2015 Multi-State Family Caregiving Summary

**Family Caregiver**
is someone who provides unpaid care for an adult relative, friend or spouse who is ill, frail, elderly or has a disability.

**Age of Care Recipient**
- Age 18-49: 5%
- Age 50-64: 9%
- Age 65-plus: 85%

**Caregiver Status**
- Currently providing care to an adult loved one: 20%
- Provided care to an adult loved one in the past: 35%
- Has not provided care in the past or currently: 45%

**Caregiving Activities**
1. Shopping: 87%
2. Transportation for appointments: 85%
3. Aiding with household chores: 84%
4. Helping with meals: 82%
5. Social activities or companionship: 71%

**Work & Family Caregiving**

Have you ever been employed either full- or part-time while providing care?

- 58% Yes

As a result of your caregiving, did you ever have to...
- 67% Work early or late
- 29% Leave of Absence
- 17% Changing from full-time to part-time
- 17% Stop working entirely

90% Say it is extremely or very important to provide care to their loved one in their own home.
More than three in four strongly support requiring hospitals to explain any medical or nursing tasks after medical discharge of a loved one among the total respondents. Furthermore, four in five U.S. Virgin Island family caregivers strongly support this issue, larger than any other region.

Do you support or oppose requiring hospitals to explain any medical or nursing tasks family caregivers will need to perform after the patient returns home?

% Strongly support

- U.S. Virgin Islands: 84%
- 83%
- 82%
- 80%
- 79%
- 78%
- 79%
- 77%
- 75%
- 74%
- 77%
- 74%
- 70%
- 74%
- 77%
- 78%
- 78%

Top 5 Stresses of Caregiving

- Feel stressed out emotionally: 62%
- Feel stressed out trying to balance work & family: 55%
- Difficult to get enough rest: 54%
- Difficult to exercise regularly: 45%
- Difficult to take care of household chores: 42%

90% support providing short-term help from a home health aide while 78% say a home caregiver assistant would be essential.

Caregivers may need differing support depending on their loved one’s condition and needs, and their own problems, strengths, and resources.

1. multiple choice response

METHODOLOGY: Data in this fact sheet is based on seventeen (17) telephone surveys conducted in 2015 of 800 or 1,000 registered voters age 45-plus in the following U.S. states and territories: Alaska, Hawaii, Idaho, Kentucky, Massachusetts, Maryland, Missouri, Montana, Nebraska, North Carolina, Tennessee, Texas, Wyoming, Washington, Utah, U.S. Virgin Islands. Arizona was also conducted with a sample size of 1,600. Out of 15,400 completed interviews, 8,395 were among current and former family caregivers. Data in each state are weighted by age and gender to reflect the respective registered voter population age 45-plus. Combined results are not additionally weighted.

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