

2018 AARP Utah Caregiving Survey: Overwhelming Support for Respite Care For Family Caregivers



Most Utah voters age 40 and older have experiences as family caregivers, or believe they are likely to be a caregiver in the future. Nearly half of Utah voters 40-plus say they have provided care – either currently (15%) or in the past (33%) – on an unpaid basis for an adult loved one who is ill, frail, elderly or who has a disability. Of those who have never provided care, about two in three (65%) say it is at least somewhat likely they will do so in the future.

According to the survey, a typical family caregiver in Utah (currently caring for an adult loved one) is a woman (55%), who is married (81%), is 59 years of age, and cares for a parent who is 76 years of age. They have been employed either full- or part-time while providing care (68%). They have at least a two-year college degree (66%). In addition to providing care to their loved ones, over half (54%) are also caring for children 18 and younger or 19 and older who live with them.

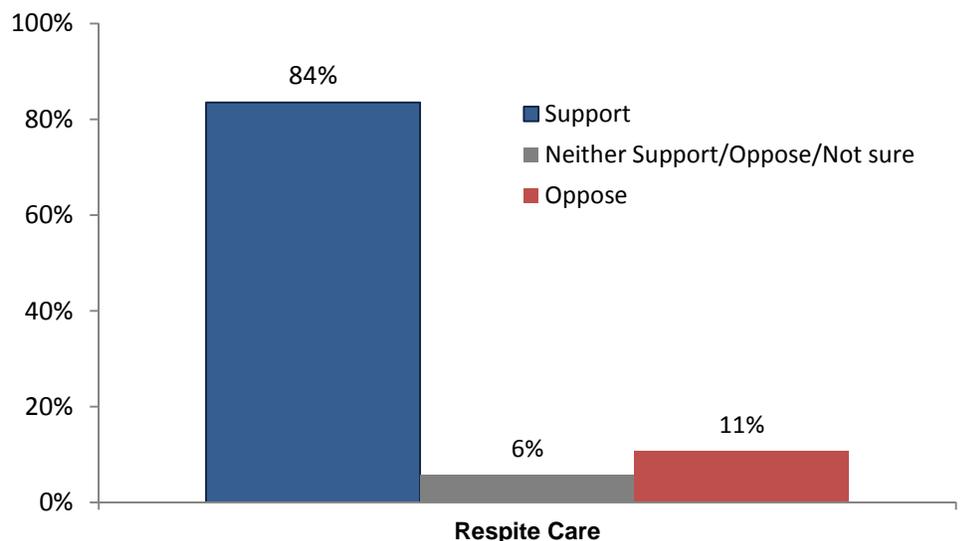
Utah caregivers (both current and former) report feeling stressed emotionally (69%) as well as financially (24%). Caregivers also report that they find it difficult to get rest (50%), manage their household (44%), exercise regularly (43%), maintain a healthy diet (28%), or visit their own doctor (16%). Working caregivers report feeling stressed in trying to balance their job and family (66%).

Respite care provides a temporary break for caregivers from their caregiving responsibilities. Respite care can be provided in-home by a trained health aide or volunteer or out-of-home through an adult day program or institution. Respite care provides many benefits to caregivers, perhaps mostly importantly, it helps them manage their personal lives. Taking a short break allows caregivers to focus on themselves, their families, and their other responsibilities.

Utah registered voters age 40-plus overwhelmingly support a proposal by which a state or local agency would provide short-term help so family caregivers can take a break from caregiving duties. More than eight in ten voters (84%) support, either strongly or somewhat, a proposal that would provide respite care to family caregivers.

Two in three voters (66%) also say that breaks for family caregivers from their caregiving responsibilities is extremely or very important to have available in their communities.

Support for Respite Care by Utah Voters 40-Plus
(N=801)



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@aarp.org, (202)434-6306.

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.

AARP staff from the Utah State Office, Campaigns, State Advocacy and Strategy Integration (SASI), and AARP Research contributed to the design, implementation, and reporting of this study. Special thanks go to AARP staff including Alan Ormsby, Daniel Harris, and Laura Polacheck – AARP Utah State Office; Katie Gallehugh, William F. Brown III, and Priscilla Hume – Campaigns; Glen Fewkes – SASI; and Terry Kennan and Aisha Bonner – AARP Research. Please contact Terri Guengerich, the author of this report, at 202.434.6306 for more information regarding this survey.

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