

# Goal 4: Caregiving that Works

## OC Items Related to CA Strategies

### CA Strategy

#### Inclusion & Equity in Aging

The digital divide is an area of potential concern for older adults as virtual care options expand. As reported in **Goal Three**, 10.5% identified the digital divide (lack or access to or familiarity with technology) as a factor that had prevented them from seeking services. Approximately 10% also said the digital divide contributed to their medical and/or behavioral health issues. As stated in **Bridging the Digital Divide Strategy**, not all participants were interested in internet or technology devices. This increased by age group, with the highest rate of no interest, 9%, seen among those 80 years old or older. Additional information and trends about those reporting “not being comfortable with using technology and the internet” are reported on the right.

**12%** Reported not being comfortable using technology and the internet

Subgroup findings for those with 100 participants or more

#### Age

- **24%** > 80 years
- **14%** 75 – 79 years
- **12%** 70 – 74 years
- **9%** 60 – 64 years
- **8%** 65 – 69 years
- **6%** 55 – 59 years

#### Language

- **32%** Spanish
- **21%** Korean
- **16%** Vietnamese
- **7%** English

#### Gender

- **13%** Female
- **11%** Male

#### Race/Ethnicity

- **25%** Hispanic/Latino
- **19%** MENA
- **15%** Asian
- **13%** Multi-racial
- **6%** White

### CA Strategy

#### Family & Friends Caregiving

Unpaid caregiving is often provided by family, including spouses and friends. Over time, this can potentially lead to burdens such as emotional and physical stress and financial hardship. One-third of participants had cared for someone 55 years or older in the past twelve months and 15% had cared for someone under 55 years old. In addition, 14% reported that caregiving responsibilities contributed to their behavioral health concerns. Findings are shown on the right.

**33%** Reported caring for someone 55 years or older in the past 12 months

Subgroup findings for those with 100 participants or more

#### Age

- **44%** 55 – 59 years
- **40%** 60 – 64 years
- **36%** 65 – 69 years
- **32%** 70 – 74 years
- **26%** 75 – 79 years
- **21%** > 80 years

#### Household Income

- **52%** \$300,000+
- **49%** \$200,000 – \$299,999
- **48%** \$150,000 – 199,999
- **46%** \$100,000 – 149,999
- **43%** \$75,000 – 99,999
- **38%** \$50,000 – 74,999
- **31%** \$25,000 – 49,999
- **18%** <\$25,000

#### Race/Ethnicity

- **42%** White
- **34%** MENA
- **30%** Multi-racial
- **23%** Asian
- **19%** Hispanic/Latino

#### Gender

- **36%** Female
- **28%** Male

Lack of caregiver or childcare relief prevented seeking services:

- **6%** Support Services
- **6%** Medical Care
- **3%** Behavioral Health Care