

SCREENING 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? **[IN YEARS] _____ [RECORD ACTUAL AGE AND USE THE AGE GROUPS BELOW TO KEEP TRACK OF HOW MANY RESPONDENTS WE ARE GETTING IN EACH GROUP]**

All Respondents (N=801)

0.0%	Under 40 [DO NOT READ] [ASK TO SPEAK TO SOMEONE 40 OR OLDER AND REPEAT INTRO AND THEN ASK S1. IF NO ONE 40 OR OLDER, TERMINATE]
24.2%	40-49
11.7%	50-54
25.5%	55-64
35.8%	65 or older
2.8%	Refused [DO NOT READ] [GO TO S2]

S2. **[IF REFUSED IN S1]** I understand. Some people are not comfortable giving their age, but would you let me know which of the following age ranges you fall into?

Respondents Who Refused to Provide Actual Age (n=22)

0.0%	Under 40 [ASK TO SPEAK TO SOMEONE 40 OR OLDER. REPEAT INTRO AND THEN ASK S1. IF NO ONE IS 40 OR OLDER, TERMINATE]
27.3%	40-49
9.1%	50-54
18.2%	55-64
45.5%	65+
0.0%	Refused [THANK & TERMINATE]

S3. **[RECORD RESPONDENT'S GENDER. ASK ONLY IF ABSOLUTELY NECESSARY]** "To ensure it is recorded accurately, could you please state your gender?"

All Respondents (N=801)

50.0%	Male
50.0%	Female

S4. Are you registered to vote in Utah?

All Respondents (N=801)

100.0%	Yes
0.0%	No [THANK AND TERMINATE]

S5. Which of the following best describes your current employment status? Are you ...? **[READ EACH ANSWER CATEGORY]**

All Respondents (N=801)

8.5%	Self-employed full-time
3.2%	Self-employed part-time
29.9%	Employed full-time
10.2%	Employed part-time
33.4%	Retired and not working at all
3.0%	Unemployed and looking for work
11.4%	Or are you not in the labor force for other reasons
0.1%	Not sure [DO NOT READ]
0.2%	Refused [DO NOT READ]

MAIN QUESTIONNAIRE

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? **[INTERVIEWER NOTE: IF THE RESPONDENT ASKS IF THE PERSON THEY ARE PROVIDING CARE TO HAS TO LIVE WITH THEM THE INTERVIEWER SHOULD SAY "THIS PERSON DOES NOT HAVE TO LIVE WITH YOU."]**

Q14. Have you ever been a family caregiver who provided UNPAID care to an adult loved one? **[INTERVIEWER NOTE: IF THE RESPONDENT ASKS IF THE PERSON THEY HAVE PROVIDED CARE TO HAD TO LIVE WITH THEM THE INTERVIEWER SHOULD SAY "THIS PERSON DID NOT HAVE TO LIVE WITH YOU."]**

All Respondents (N=801)

14.8%	Yes, I am currently providing care to an adult loved one
33.0%	Yes, I have been a family caregiver in the past
52.0%	No
0.1%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q2. What is the age of the person you are providing care for? **[INTERVIEWER: IF THEY ARE PROVIDING CARE TO MORE THAN ONE PERSON, ASK THEM TO ANSWER BASED ON THE PERSON THEY ARE PROVIDING THE MOST CARE TO]** **[RECORD AGE IF KNOWN AND GIVEN; IF NOT KNOWN OR GIVEN, TRY TO RECORD IT IN THE RANGE BELOW]**

Q15. What was the age of the person who you most recently provided care to? **[INTERVIEWER: IF THEY ARE PROVIDED CARE TO MORE THAN ONE PERSON, ASK THEM TO ANSWER BASED ON THE PERSON THEY ARE PROVIDING THE MOST CARE TO].** **[RECORD AGE IF KNOWN AND GIVEN; IF NOT KNOWN OR GIVEN, TRY TO RECORD IT IN THE RANGE BELOW]**

Current Caregivers (n=119)

0.0%	Under 18 [SKIP TO Q14]
17.8%	18-49
4.0%	50-59
6.5%	60-64
71.7%	65+
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Former Caregivers (n=265)

0%	Under 18 [SKIP TO Q27]
3.7%	18-49
2.7%	50-59
3.7%	60-64
89.6%	65+
0.4%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Current and Former Caregivers (n=383)

8.1%	18-49
3.1%	50-59
4.6%	60-64
84.0%	65+
0.3%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q3. Who are you caring for? **[PLEASE CODE TO LIST BELOW, IF NOT ON LIST, PLEASE ADD TO THE LIST]**

Q16. Who did you care for? **[PLEASE CODE TO LIST BELOW, IF NOT ON LIST, PLEASE ADD TO THE LIST]**

Current Caregivers (n=119)

48.9%	Parents (mother, father, mother/father-in-law)
20.0%	Spouse (husband, wife, companion/partner)
15.1%	Children (son, daughter)
5.6%	Sibling (brother, sister, sister/brother-in-law)
6.6%	Other relative (aunt, nephew)
3.5%	Non-relative (friend, neighbor)
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Former Caregivers (n=265)

71.3%	Parents (mother, father, mother/father-in-law)
11.2%	Spouse (husband, wife)
2.6%	Children (son, daughter)
4.1%	Sibling (brother, sister, sister/brother-in-law)
9.3%	Other relative (aunt, nephew/grand father/grandmother)
1.5%	Non-relative (friend, neighbor)
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Current and Former Caregivers (n=383)

64.3%	Parents (mother, father, mother/father-in-law)
13.9%	Spouse (husband, wife)
6.4%	Children (son, daughter)
4.8%	Sibling (brother, sister, sister/brother-in-law)
15.4%	Other relative (aunt, nephew/grand father/grandmother)
2.1%	Non-relative (friend, neighbor)
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q4. Still thinking about the person you are providing care to the most, which of the following activities are you providing? Are you ...? **[INSERT, READ AND RANDOMIZE ITEMS A-G, ASK H and I AS A BLOCK] [RECORD A RESPONSE FOR EACH ITEM]**

Q17. Thinking about the person you most recently provided care to, which of the following activities did you provide? Did you ...? **[INSERT, READ AND RANDOMIZE ITEMS A-G AND ASK H and I AS A BLOCK IN ORDER] [RECORD A RESPONSE FOR EACH ITEM]**

Current Caregivers (n=119)

	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Assist with bathing or dressing	31.7%	68.3%	0.0%
b. Provide transportation to appointments	75.0%	25.0%	0.0%
c. Take them shopping or shop for them	81.5%	18.5%	0.0%
d. Help them with meals	81.7%	18.3%	0.0%
e. Help them to manage finances	62.6%	37.4%	0.0%
f. Aid with household chores	81.0%	19.0%	0.0%
g. Provide social activities or companionship	90.0%	10.0%	0.0%
h. Oversee their medication management	51.5%	48.5%	0.0%
i. Take responsibility for other medical or nursing tasks	49.8%	47.7%	2.5%

Former Caregivers (n=265)

	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Assist with bathing or dressing	50.2%	49.4%	0.4%
b. Provide transportation to appointments	88.6%	11.4%	0.0%
c. Take them shopping or shop for them	90.8%	8.7%	0.4%
d. Help them with meals	84.8%	14.8%	0.4%
e. Help them to manage finances	58.1%	41.5%	0.4%
f. Aid with household chores	89.7%	9.9%	0.4%
g. Provide social activities or companionship	95.0%	4.6%	0.4%
h. Oversee their medication management	62.9%	37.1%	0.0%
i. Take responsibility for other medical or nursing tasks	43.0%	53.7%	3.4%

<u>Current and Former Caregivers (n=383)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Assist with bathing or dressing	44.5%	55.2%	0.3%
b. Provide transportation to appointments	84.6%	15.4%	0.0%
c. Take them shopping or shop for them	88.0%	11.8%	0.3%
d. Help them with meals	83.8%	15.9%	0.3%
e. Help them to manage finances	59.2%	40.5%	0.3%
f. Aid with household chores	87.0%	12.7%	0.3%
g. Provide social activities or companionship	93.5%	6.3%	0.3%
h. Oversee their medication management	59.4%	40.6%	0.0%
i. Take responsibility for other medical or nursing tasks	45.1%	51.8%	3.1%

Q5. Q18. Have you ever been employed either full- or part-time while providing care to your adult loved one?

Current Caregivers (n=119)

68.2% Yes **[ASK Q7]**
 31.8% No **[SKIP TO Q6]**
 0.0% Not sure [DO NOT READ] **[SKIP TO Q9]**
 0.0% Refused [DO NOT READ] **[SKIP TO Q9]**

Former Caregivers (n=265)

71.6% Yes **[ASK Q20]**
 28.4% No **[SKIP TO Q19]**
 0.0% Not sure [DO NOT READ] **[SKIP TO Q22]**
 0.0% Refused [DO NOT READ] **[SKIP TO Q22]**

Current and Former Caregivers (n=383)

70.5% Yes
 29.5% No
 0.0% Not sure [DO NOT READ]
 0.0% Refused [DO NOT READ]

Q6. Q19. What reasons, if any, prevented you from working while providing care to your loved one? **[CODE TO LIST BELOW, ADD ANYTHING MENTIONED NOT ON LIST, ACCEPT ALL RESPONSES] SKIP TO Q9 SKIP TO Q22**

Current Caregivers Who Did Not Work While Providing Care (n=38)

34.3% Was already retired
 16.0% Too much care was needed for loved one to allow me to work
 21.6% Have a disability, not able to work
 20.4% Wasn't working anyway, out of labor force
 13.3% Other

Former Caregivers Who Did Not Work While Providing Care (n=75)

36.9% Was already retired
 5.1% Too much care was needed for loved one to allow me to work
 6.7% Have a disability, not able to work
 28.1% Wasn't working anyway, out of labor force
 23.3% Other

Current and Former Caregivers Who Did Not Work While Providing Care (n=113)

- 35.4% Was already retired
- 8.6% Too much care was needed for loved one to allow me to work
- 11.4% Have a disability, not able to work
- 25.0% Wasn't working anyway, out of labor force
- 19.6% Other

Q7. Now thinking again about the adult loved one you are currently providing care to, did you ever have to ...? **[INSERT, READ AND RANDOMIZE ITEMS A-D. RECORD A RESPONSE FOR EACH ITEM]**
 Q20. Now thinking again about the adult loved one you have most recently provided care to, did you ever have to ...? **[INSERT, READ AND RANDOMIZE ITEMS A-D] [RECORD A RESPONSE FOR EACH ITEM]**

Working Current Caregivers (n=81)

	Yes	No	NS/REF
a. Go into work early or late, or take time off to provide care for a loved one	72.0%	26.9%	1.2%
b. Take a leave of absence from your job to provide care for a loved one	24.6%	74.2%	1.2%
c. Go from working full-time to part-time to provide care for a loved one	22.8%	77.2%	0.0%
d. Give up working entirely to provide care for a loved one	15.5%	84.5%	0.0%

Working Former Caregivers (n=189)

	Yes	No	NS/REF
a. Go into work early or late, or take time off to provide care for a loved one	65.2%	33.7%	1.1%
b. Take a leave of absence from your job to provide care for a loved one	20.0%	79.5%	0.5%
c. Go from working full-time to part-time to provide care for a loved one	9.4%	90.6%	0.0%
d. Give up working entirely to provide care for a loved one	9.0%	91.0%	0.0%

Working Current and Former Caregivers (n=270)

	Yes	No	NS/REF
a. Go into work early or late, or take time off to provide care for a loved one	67.2%	31.7%	1.1%
b. Take a leave of absence from your job to provide care for a loved one	21.4%	77.9%	0.7%
c. Go from working full-time to part-time to provide care for a loved one	13.4%	86.6%	0.0%
d. Give up working entirely to provide care for a loved one	10.9%	89.1%	0.0%

Q8. Q21. **IF ANY Q7A-C=YES, ASK Q8: IF ANY Q20A-C=YES, ASK Q21:** If your employer had not provided flexibility for you to care for your loved one, how likely would you have needed to **[INSERT A-B IN RANDOM ORDER]? Would you say ... [INSERT RESPONSE OPTIONS]?**

Current Working Caregivers with Workplace Flexibility (n=61)

	Extremely likely	Very likely	Somewhat likely	Not very likely	Not at all likely	NS/REF
a. Find a new job with more flexibility	24.3%	24.4%	14.9%	9.7%	23.4%	3.2%
b. Quit working entirely	17.6%	11.2%	19.7%	22.7%	28.8%	0.0%

Former Working Caregivers with Workplace Flexibility (n=138)

	Extremely likely	Very likely	Somewhat likely	Not very likely	Not at all likely	NS/REF
a. Find a new job with more flexibility	11.4%	14.1%	15.1%	19.6%	33.5%	6.3%
b. Quit working entirely	12.0%	10.7%	19.2%	14.7%	40.7%	2.8%

Current and Former Working Caregivers with Workplace Flexibility (n=199)	Extremely likely	Very likely	Somewhat likely	Not very likely	Not at all likely	NS/REF
a. Find a new job with more flexibility	15.3%	17.3%	15.1%	16.6%	30.4%	5.4%
b. Quit working entirely	13.7%	10.9%	19.3%	17.2%	37.0%	1.9%

Q9. Now thinking again about the adult loved one you are currently providing care to, did you ever have to ...? **[INSERT, READ AND RANDOMIZE ITEMS A-C] [RECORD A RESPONSE FOR EACH ITEM]**

Q22. Now thinking again about the adult loved one you have most recently provided care to, while providing this care did you ever have to ...? **[INSERT, READ AND RANDOMIZE ITEMS A-C] [RECORD A RESPONSE FOR EACH ITEM]**

Current Caregivers (n=119)	Yes	No	NS/REF
a. Use your own money to help provide care	69.2%	30.8%	0.0%
b. Make changes to your home for the loved one in your care	43.1%	56.0%	0.9%
c. Move into another home to accommodate the loved one in your care	14.6%	85.4%	0.0%

Former Caregivers (n=265)	Yes	No	NS/REF
a. Use your own money to help provide care	59.9%	37.4%	2.7%
b. Make changes to your home for the loved one in your care	31.4%	68.3%	0.4%
c. Move into another home to accommodate the loved one in your care	9.1%	90.9%	0.0%

Current and Former Caregivers (n=383)	Yes	No	NS/REF
a. Use your own money to help provide care	62.8%	35.4%	1.8%
b. Make changes to your home for the loved one in your care	35.0%	64.5%	0.5%
c. Move into another home to accommodate the loved one in your care	10.8%	89.2%	0.0%

Q10. Q23. As a caregiver do you ever ...? **[INSERT, READ AND RANDOMIZE ITEMS A-I] [RECORD A RESPONSE FOR EACH ITEM]**

Current Caregivers (n=119)	Yes	No	NS/REF
a. Feel stressed emotionally due to your caregiving responsibilities	69.5%	30.5%	0.0%
b. Feel stressed in trying to balance your job and family [SKIP IF ANSWERED NO, NOT SURE, OR REFUSED TO Q5] [n=81]	69.2%	30.8%	0.0%
c. Find it difficult to maintain a healthy diet	36.6%	62.6%	0.8%
d. Find it difficult to get enough rest	51.9%	48.1%	0.0%
e. Find it difficult to exercise regularly	40.6%	59.4%	0.0%
f. Find it difficult to take care of your household responsibilities	48.4%	51.6%	0.0%
g. Experience problems with your health	44.2%	54.9%	0.8%
h. Find it difficult to make time to visit your doctor	21.2%	77.8%	0.9%
i. Feel strained financially due to your caregiving responsibilities	31.4%	67.8%	0.8%

<u>Former Caregivers (n=265)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Feel stressed emotionally due to your caregiving responsibilities	68.4%	31.6%	0.0%
b. Feel stressed in trying to balance your job and family [SKIP IF ANSWERED NO, NOT SURE, OR REFUSED TO Q18] [n=189]	64.3%	35.1%	0.6%
c. Find it difficult to maintain a healthy diet	23.5%	76.1%	0.4%
d. Find it difficult to get enough rest	49.3%	49.9%	0.8%
e. Find it difficult to exercise regularly	43.7%	54.8%	1.5%
f. Find it difficult to take care of your household responsibilities	42.4%	57.2%	0.4%
g. Experience problems with your health	20.9%	78.3%	0.7%
h. Find it difficult to make time to visit your doctor	13.6%	84.9%	1.5%
i. Feel strained financially due to your caregiving responsibilities	19.9%	79.4%	0.7%

<u>Current and Former Caregivers (n=383)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Feel stressed emotionally due to your caregiving responsibilities	68.8%	31.2%	0.0%
b. Feel stressed in trying to balance your job and family [n=270]	65.8%	33.8%	0.4%
c. Find it difficult to maintain a healthy diet	27.5%	71.9%	0.5%
d. Find it difficult to get enough rest	50.1%	49.3%	0.5%
e. Find it difficult to exercise regularly	42.7%	56.2%	1.0%
f. Find it difficult to take care of your household responsibilities	44.3%	55.5%	0.3%
g. Experience problems with your health	28.1%	71.1%	0.8%
h. Find it difficult to make time to visit your doctor	16.0%	82.7%	1.3%
i. Feel strained financially due to your caregiving responsibilities	23.5%	75.8%	0.8%

Q11. In caring for your loved one, how difficult has it been to ... **[INSERT A-H IN RANDOM ORDER]**?
Is it ... **[INSERT RESPONSE OPTIONS IN ORDER]**?

Q24. In caring for your loved one, how difficult was it to ... **[INSERT A-H IN RANDOM ORDER]**? Is it ...
[INSERT RESPONSE OPTIONS IN ORDER]?

<u>Current Caregivers (n=119)</u>	<u>Very difficult</u>	<u>Somewhat difficult</u>	<u>Not difficult</u>	<u>Have not tried to use service</u>	<u>NS/REF</u>
a. Find health care providers	7.3%	16.5%	66.9%	6.8%	2.4%
b. Find adult day care services	9.8%	8.5%	14.5%	65.6%	1.6%
c. Find home health care services	5.7%	15.1%	42.1%	36.2%	0.8%
d. Find respite [PRONOUNCED RES-PIT] care to give you a break from your caregiving responsibilities	7.5%	13.3%	35.5%	43.7%	0.0%
e. Get your loved one to the care they need	6.5%	27.4%	64.4%	NA	1.6%
f. Maintain relationships with other family members	11.5%	25.3%	63.2%	NA	0.0%
g. Make decisions about the care your loved one receives	8.9%	32.3%	56.3%	NA	2.5%
h. Deal emotionally with your loved one's illness or condition	20.7%	42.1%	37.2%	NA	0.0%

	Very difficult	Somewhat difficult	Not difficult	Have not tried to use service	NS/REF
<u>Former Caregivers (n=265)</u>					
a. Find health care providers	4.8%	10.9%	75.3%	5.9%	3.0%
b. Find adult day care services	5.8%	7.9%	24.7%	60.5%	1.1%
c. Find home health care services	3.7%	12.7%	58.1%	24.7%	0.8%
d. Find respite [PRONOUNCED RES-PIT] care to give you a break from your caregiving responsibilities	8.7%	12.8%	47.0%	30.3%	1.1%
e. Get your loved one to the care they need	6.0%	30.7%	63.3%	NA	0.0%
f. Maintain relationships with other family members	7.5%	22.7%	67.9%	NA	1.9%
g. Make decisions about the care your loved one receives	11.9%	32.0%	53.5%	NA	2.6%
h. Deal emotionally with your loved one's illness or condition	26.9%	41.1%	31.2%	NA	0.7%

	Very difficult	Somewhat difficult	Not difficult	Have not tried to use service	NS/REF
<u>Current and Former Caregivers (n=383)</u>					
a. Find health care providers	5.6%	12.7%	72.7%	6.2%	2.9%
b. Find adult day care services	7.1%	8.1%	21.5%	62.1%	1.3%
c. Find home health care services	4.3%	13.5%	53.2%	28.3%	0.8%
d. Find respite care to give you a break from your caregiving responsibilities	8.4%	12.9%	43.5%	34.5%	0.8%
e. Get your loved one to the care they need	6.2%	29.7%	63.7%	NA	0.5%
f. Maintain relationships with other family members	8.7%	23.5%	66.4%	NA	1.4%
g. Make decisions about the care your loved one receives	10.9%	32.1%	54.4%	NA	2.6%
h. Deal emotionally with your loved one's illness or condition	25.0%	41.4%	33.1%	NA	0.5%

Q12. How important is it to you to be able to provide care for your loved one so that they can keep living independently in their own home? Is it ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

Q25. How important was it to you to be able to provide care for your loved one so that they could keep living independently in their own home? Was it ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

Current Caregivers (n=119)

- 55.4% Extremely important
- 29.3% Very important
- 6.0% Somewhat important
- 3.4% Not very important
- 3.3% Not at all important
- 2.6% Not sure [DO NOT READ]
- 0.0% Refused [DO NOT READ]

Former Caregivers (n=265)

43.7%	Extremely important
41.7%	Very important
8.6%	Somewhat important
1.1%	Not very important
3.0%	Not at all important
1.9%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Current and Former Caregivers (n=383)

47.3%	Extremely important
37.9%	Very important
7.8%	Somewhat important
1.8%	Not very important
3.1%	Not at all important
2.1%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q13. Q26. Q27. 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 ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

Current Caregivers (n=119)

60.7%	Extremely likely
18.9%	Very likely
6.9%	Somewhat likely
5.9%	Not very likely
6.7%	Not at all likely
0.8%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Former Caregivers (n=265)

22.4%	Extremely likely
19.4%	Very likely
20.7%	Somewhat likely
14.6%	Not very likely
19.9%	Not at all likely
3.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Current and Former Caregivers (n=383)

34.3%	Extremely likely
19.2%	Very likely
16.5%	Somewhat likely
11.9%	Not very likely
15.8%	Not at all likely
2.3%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Never Been Caregivers (n=418)
 12.9% Extremely likely
 22.1% Very likely
 29.5% Somewhat likely
 17.4% Not very likely
 15.7% Not at all likely
 2.4% Not sure [DO NOT READ]
 0.0% Refused [DO NOT READ]

All Respondents (N=801)
 23.1% Extremely likely
 20.7% Very likely
 23.2% Somewhat likely
 14.8% Not very likely
 15.7% Not at all likely
 2.4% Not sure [DO NOT READ]
 0.0% Refused [DO NOT READ]

Q28. IF CURRENT CAREGIVER, ASK ... In your opinion, as a current caregiver, how helpful would the following types of caregiving support be to you? **IF A FORMER CAREGIVER, ASK ...** In your opinion, as a former caregiver, how helpful would the following types of caregiving support be to you? **FOR ALL OTHER RESPONDENTS, ASK ...** In your opinion, as someone who may provide care in the future, how helpful would the following types of caregiving support be to you? Would ... **[INSERT A-H IN RANDOM ORDER, KEEP A & B TOGETHER AND ALWAYS ASK A FIRST THEN B]** be ...? **[READ EACH ANSWER CATEGORY BELOW]**

<u>All Respondents (N=801)</u>	Extremely helpful	Very helpful	Somewhat helpful	Not very helpful	Not at all helpful	NS/REF
a. Assistance with providing transportation in general	9.1%	25.4%	33.1%	13.2%	17.7%	1.6%
b. Assistance with providing transportation to medical appointments	10.7%	27.7%	28.3%	12.9%	18.9%	1.5%
c. Assistance with understanding how to manage medications	12.5%	25.4%	26.1%	14.9%	19.0%	2.1%
d. Connecting with other caregivers in similar situations	8.9%	21.9%	36.4%	14.7%	15.0%	3.1%
e. Information about available resources for caregivers in your community	21.4%	36.2%	27.5%	4.8%	8.2%	1.9%
f. Respite care or breaks from caregiving responsibilities	18.3%	34.1%	25.1%	7.6%	11.2%	3.6%
g. Assistance with providing meals	12.2%	24.5%	32.5%	14.1%	14.7%	2.0%
h. Assistance with managing household chores	11.5%	24.0%	33.6%	15.0%	14.6%	1.3%
i. Resources about elder abuse and financial exploitation	8.9%	18.5%	28.8%	16.9%	21.8%	5.1%

Q29. Where would you turn to find information about services in your community to help family caregivers? Would you turn to ... **[INSERT, READ AND RANDOMIZE ITEMS A-J]? [RECORD A RESPONSE FOR EACH ITEM]**

<u>All Respondents (N=801)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Family or friends	88.0%	11.3%	0.8%
b. Your doctors or other health care providers	89.9%	8.9%	1.3%
c. Hospitals or other health care facilities	72.2%	24.3%	3.5%
d. Senior centers	64.6%	32.1%	3.3%
e. The Internet	74.2%	25.3%	0.5%
f. The phone book	28.3%	70.5%	1.2%
g. Places of worship	65.3%	33.0%	1.8%
h. Government agencies	61.2%	35.4%	3.4%
i. 2-1-1 information line	19.1%	64.4%	16.5%
j. Area Agencies on Aging, such as the Salt Lake County Aging and Adult Services or the Mountain-lands Association of Governments	49.2%	41.2%	9.6%

Q30. Family caregivers help older residents in Utah live independently by performing services like bathing and dressing as well as managing medication and paying bills. How important do you think it is to have more resources and training for family caregivers? Do you think it is ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

<u>All Respondents (N=801)</u>	
31.1%	Extremely important
37.4%	Very important
25.2%	Somewhat important
3.5%	Not very important
1.4%	Not at all important
1.4%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

WORKPLACE FLEXIBILITY

Q31. 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 ...? **[INSERT, READ AND RANDOMIZE ITEMS A-C]**

Q32. Is that strongly or somewhat?

<u>All Respondents (N=801)</u>	<u>Strongly support</u>	<u>Somewhat support</u>	<u>Neither/not sure</u>	<u>Somewhat oppose</u>	<u>Strongly oppose</u>	<u>REF</u>
a. Requiring employers to provide a limited amount of <u>unpaid</u> leave to employees who have to take time off for family caregiving purposes [IF NECESSARY READ: The Family Medical Leave Act does provide for longer term, unpaid leave for persons to care for a family member who has a serious condition. The unpaid leave mentioned here is more limited in duration, such as only one day, and can be used for routine or emergency care needs, like medical appointments]	48.7%	30.8%	4.8%	7.9%	7.6%	0.1%
b. Requiring employers to provide some <u>paid</u> leave to all employees that can be used for family caregiving purposes	40.8%	27.1%	7.6%	12.2%	11.9%	0.5%
c. Requiring employers to allow employees to use their existing sick leave for family caregiving purposes	61.1%	24.8%	5.7%	4.5%	3.8%	0.1%

Q33. **ASK IF EMPLOYED FROM S5:** Thinking about the job where you worked the most hours last week, ... **[INSERT A-B IN ORDER]?**

<u>Employed Respondents (n=414)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Do you receive paid time off for sick leave	52.5%	46.3%	1.2%
b. Can you take time off without pay as sick leave	71.6%	19.3%	9.0%

Q34. **ASK IF Q33A=YES:** Does your employer allow you to use your existing sick leave benefits to attend to illnesses or injuries of your relatives, including parents and spouses?

<u>Employed Respondents with Paid Sick Leave (n=217)</u>	
79.8%	Yes
7.1%	No
13.1%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q35. How important is it that employers provide workplace flexibility, including paid or unpaid leave, to their employees who are caregivers? Is it **[INSERT RESPONSE OPTIONS IN ORDER]**?

All Respondents (N=801)

34.9%	Extremely important
33.4%	Very important
24.9%	Somewhat important
2.4%	Not very important
2.7%	Not at all important
1.6%	Not sure [DO NOT READ]
0.1%	Refused [DO NOT READ]

RESPIRE CARE

Q36. Do you support or oppose **a state or local agency** providing short-term help so family caregivers can take a break from their caregiving duties? This help could be provided in-home by a trained health aide or volunteer or out-of-home through an adult day program. Q37. Is that strongly or somewhat?

All Respondents (N=801)

49.6%	Strongly support
33.9%	Somewhat support
5.7%	Neither support/oppose/not sure
5.3%	Somewhat oppose
5.4%	Strongly oppose
0.1%	Refused

TELEHEALTH

Q38. Have you heard of the term telehealth or telemedicine?

All Respondents (N=801)

39.4%	Yes
59.2%	No
1.4%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

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.

How interested are you in using telehealth services for yourself or a loved one if needed? Are you ...?
[READ RESPONSE OPTIONS IN ORDER]

<u>All Respondents (N=801)</u>	
17.1%	Extremely interested
24.1%	Very interested
33.9%	Somewhat interested
11.7%	Not very interested
11.9%	Not at all interested
1.3%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q40. Do you support or oppose policies that would ... **[INSERT A-D IN RANDOM ORDER]?** Q41. Is that strongly or somewhat?

<u>All Respondents (N=801)</u>	<u>Strongly support</u>	<u>Some-what support</u>	<u>Neither support/oppose/not sure</u>	<u>Some-what oppose</u>	<u>Strongly oppose</u>	<u>REF</u>
a. Require health care providers to follow strict guidelines to protect patient information such as using secure connections and encryption	74.8%	14.9%	3.8%	3.6%	2.9%	0.0%
b. Invest in technology to protect the security of sensitive health information	67.0%	21.3%	5.3%	2.9%	3.4%	0.1%
c. Require private health insurance or employer-based insurance to cover telehealth services	34.6%	32.8%	10.3%	12.0%	10.1%	0.2%
d. Require Medicare and Medicaid to cover telehealth services	46.0%	30.5%	6.9%	7.6%	8.8%	0.1%
e. Requiring Utah's Public Employee's Health Plan to cover telehealth services. This is the health insurance plan for employees who work in Utah's public institutions such as state and local governments and schools	38.9%	31.3%	9.8%	10.8%	8.6%	0.6%
f. Invest in broadband Internet coverage and new technologies to improve people's access to telehealth services	35.8%	37.0%	11.0%	9.1%	6.5%	0.7%

Q42. And, do you support or oppose policies that would ... **[INSERT A-C IN RANDOM ORDER]?** Q43. Is that strongly or somewhat?

<u>All Respondents (N=801)</u>	<u>Strongly support</u>	<u>Some-what support</u>	<u>Neither support/oppose/not sure</u>	<u>Some-what oppose</u>	<u>Strongly oppose</u>	<u>REF</u>
a. Allow you or a loved one to remain at home and receive telehealth services from a health care provider located in their office	53.7%	34.2%	5.5%	3.4%	2.8%	0.4%
b. Provide greater access to in-home medical monitoring technologies that allow patients with chronic health conditions to connect, consult, and monitor their condition by health care providers via computers or tablets	53.5%	36.6%	4.5%	2.9%	2.0%	0.5%
c. Allow for the coverage of telehealth services regardless of the distance between a person's home and their health care provider's office	48.9%	31.8%	8.9%	5.7%	4.3%	0.4%

INDEPENDENT LIVING

Q44. If you or a loved one needed help when the basic tasks of life become more difficult due to aging or illness, where would you prefer to receive that care or help for yourself or a loved one?

[INSERT, READ AND RANDOMIZE ITEMS A-C. ACCEPT ONLY ONE ANSWER]

All Respondents (N=801)

- 82.6% a. At home with caregiver assistance
- 10.7% b. In an assisted living facility or group home
- 1.4% c. In a nursing home
- 4.9% Not sure [DO NOT READ]
- 0.4% Refused [DO NOT READ]

Q45. 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 ... **[INSERT, READ AND RANDOMIZE ITEMS A-J.]** in your community? Is it ...? **[INSERT AND READ EACH IMPORTANCE ANSWER CATEGORY]**

<u>All Respondents (N=801)</u>	<u>Extremely important</u>	<u>Very important</u>	<u>Somewhat important</u>	<u>Not very important</u>	<u>Not at all important</u>	<u>NS/ REF</u>
a. Senior or community centers	23.0%	38.1%	31.7%	3.8%	1.6%	1.8%
b. Chore or homemaker services where someone comes in to do light housekeeping or cleaning for low-income and older persons	22.8%	35.0%	35.8%	3.8%	1.6%	1.0%
c. Congregate meals such as senior lunch programs [IF NECESSARY READ: Congregate meal programs provide meals and nutrition services to older persons in a group setting like a senior center].	22.6%	35.1%	32.1%	5.4%	2.8%	2.0%
d. Home delivered meals	27.4%	34.1%	31.9%	3.1%	2.6%	0.9%
e. Visiting nurse services, such as an RN who comes to your home after a hospitalization	35.4%	42.0%	20.3%	0.9%	0.5%	0.8%
f. Well-trained certified home health care providers	39.7%	44.2%	13.7%	0.6%	0.7%	0.9%
g. Breaks for family caregivers from caregiving duties	27.8%	37.8%	28.8%	2.1%	1.8%	1.8%
h. End of life or hospice services [IF NECESSARY READ: Medication or services provided to relieve symptoms of terminal illness]	47.2%	38.0%	10.3%	1.6%	1.3%	1.5%

<u>All Respondents (N=801)</u>	<u>Extremely important</u>	<u>Very important</u>	<u>Somewhat important</u>	<u>Not very important</u>	<u>Not at all important</u>	<u>NS/ REF</u>
i. Special transportation services such as one for seniors or persons with disabilities	31.1%	41.5%	23.4%	1.7%	1.2%	1.2%
j. An easy way for caregivers to find information and resources to help them provide care	35.3%	43.7%	16.7%	0.9%	1.5%	1.8%

Demographics

The following questions are for classification purposes only and will be kept entirely confidential.

D1. What is your current marital status? Are you ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=801)

78.6%	Married
1.6%	Not married, living with your partner or significant other
0.2%	Separated
5.7%	Divorced
8.1%	Widowed
5.6%	Or are you currently single and never married
0.0%	Not sure [DO NOT READ]
0.2%	Refused [DO NOT READ]

D2. **[IF D1=1 ASK:** "Are you or your spouse currently a member of A-A-R-P?" **IF D1=2 ASK:** "Are you or your partner currently a member of A-A-R-P?" **OTHERWISE ASK** "Are you currently a member of A-A-R-P?"]

All Respondents (N=801)

33.5%	Yes
65.8%	No
0.6%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

D3. In general, when compared to most people your age, how would you rate your health? Is it ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=801)

21.8%	Excellent
38.0%	Very good
27.2%	Good
9.3%	Fair
3.5%	Poor
0.1%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

D4. Thinking about who lives in your household, do you currently ...? **[INSERT AND READ ITEMS A-C BELOW]**

<u>All Respondents (N=801)</u>	<u>Yes</u>	<u>No</u>	<u>Not sure</u>	<u>Refused</u>
a. Have any children 18 and under living with you	34.1%	65.8%	0.1%	0.0%
b. Have any children 19 and over living with you	31.4%	68.4%	0.0%	0.3%
c. Have a parent or adult relative living with you	10.9%	89.0%	0.0%	0.1%

D5. Do you own or rent your primary residence?

<u>All Respondents (N=801)</u>	
91.7%	Own
6.6%	Rent
1.0%	Other living arrangement [DO NOT READ]
0.1%	Not sure [DO NOT READ]
0.6%	Refused [DO NOT READ]

D6. What is the highest level of education that you completed? Is it ...? **[READ EACH ANSWER CATEGORY]**

<u>All Respondents (N=801)</u>	
1.5%	0 to 12 th grade, but with no diploma
17.1%	High school graduate or equivalent
16.9%	Post high school education, but with no degree
16.6%	2 year degree
25.3%	4 year degree
6.0%	Post graduate study, but with no degree
16.4%	Graduate or professional degree
0.1%	Not sure [DO NOT READ]
0.1%	Refused [DO NOT READ]

D7. Are you of Hispanic, Spanish, or Latino origin or descent?

<u>All Respondents (N=801)</u>	
3.2%	Yes
96.3%	No
0.1%	Not sure [DO NOT READ]
0.4%	Refused [DO NOT READ]

D8. What is your race? Are you ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

<u>All Respondents (N=801)</u>	
94.0%	White or Caucasian
0.7%	Black or African American
0.5%	Native American or Alaskan Native
0.2%	Asian
0.3%	Native Hawaiian or other Pacific Islander
2.6%	Or are you some other race?
0.1%	Not sure [DO NOT READ]
1.6%	Refused [DO NOT READ]

D9. Thinking about your state elections for Utah Governor and Legislators in the last 10 years, which of the following best describes your voting behavior? Would you say you vote ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=801)

- 67.3% Always
- 26.0% Most of the time
- 4.7% About half of the time
- 1.3% Seldom
- 0.1% Never
- 0.1% Not sure [DO NOT READ]
- 0.4% Refused [DO NOT READ]

D10. Do you consider yourself to be a ...? **[INSERT, READ AND RANDOMIZE ITEMS A-C, FOLLOW UP WITH D]**

All Respondents (N=801)

- 14.3% a. Democrat
- 43.8% b. Republican
- 35.0% c. Independent
- 4.3% d. Something else [DO NOT READ]
- 0.8% Not sure [DO NOT READ]
- 1.9% Refused [DO NOT READ]

D11. How would you characterize your political views? Would you say you are ...? **[INSERT, READ AND RANDOMIZE ITEMS A-C]**

All Respondents (N=801)

- 48.8% a. Conservative
- 34.9% b. Moderate
- 11.0% c. Liberal
- 2.2% None of these [DO NOT READ]
- 2.4% Not sure [DO NOT READ]
- 0.7% Refused [DO NOT READ]

D12. Have you ever used any of the following healthcare technology for yourself or someone else? **[INSERT, READ, AND RANDOMIZE ITEMS A-E]**

<u>All Respondents (N=801)</u>	<u>Yes</u>	<u>No</u>	<u>Not sure</u>	<u>Refused</u>
a. Tools that alert you to take medications on time	9.9%	89.5%	0.4%	0.3%
b. Personal emergency response systems that let you call for help easily in an emergency	19.0%	79.9%	0.7%	0.4%
c. An online support community for caregivers, like the A-A-R-P Caregiver Resource Center	5.5%	93.5%	0.7%	0.3%

D13. In your residence, do you or any member of your household access the Internet?

All Respondents (N=801)

94.1% Yes
 5.7% No
 0.1% Not sure [DO NOT READ]
 0.1% Refused [DO NOT READ]

D14. In general, how comfortable are you in using ... **[INSERT A-C IN RANDOM ORDER]**. Are you ...?
[READ RESPONSE OPTIONS IN ORDER]

<u>All Respondents (N=801)</u>	Extremely comfortable	Very comfortable	Somewhat comfortable	Not very comfortable	Not at all comfortable	Not sure	Refused
a. The Internet	35.7%	32.5%	20.8%	5.0%	5.2%	0.4%	0.5%
b. Computers	34.5%	31.3%	22.5%	5.5%	4.8%	1.0%	0.4%
c. Cell phones or smart phones	31.1%	33.0%	22.8%	5.4%	5.1%	2.0%	0.6%

D15. 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 ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=801)

2.0% Less than \$10,000
 3.3% \$10,000 to less than \$20,000
 7.0% \$20,000 to less than \$30,000
 8.2% \$30,000 to less than \$40,000
 7.5% \$40,000 to less than \$50,000
 9.3% \$50,000 to less than \$60,000
 9.3% \$60,000 to less than \$75,000
 13.3% \$75,000 to less than \$100,000
 12.5% \$100,000 to less than \$125,000
 5.7% \$125,000 to less than \$150,000
 3.9% \$150,000 to less than \$200,000
 5.6% \$200,000 or more
 3.6% Not sure [DO NOT READ]
 8.7% Refused [DO NOT READ]

That was our last question for tonight/today. Thanks you very much for taking the time to help us out. Have a great day/night!

METHODOLOGY

AARP Utah commissioned a telephone survey among 801 registered voters age 40-plus in Utah to learn about their experiences with family caregiving. The sample utilized an age-targeted registered voter landline and cell phone list. The sample was obtained from Aristotle International. The sample database consisted of 822,529 registered voters age 40-plus in the State of Utah. There are approximately 393,234 residents of Utah age 40-plus who are not registered to vote, and there are approximately 291,997 registered voters age 40-plus who did not have a phone number on file that were not included in the sampling of this study. Quotas were used in this study based on age and gender and were filled based on responses to questions in the questionnaire. They were designed to yield a proportional representation of the Utah age 40-plus registered voter population.

Voter files were selected at random from the voter list to be dialed. American Directions asked to speak with the registered voter listed on the file. If that person was unavailable, American Directions asked to speak with another member of the household aged 40-plus who was a registered voter. The interviews averaged 25 minutes in length and were conducted in English. The survey has a margin of sampling error of ± 3.5 percent.

This report highlights results from 801 residents interviewed from September 12, 2018 to September 30, 2018. The data collection and weighting were performed by American Directions. The data is weighted by age and gender to reflect registered voters in Utah age 40-plus, based on the population of registered voters 40-plus from the sample source.

Percentages reported are rounded. For more information about the methodology, contact Terri Guengerich, AARP Research, tguengerich@aarps.org, (202)434-6306.