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KEY FINDINGS
Key Findings

Forty-two percent of voters age 45-plus in Kansas, have experience as family caregivers, either by currently caring for an adult loved one (17%) or previously doing so (25%).

About nine in ten help their loved ones by providing companionship (93%), transportation (90%), and shopping (89%). Others provide more complex care by managing medications (62%), medical or nursing tasks (55%), or bathing and dressing (49%).

Nearly seven in ten (68%) current and former caregivers have worked while they provided care, and six in ten have used their own money to provide care.

Nearly two in three (64%) current and former caregivers say they feel stressed emotionally due to their caregiving responsibilities.

One in four (26%) current and former caregivers have felt socially isolated due to caregiving.

Over four in ten (43%) current and former caregivers have felt unable to participate in activities due to caregiving.
Key Findings (Cont.)

Most registered voters 45-plus in Kansas (75%) would prefer to be cared for at home by a caregiver if they or a family member needed help.

Voters 45-plus in Kansas overwhelmingly support workplace flexibility for working family caregivers in terms of ensuring employers cannot fire an employee for taking time off for caregiving (84%), requiring employers to provide either a limited amount of unpaid leave (79%) or some paid leave (77%) for family caregivers.

The majority of voters (89%) also support the provision of respite care to give family caregivers a break.

While most voters are not generally aware of telehealth, they overwhelmingly support policies that increase access to telehealth services and insurance coverage of telehealth services.
Many voters 45-plus in Kansas have experience as family caregivers.

In our survey, the typical family caregiver in Kansas, currently caring for an adult loved one, is a woman (65%), who is married (71%), is 56 years of age, has graduated from college with at least a two-year degree (61%), and lives in a household with income under $75,000 (62%).

- Typical current caregivers also ….
  - Are homeowners (83%)
  - Are in good health (84%)
  - Are currently working (66%), but more had worked at some point while caregiving (72%)
  - Do not have children living at home (58%), but two in five do have children 18 and younger or 19 and older living with them (39%)
  - Cares for a parent who is 81 years of age

Q1. A family caregiver is someone who provides UNPAID care for an adult loved one who is ill, frail, elderly, or has a physical, mental, or emotional disability. This unpaid care may include assisting with personal needs like bathing and dressing, household chores, meals, shopping, transportation, or managing finances or medical care. Are you currently a family caregiver providing UNPAID care to an adult loved one? Base: All Respondents Q16. Have you ever been a family caregiver who provided UNPAID care to an adult loved one? Base: Non-Current Caregivers (other surveys questions are listed in the Appendix).
Family caregivers help their loved ones with many activities of daily living.

Nearly every family caregiver surveyed is providing emotional support to their loved ones through companionship or social activities. At least eight in ten family caregivers are helping their loved ones with meals, household chores, shopping, or transportation. Seven in ten help to manage their finances.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providing companionship/social activities</td>
<td>93%</td>
</tr>
<tr>
<td>Providing transportation to appointments</td>
<td>90%</td>
</tr>
<tr>
<td>Taking them shopping or shopping for them</td>
<td>89%</td>
</tr>
<tr>
<td>Aiding with household chores</td>
<td>83%</td>
</tr>
<tr>
<td>Helping them with meals</td>
<td>81%</td>
</tr>
<tr>
<td>Helping them to manage finances</td>
<td>71%</td>
</tr>
<tr>
<td>Overseeing their medication management</td>
<td>62%</td>
</tr>
<tr>
<td>Having responsibility for other medical or nursing tasks</td>
<td>55%</td>
</tr>
<tr>
<td>Assisting with bathing or dressing</td>
<td>49%</td>
</tr>
</tbody>
</table>

- A smaller but noteworthy percentage of caregivers help with more complex tasks of caregiving – overseeing medications, medical and nursing tasks, and bathing or dressing.
- Of current caregivers who do these more complex tasks, at least half are doing them on a daily basis – oversee medications (76%), medical and nursing tasks (51%), and bathing and dressing (63%).

Q4. Thinking about the person you most recently provided care to, which of the following activities did you provide? Are you …? Q5. How often do you…? Base: Current Caregivers Q19. Thinking about the person you most recently provided care to, which of the following activities did you provide? Did you …? Chart Base: Current and Former Caregivers
Nearly all caregivers (who help with transportation) drive their loved ones to medical appointments (94%).

While most caregivers can get their loved ones to a hospital or a primary care doctor in 30 minutes or less, for a significant minority of caregivers, these times were much higher. In fact, it takes one in seven caregivers more than an hour to get their loved ones to a specialist.

Q4b1. Do you drive or accompany your loved one to medical appointments? Q19b1. Did you drive or accompany your loved one to medical appointments? Q6. Thinking about the person you are providing care to, about how long would it take you, in minutes, to get that person to... a. the nearest hospital; b. a doctor’s office for primary care; c. a doctor’s office for specialty care, like a cardiologist, neurologist, or other specialist. Q20. Thinking about the person you previously provided care to, about how long would it have taken you, in minutes, to get that person to... a. the nearest hospital; b. a doctor’s office for primary care; c. a doctor’s office for specialty care, like a cardiologist, neurologist, or other specialist. Chart Base: Current and Former Caregivers
Most caregivers have worked while providing care.

Two in three family caregivers 45-plus held a job while providing care to their loved ones. And many of these caregivers needed to change how they worked as well. Three in four working caregivers adjusted their work schedules, either by going into work early or late, or taking time off to provide care. Over three in ten took a leave of absence to provide care. About two in ten reduced their work hours to provide care or stopped working entirely.

Q7. Have you ever been employed either full- or part-time while providing care to your adult loved one? Q8. Now thinking again about the adult loved one you are currently providing care to, did you ever have to ...? Q21. Have you ever been employed either full or part-time while providing care to your adult loved one? Q22. Now thinking again about the adult loved one you have most recently provided care to, did you ever have to ...? Chart Base: Current and Former Caregivers
Six in ten current and former caregivers 45-plus in Kansas have used their own money to provide care to their loved ones. Yet, many caregivers may not be in the best financial shape to use their own money. In fact, seven in ten caregivers (71%) living in households with income under $30,000 have used their own money to provide care – roughly the same percentage as caregivers who live in households with income $75,000 and over (69%). And one in three current caregivers (33%) who have used their own money to provide care are retired, unemployed, or not in the labor force.
Most caregivers experience some form of stress while providing care.

Over eight in ten family caregivers (85%) have experienced at least one of the stressors asked about in this survey. In general, over six in ten caregivers report feeling stressed out emotionally due to their caregiving responsibilities or in trying to balance their work and family responsibilities.

<table>
<thead>
<tr>
<th>Current &amp; Former Caregivers</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel stressed out emotionally</td>
<td>64%</td>
</tr>
<tr>
<td>Feel stressed in trying to balance job and family*</td>
<td>63%</td>
</tr>
<tr>
<td>Find it difficult to get enough rest</td>
<td>57%</td>
</tr>
<tr>
<td>Find it difficult to take care of household</td>
<td>45%</td>
</tr>
<tr>
<td>Find it difficult to exercise regularly</td>
<td>38%</td>
</tr>
<tr>
<td>Find it difficult to maintain a healthy diet</td>
<td>30%</td>
</tr>
<tr>
<td>Feel strained financially</td>
<td>30%</td>
</tr>
<tr>
<td>Experience problems with health</td>
<td>29%</td>
</tr>
<tr>
<td>Find it difficult to find time to visit doctor</td>
<td>21%</td>
</tr>
</tbody>
</table>

Q11. As a caregiver do you ever ...? Q25. As a caregiver did you ever ...? Chart Base: Current and Former Caregivers *Asked of working caregivers
Many registered voters 45-plus in Kansas say they are likely to be a caregiver in the future.

Likelihood of providing care in the future does vary by caregiver status. Not surprisingly, nearly two in three current caregivers say they are extremely or very likely to be providing care in the future. Nearly half of former caregivers and just over a quarter of those who have never provided care, say they are extremely or likely to be a caregiver in the future. Younger respondents (45-64) are more likely to say they will be providing care in the future (41%) than respondents 65-plus (28%).

<table>
<thead>
<tr>
<th></th>
<th>Current Caregivers</th>
<th>Former Caregivers</th>
<th>Never a Caregiver</th>
<th>All Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely/very likely</td>
<td>64%</td>
<td>48%</td>
<td>27%</td>
<td>39%</td>
</tr>
<tr>
<td>Somewhat likely</td>
<td>10%</td>
<td>20%</td>
<td>31%</td>
<td>24%</td>
</tr>
<tr>
<td>Not very/Not at all likely</td>
<td>24%</td>
<td>29%</td>
<td>41%</td>
<td>35%</td>
</tr>
</tbody>
</table>

Q13, Q27, Q30. How likely do you think it is that you will provide any caregiving or assistance on an unpaid basis for an adult loved one in the future? Is it ...?
Many caregivers feel isolated while providing care.

One in four caregivers say they felt isolated socially due to their caregiving responsibilities. Even more caregivers, two in five say they were unable to participate in activities due to their caregiving responsibilities. Caregivers that perform more complex caregiving tasks – like bathing and dressing, medication management, and medical or nursing tasks – are more likely to feel socially isolated or unable to participate in activities.

Q14. Do you ever feel socially isolated from people due to your caregiving responsibilities?  
Q15. Do you ever feel unable to participate in activities due to your caregiving responsibilities?  
Q28. Did you ever feel socially isolated from people due to your caregiving responsibilities?  
Q29. Did you ever feel unable to participate in activities due to your caregiving responsibilities?  
Chart Base: Current and Former Caregivers
COMMUNITY SERVICES AND SUPPORTS
The most helpful caregiver support is information about resources for caregivers in their community.

Half of voters in Kansas would also find respite care helpful as well as help with providing transportation both generally and specifically to medical appointments.

<table>
<thead>
<tr>
<th>Support Type</th>
<th>Extremely/Very</th>
<th>Somewhat</th>
<th>Not very/Not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information about available resources</td>
<td>60%</td>
<td>22%</td>
<td>16%</td>
</tr>
<tr>
<td>for caregivers in your community</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respite care or breaks from caregiving</td>
<td>55%</td>
<td>23%</td>
<td>20%</td>
</tr>
<tr>
<td>responsibilities</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Providing transportation specifically to</td>
<td>54%</td>
<td>23%</td>
<td>22%</td>
</tr>
<tr>
<td>medical appointments</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Providing transportation generally</td>
<td>52%</td>
<td>30%</td>
<td>17%</td>
</tr>
<tr>
<td>(shopping, entertainment, social)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Providing meals</td>
<td>49%</td>
<td>26%</td>
<td>25%</td>
</tr>
<tr>
<td>Assistance with household chores</td>
<td>47%</td>
<td>27%</td>
<td>25%</td>
</tr>
<tr>
<td>Understanding how to manage medications</td>
<td>47%</td>
<td>20%</td>
<td>31%</td>
</tr>
<tr>
<td>Connecting with other caregivers in similar</td>
<td>38%</td>
<td>31%</td>
<td>30%</td>
</tr>
<tr>
<td>situations</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Q31. In your opinion, as a current caregiver, how helpful would the following types of caregiving support be to you? In your opinion, as a former caregiver, how helpful would the following types of caregiving support be to you? In your opinion, as someone who may provide care in the future, how helpful would the following types of caregiving support be to you? Chart Base: All Respondents
Health-related services top the list of important services to have in community.

At least eight in ten voters say that end of life services, well trained health care providers, special transportation services, and visiting nurse services are extremely or very important services to have in their communities.

Q47. Now I’m going to ask you about some specific community services. Please tell me how important you think it is to have the following services available in your community to help older adults live independently. How important is having XXX in your community? Is it …?

Chart Base: All Respondents
Most voters prefer being cared for at home if they need help.

Three in four voters say that if they or a family member needed help, they would prefer to receive that help at home with caregiver assistance. One in seven would prefer to receive help in an assisted living facility, and four in a hundred would prefer a nursing home.

- Nine in ten voters (89%) also say it is extremely or very important to have services that allow them to live independently at home for as long as possible if they needed help.
- Eight in ten voters (82%) say that it is extremely or very important to have services available in their community – like home health care, personal care, day programs, and respite care – to help older adults live independently.
RESPITE CARE
There is overwhelming support by Kansas voters 45-plus for the provision of respite care for family caregivers.

Nearly nine in ten voters 45-plus in Kansas support the provision of short-term help in the form of a home health aide for family caregivers. Support remains high across all political parties.

Q35. Do you support or oppose providing short-term help from a home health aide so family caregivers can take a break from their caregiving duties? Q36. Is that strongly or somewhat? Chart Base: All Respondents
WORKPLACE FLEXIBILITY
There is overwhelming support by Kansas voters 45-plus for workplace flexibility for family caregivers.

Over eight in ten voters support safeguarding against family caregivers being fired if they take time off to provide care. Likewise, at least three in four support requirements that employees provide a limited amount of unpaid leave or some paid leave for family caregiving purposes. Support remains high for workplace flexibility across all political parties.

Q33. Now I’m going to ask if you support or oppose some proposals that would provide help for working family caregivers. Do you support or oppose …? a. Requiring employers to provide a limited amount of unpaid leave to employees who have to take time off for family caregiving purposes; b. Requiring employers to provide some paid leave to all employees that can be used for family caregiving purposes; c. Ensuring employers cannot fire an employee for taking time off for family caregiving purposes? Q34. Is that strongly or somewhat? Chart Base: All Respondents
The majority of Kansas voters 45-plus are not familiar with telehealth; however, many would be interested in using them if they or a family member needed them.

Over half of voters say they would be interested in wearing monitoring devices that alerts emergency care or tracks health information, or in phone or video conferencing with health care providers. For the most part, voters who are extremely or very comfortable using computers or cellphones are more likely to be interested in using these telehealth services.

Q38. Have you heard of the terms telehealth or telemedicine? Q39. Telehealth offers patients more options for accessing health care. Telehealth is another way for people to have one-on-one interactions with their health care providers without having to be in the same location at the same time by using communications technologies like cell phones, computers, and tablets. Examples of how telehealth provides more connected care include a patient wearing a monitoring device that tracks vital signs or alerts a family caregiver if there is a serious injury, or an online conversation between patients and their doctors to get a diagnosis, get advice, get a prescription filled, or to get a second opinion. Would you be interested in using any of the following telehealth services for yourself or a loved one if needed? Chart Base: All Respondents

- Monitoring device that alerts emergency care: 64% extremely/very interested, 20% somewhat interested, 14% not very/not at all interested
- Monitoring device that tracks key health info: 54% extremely/very interested, 24% somewhat interested, 21% not very/not at all interested
- Phone/Video conversation to discuss symptoms, progress, etc.: 54% extremely/very interested, 23% somewhat interested, 22% not very/not at all interested
- Video conference with specialist too far away to visit: 53% extremely/very interested, 23% somewhat interested, 22% not very/not at all interested
- Text/phone apps that remind taking medication: 47% extremely/very interested, 20% somewhat interested, 32% not very/not at all interested
- Online video library for instruction on medical tasks: 43% extremely/very interested, 25% somewhat interested, 30% not very/not at all interested

53% ...

... are not aware of telehealth
While most voters 45-plus in Kansas can access the Internet at home, about one in seven cannot.

There is overwhelming support for telehealth policies that would invest in technology to protect patient information, provide strict guidelines for health care providers to follow, and to invest in broadband Internet and new technologies to improve access to telehealth.

D16. In your residence, do you or any member of your household access the Internet? Q40. Do you support or oppose policies that would …? Q41. Is that strongly or somewhat? Chart Base: All Respondents
There is overwhelming support for telehealth policies that require coverage of telehealth services, monitoring technologies, and how telehealth is administered.

Over three in four voters 45-plus in Kansas support health insurance, including Medicare, Medicaid, and KanCare, to cover telehealth services. And, over eight in ten voters support the coverage of telehealth services regardless of how far away the patient lives from their doctor or where the provider and patient are located, and for greater access to in-home medical monitoring services for patients with chronic health conditions.

<table>
<thead>
<tr>
<th>Option</th>
<th>Support</th>
<th>Neither support or oppose/Not sure</th>
<th>Oppose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater access to in-home medical monitoring technologies</td>
<td>87%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Being able to receive telehealth services while at home from a provider in their office</td>
<td>86%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Allow for telehealth coverage regardless of the distance between patient’s home and provider’s office</td>
<td>83%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Require health insurance to cover telehealth services</td>
<td>78%</td>
<td>10%</td>
<td>11%</td>
</tr>
</tbody>
</table>

Q42. Do you support or oppose policies that would …? Q43. Is that strongly or somewhat? Chart Base: All Respondents
analysis
Implications

• The demand for long-term care services will continue to increase as our population ages. It is estimated that 53 percent\(^1\) of adults who turned 65 in 2016 will need some form of long-term care services during their lifetime.

• Family and friends are often the ones who provide care to their loved ones to help them through an illness or with chronic care. And that’s exactly what most voters in Kansas would prefer – to receive care at home from a caregiver if they needed help due to aging or illness.

• In Kansas, it is estimated that there are 345,000 caregivers\(^2\) who provide more than 300 million hours of unpaid care valued at $3.8 billion each year.

• Many caregivers in Kansas have worked while they provided care to a loved one; and for many of these working caregivers, their work schedules and ability to work is disrupted. That’s why passage of the AARP Kansas ELECT Act would provide caregivers with the work flexibility and protections they need to continue working while caring for a loved one.

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\(^1\)ASPE Issue Brief, HHS Office of the Assistant Secretary for Planning and Evaluation, Office of Disability, Aging and Long-Term Care Policy, Revised February 2016.

Methodology

• Objectives: To explore the experiences and opinions of family caregivers aged 45-plus. To measure support of various policies that support family caregivers in Kansas.

• Methodology: Telephone survey (both landline and cell).

• Qualifications: Age 45 or older and registered to vote in the State of Kansas. Oversample of voters living in rural counties of Kansas, defined as having a total population of under 10,000.

• Sample: Registered voter list targeting ages 45 and older from Aristotle International (N=1,000).

• Interviewing Dates: February 23 to March 10, 2018.

• Weighting: The data is weighted by age within gender and geography to reflect the 45-plus population of registered voters in Kansas.

• Questionnaire length: Interviews averaged 21 minutes in length. Full questionnaire is available upon request.

• Confidence Interval: Total sample: ± 3.1%.
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Other Survey Questions

S1. Our study is interested in the opinions of people in certain age groups. Could you please tell me your age as of your last birthday?
S3. To ensure it is recorded accurately, could you please state your gender?
Q3. Who are you caring for? Q18. Who did you care for?
Q7. Have you ever been employed either full- or part-time while providing care to your adult loved one? Q21. Have you ever been employed either full or part-time while providing care to your adult loved one?
D1. What is your current marital status? Are you …?
D3. In general, when compared to most people your age, how would you rate your health? Is it …?
D5. Thinking about who lives in your household, do you currently …?
D7. Do you own or rent your primary residence?
D9. What is the highest level of education that you completed? Is it …?
D10. Which of the following best describes your current employment status? Are you …?
D19. We realize income is a private matter and so rather than ask you anything specific about your income, I’d like to ask you to please stop me when I get to the category that includes your household’s income before taxes in 2017. Was it …?
About AARP

AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation’s largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.
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This research was designed and executed by AARP Research