



# Continuum of Caregiving

Who is Caring?

# Caregiving in the U.S. 2004

National Alliance for Caregiving and AARP





# Methodology

- National survey n=1,247
- Random digit dialing + surname
- 18 years and older
- Caring for someone with one or more ADLs or IADLs



# ADLs and IADLs

## **Activities of Daily Living**

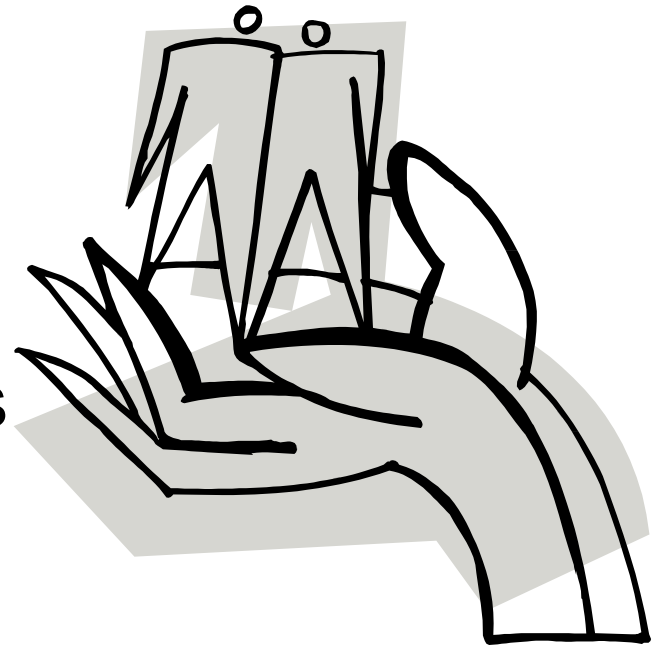
- In/out bed/chairs
- Dressing
- Bathing
- Toileting
- Feeding
- Continence

## **Instrumental Activities of Daily Living**

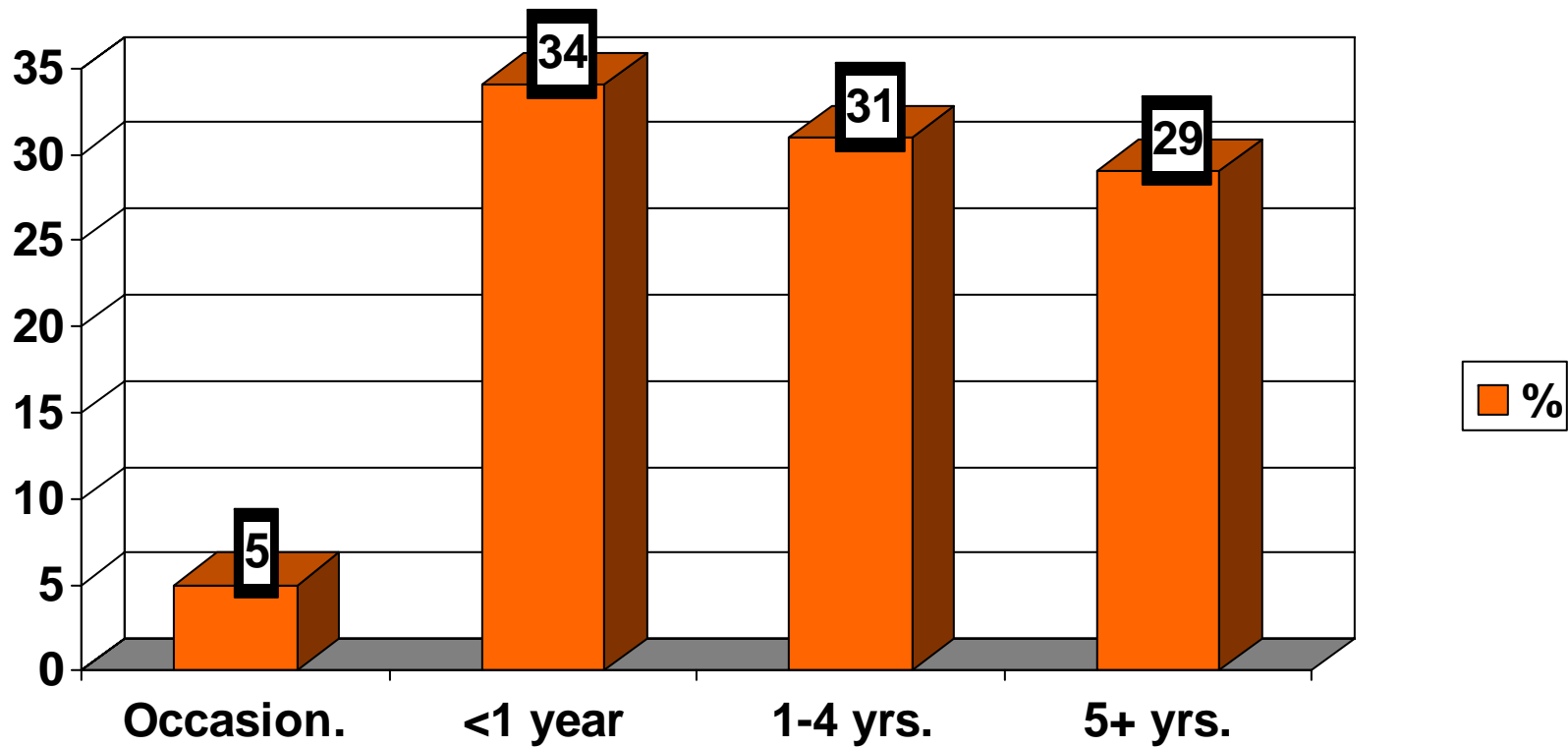
- Transportation
- Shopping
- Housework
- Finances
- Cooking
- Taking meds
- Arranging services

# Key Findings

- 21% adult population
- 44.4 M caregivers
- 22.9 M households
- 83% caregivers are relatives
- 2:3 are women
- 80% are over 50 years old

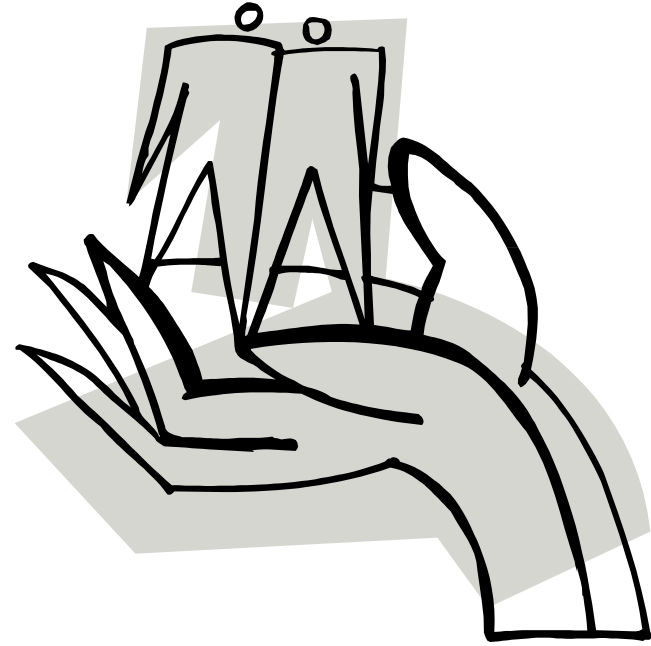


# Duration of Caregiving



# Key Findings

- 69% help one person
- 48% care <8hrs/week
- 17% care >40 hrs/week
- 24% live with care-receiver
- 85% live within 1 hour



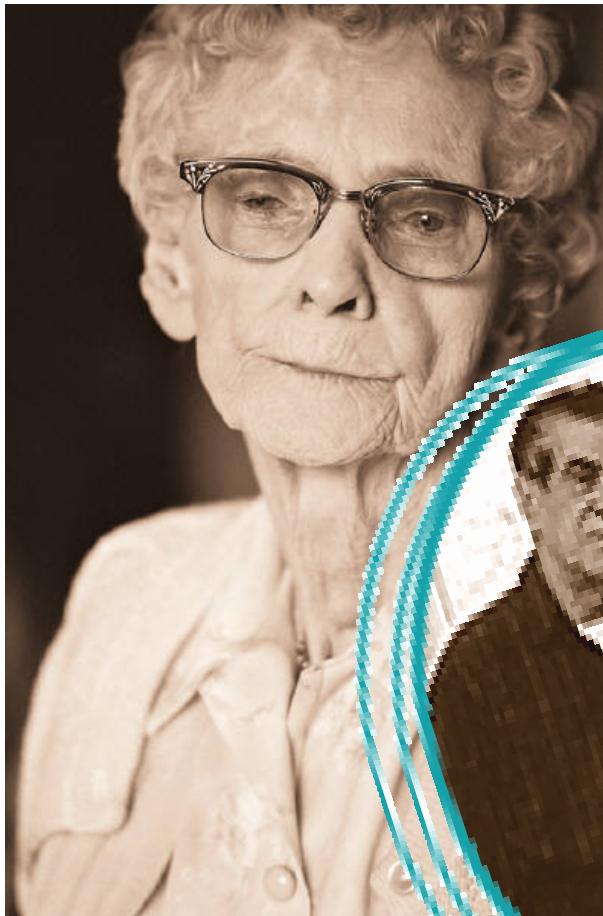


# Gender Differences

- Women provide
  - More hours of care
  - Higher levels of care
  - Have more emotional stress
  - Care because they had no choice



# Ethnic Differences



# Typical Caregiver



- Woman
- 46 years old
- Some college
- More than 20 hrs/wk
- Cares for mother

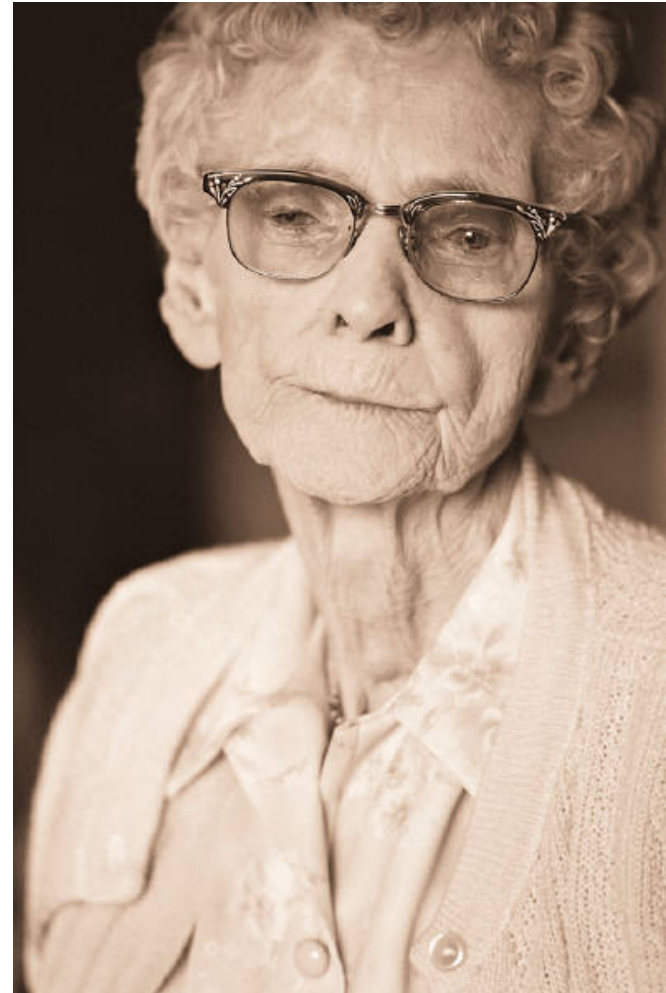
# Careers of Caregiving

- Most women will spend 17 years caring for children and 18 years helping an elderly parent.
- And many years caring for both at the same time.



# Care-Recipients

- 65% female
- 42% widowed
- 80% 50+ years (x=75)



# African-American Caregivers

- Children <18 at home
- Single, never married
- Younger 18-34 years
- Do not co-reside
- Urban
- Employed
- Cash support



# African-American Caregivers



- >3 IADLs
- Formal training
- Give meds/injections
- More aware of Rx meds
- Cope with prayer and spiritual counselor

# Hispanic Caregivers

- > 8 hours/week
- Co-reside
- Intensive care
- Give up own lives
- <18 children at home
- Single, never married
- Not now married





# Asian-American Caregivers

- Well educated
- Higher incomes
- Not financial burden
- Suburban
- Less Alzheimer's
- Less emotional stress
- Cope with internet
- Need non-English materials



# White Caregivers

- Older (50+)
- Higher income
- More caregiving than Asian
- Suburban
- Rural
- More physical strain
- Less need for information

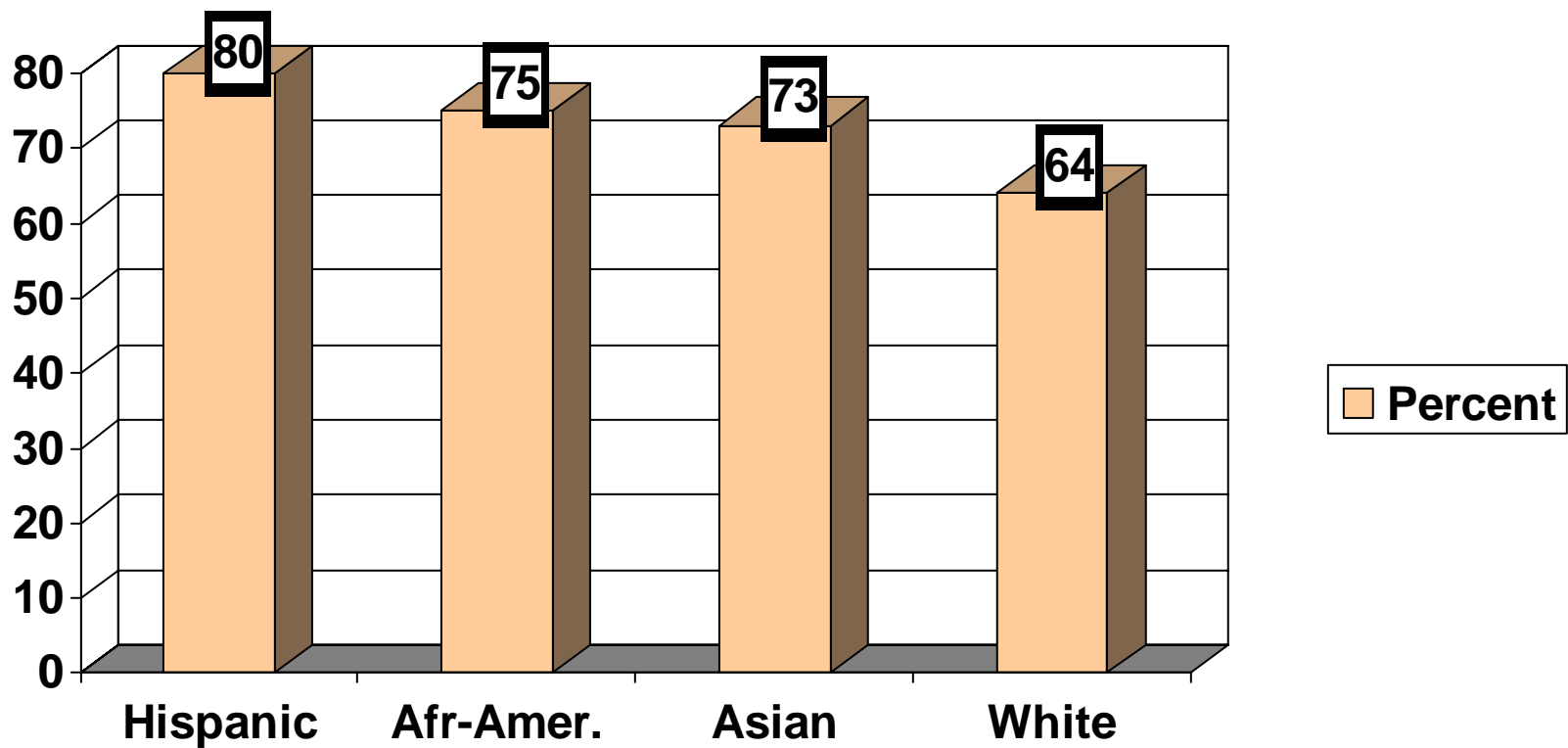




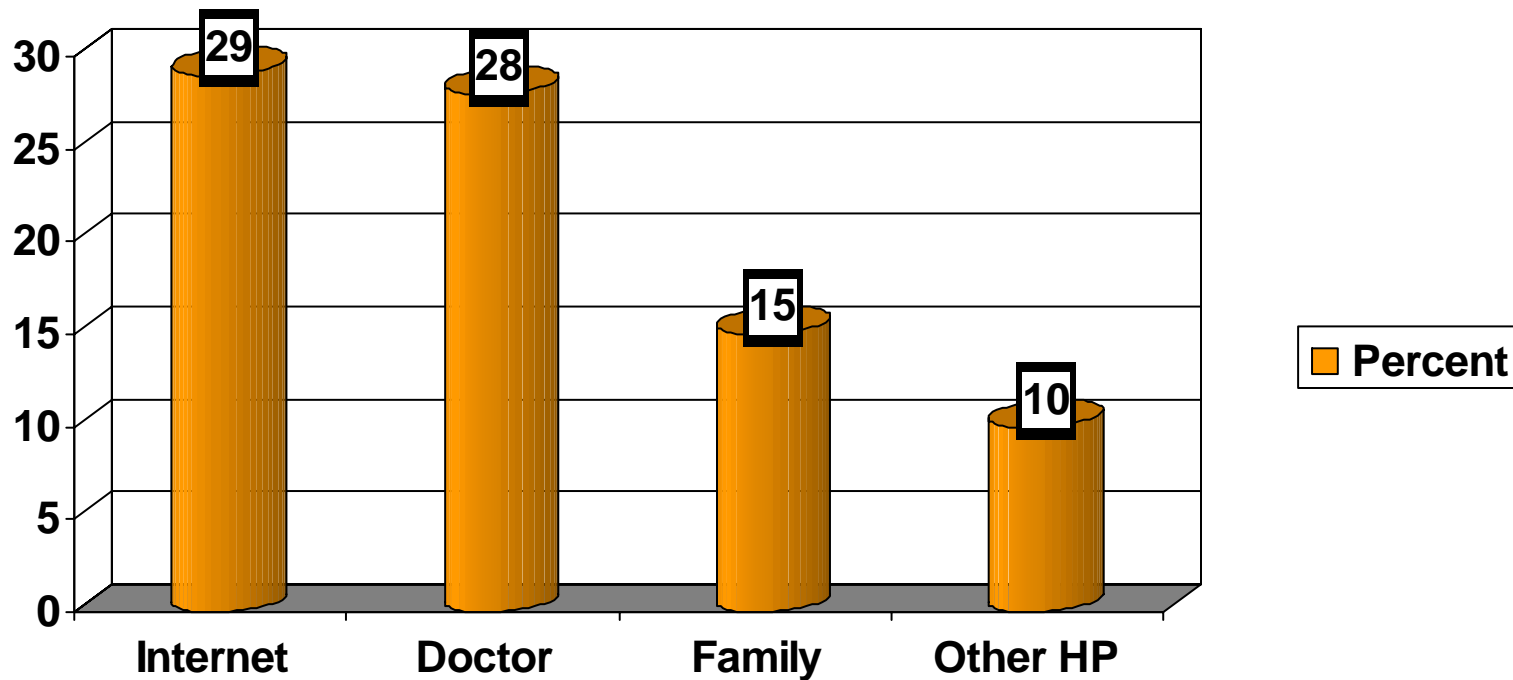
# Unmet Needs of Caregivers

- 35 Time for myself
- 34 Finding facility
- 30 Keeping person safe
- 29 Balancing work and family
- 29 Emotional/physical stress
- 27 Activities to do
- 22 Talk to doctors
- 20 End-of-life decisions
- 16 Lifting
- 14 Challenging behaviors
- 5 Lack of non-English

# Reporting 1+ Unmet Needs

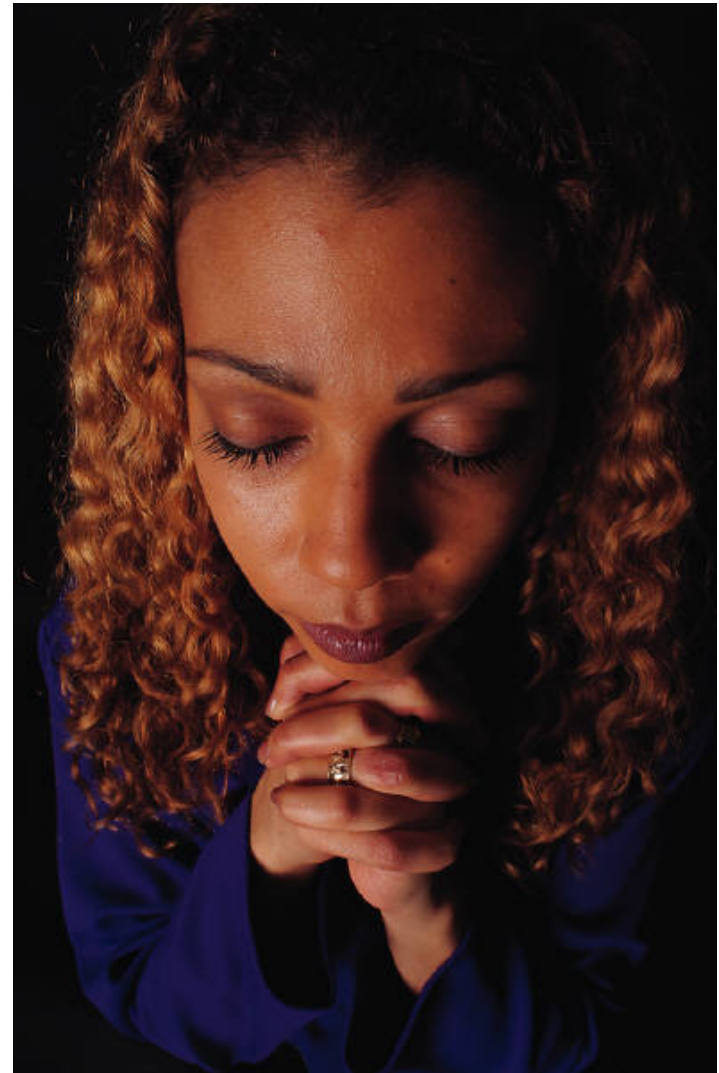


# Sources of Information



# Coping Strategies

- Prayer
- Talking to family/friends
- Reading about caregiving
- Exercising
- Seek information on internet
- Talk to professional
- Taking medications





# Credits

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