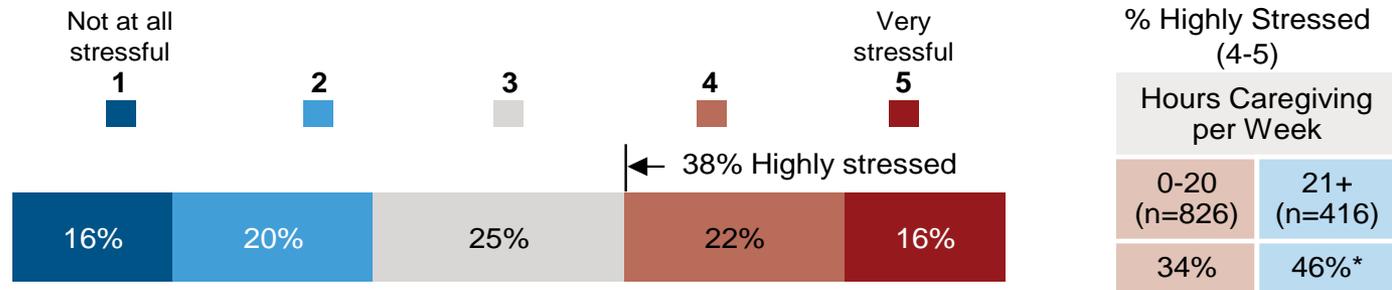
Base: Caregivers of Recipient Age 18+ not in nursing home or assisted living (n=1,147)



% Yes	
Hours Caregiving per Week	
0-20 (n=740)	21+ (n=401)
30%	34%

Many Caregivers are Highly Stressed

Base: Caregivers of Recipient
Age 18+ (n=1,248)

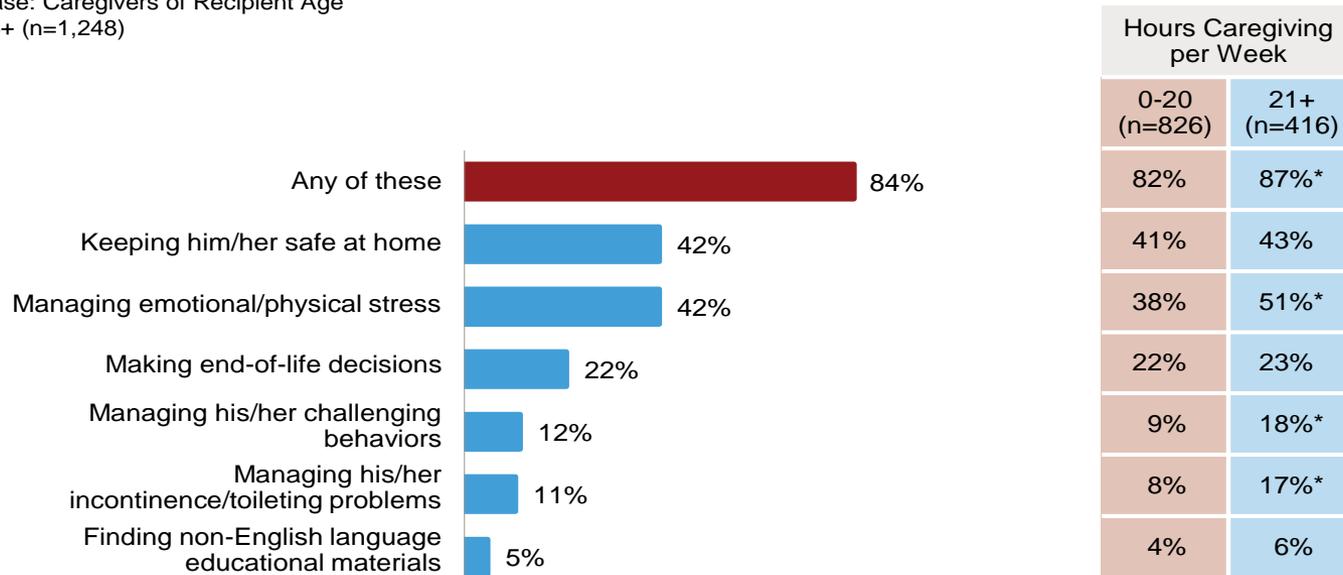


Experiencing emotional stress is more common among higher-hour caregivers. Over half of those who feel they had no choice in taking on their caregiving role report high levels of emotional stress (53%).

Supporting Caregivers

Information Needs

Base: Caregivers of Recipient Age
18+ (n=1,248)



Higher-hour caregivers are more likely to want information overall. Those higher-hour caregivers are especially interested in managing stress, managing their loved one’s challenging behaviors, and dealing with incontinence.

Recommendations

1. Identify high-risk caregivers.
2. Support caregivers in the workplace.
3. Provide resources to new caregivers.
4. Offer training.
5. Encourage advance planning for when caregivers can no longer provide care.

Questions/Answers

*Enter your questions and comments
into the chat box!*

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- www.caregiving.org/caregiving2015
- www.aarp.org/caregivingintheus

Thank You!

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