

# Goal 4: Caregiving that Works

## OC Caregiver Survey

A separate survey was provided to potential caregivers using a convenience sampling methodology. Caregivers were defined as individuals (e.g., family, friends, volunteers) who were 18 years or older and not paid for the assistance they provided to another person in activities of daily living at home (e.g., shopping, cleaning, cooking, etc.). There were a total of 935 participants after surveys were validated to ensure participants met the defined criteria for being a caregiver. Participants responded to the survey in relation to the person for whom they primarily provided care for if they provided care to multiple older adults. Because the survey was voluntary, some participants did not answer all questions.

**7 Years**

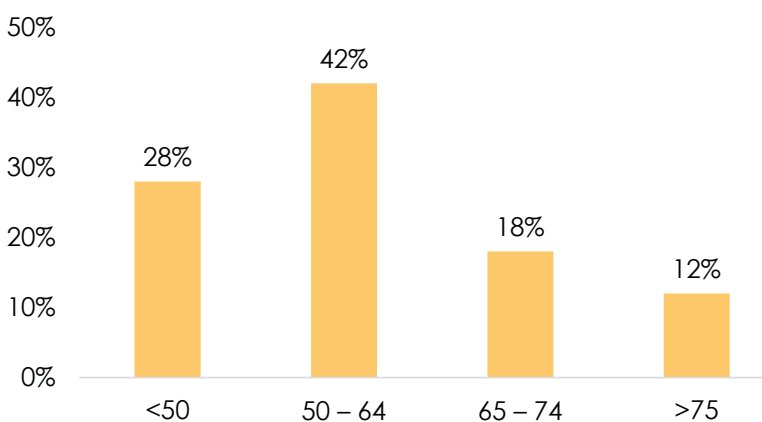
Average time caregivers have **provided care**

**79 Years**

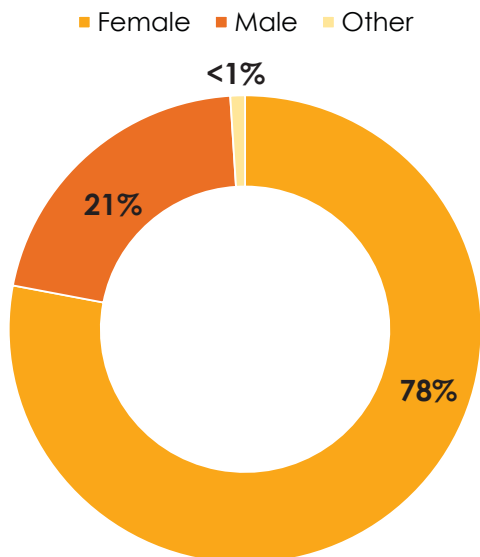
Average age of **those receiving care**

### Caregiver Demographics

#### Age

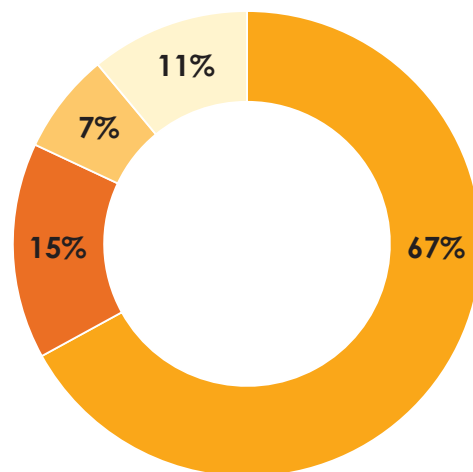


#### Gender



#### Primary Language\*

English Spanish Vietnamese Other



\*Main language spoken with the person for whom they cared

#### Race/Ethnicity

- 49% White
- 20% Hispanic/Latino
- 19% Asian
- 7% Two or More\*\*
- 3% MENA\*\*
- 1% Black/African-American\*\*
- <1% American Indian/Native Alaska\*\*
- <1% Native Hawaiian/Pacific Islander\*\*

\*\*Due to low sample sizes, these race/ethnicity groups were not able to be included in subgroup analyses.

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Subgroups with higher rates on an item are listed below if the subgroup had 100 or more respondents for that item.

### Caregiver Socio-Emotional Functioning

Many caregivers shared that caregiving affects their social lives and emotional well-being:

**66%** Social Lives Affected

#### Age

- 80% 65 – 74
- 69% >75
- 68% 50 – 64

#### Race/Ethnicity

- 76% White

**41%** Feel Isolated

#### Age

- 56% 65 – 74
- 42% >75

#### Race/Ethnicity

- 48% White

**39%** Feel Depressed

#### Age

- 50% 65 – 74
- 41% 50 – 64

#### Race/Ethnicity

- 44% White

### Impact of Caregiving on Caregivers

Most caregivers said caregiving is "somewhat" or "very" difficult in one or more different ways:

**71%** Emotionally Difficult

#### Age

- 79% 65 – 74
- 73% 50 – 64

#### Race/Ethnicity

- 76% Asian
- 74% White

**50%** Physically Difficult

#### Age

- 66% 65 – 74
- 59% >75

#### Race/Ethnicity

- 55% White
- 53% Asian

**58%** Financially Difficult

#### Age

- 60% 65 – 74
- 59% 50 – 64

#### Race/Ethnicity

- 63% Asian
- 62% Hispanic/Latino

### Caregiver Health

About a third of caregivers described having their own health concerns:

**39%** Described their health as "poor" or "fair"

#### Age

- 45% 65 – 74
- 41% <50

#### Race/Ethnicity

- 46% Asian

**33%** Have some kind of health problem

#### Age

- 58% >75
- 49% 65 – 74

#### Race/Ethnicity

- 38% White

### Impact on Working Caregivers

The most commonly reported impact was having to rearrange their work schedules:

**60%** Have a full or part-time job

#### Age

- 45% 65 – 74
- 41% <50

#### Race/Ethnicity

- 46% Asian

**56%** of working caregivers have had to rearrange their work schedules

#### Age

- 58% >75
- 49% 50 – 64

#### Race/Ethnicity

- 38% White

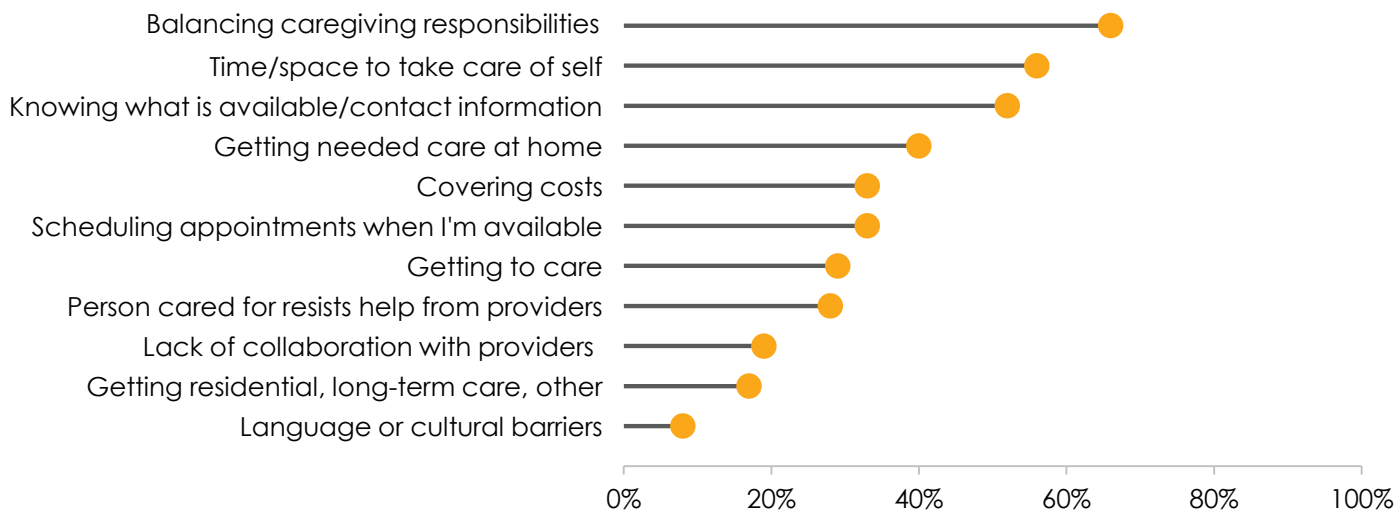
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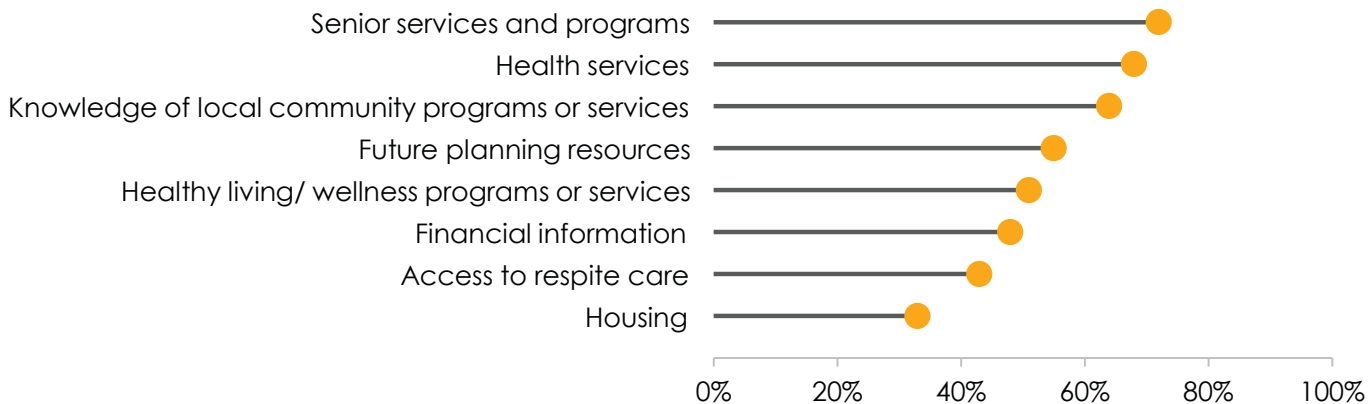
### Biggest Barriers Faced by Caregivers

The areas of biggest concern were related to not having enough time for their responsibilities or themselves, or knowing what resources are available:



### Information & Resources Important to Caregivers

Interest in respite care jumped from 43% to 90% if it was free:

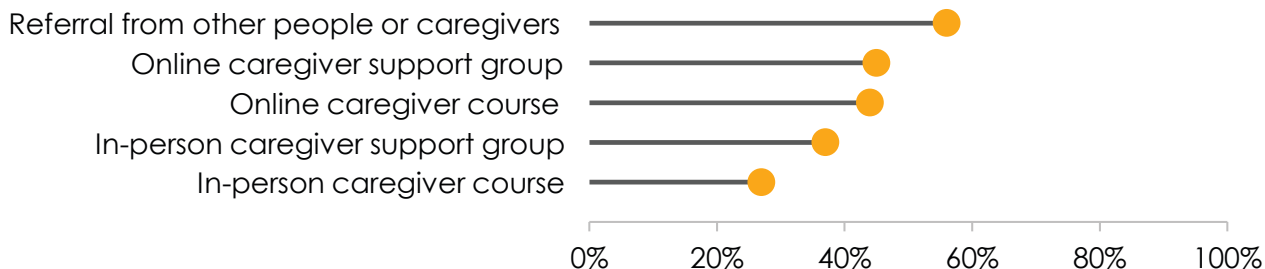


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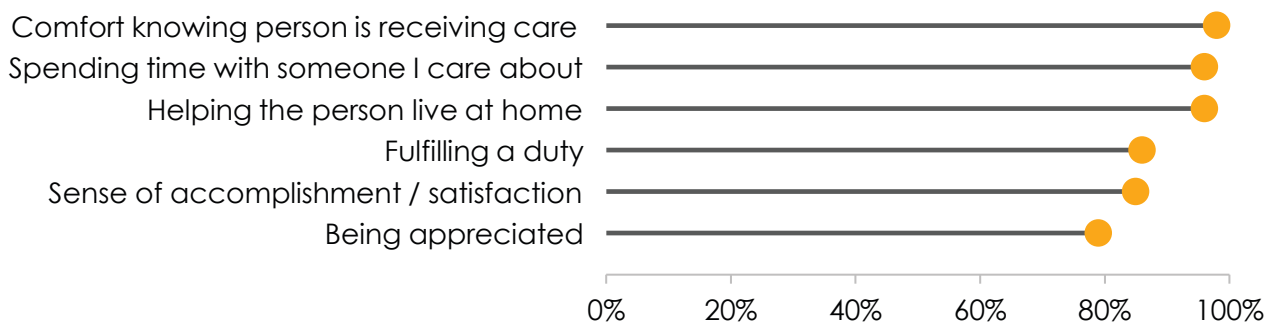
### Preferred Methods of Learning about Resources & Information

Caregivers preferred preferred word of mouth referrals, and online support over in-person support:



### The Importance of Caregiving

While caregiving for a family member or other loved one can take a physical, emotional and social toll, people also shared that they find a great deal of value and meaning in their role as a caregiver:



### Caregiver Key Findings

A majority of friends and family members revealed that caregiving could be emotionally, physically and/or financially challenging, resulting in negative impacts on their social lives and increases feelings of isolation or depression. Their areas of greatest concern were related to lack of sufficient time for their responsibilities or themselves and knowing what resources were available to them. Given their time constraints, it was not surprising that caregivers preferred online support over in-person support. In addition, nearly all, 9 out of 10 participants, expressed interest in free respite care. Despite these challenges, caregivers shared that they find a great deal of value, meaning and comfort in their role as a caregiver for a loved one, including the importance of being able to spend time with the person for whom they were providing the care. They also acknowledged helping those who they cared for contributed to them being able to live and remain at home. Thus, it will be important to learn more about how to provide more effective respite care, which may include tailoring the care according to the medical condition or needs of the patient (i.e., physical/mobility, medication support, memory/dementia-related concerns, etc.). More education and awareness on the value of intergenerational support and connection, as well as self-care and wellness may also be worth exploring as ways of increasing quality of life, options and capacity for caregiving.