

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]**

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?

All Respondents (N=1,152)

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]
20.8%	40-49
13.0%	50-54
27.2%	55-64
39.0%	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=1,152)

47.3%	Male
52.7%	Female

S4. Are you registered to vote in California?

All Respondents (N=1,152)

100.0%	Yes
0.0%	No [THANK AND TERMINATE]

S5. Are you of Hispanic, Spanish, or Latino origin or descent?

All Respondents (N=1,152)

29.8%	Yes
69.4%	No
0.4%	Not sure [DO NOT READ]
0.4%	Refused [DO NOT READ]

S6. What is your race? Are you ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=1,152)

62.3%	White or Caucasian
8.3%	Black or African American
1.5%	Native American or Alaskan Native
5.5%	Asian
1.2%	Native Hawaiian or other Pacific Islander
18.8%	Or are you some other race?
0.8%	Not sure [DO NOT READ]
1.6%	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."]**

Q15. 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=1,152)

14.4%	Yes, I am currently providing care to an adult loved one
30.1%	Yes, I have been a family caregiver
55.4%	No, I am not currently or formerly a family caregiver
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]** Q16. 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=166)

7.7%	18-49
3.2%	50-59
4.2%	60-64
84.9%	65+
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]
81	Median age

Former Caregivers (n=347)

2.0%	18-49
6.2%	50-59
4.0%	60-64
87.7%	65+
0.1%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]
80	Median age

Current and Former Caregivers (n=513)

3.8%	18-49
5.2%	50-59
4.1%	60-64
86.8%	65+
0.1%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]
80	Median age

- Q3. Who are you caring for? **[PLEASE CODE TO LIST BELOW, IF NOT ON LIST, PLEASE ADD TO THE LIST]**
Q17. Who did you care for? **[PLEASE CODE TO LIST BELOW, IF NOT ON LIST, PLEASE ADD TO THE LIST]**

Current Caregivers (n=166)

59.5%	Parents (mother, father, mother-in-law, father-in-law)
3.8%	Siblings (brother, sister, brother-in-law)
21.5%	Spouse (husband, wife, companion, partner)
5.3%	Children (son, daughter)
6.5%	Other relative (grandfather, grandmother, grandson, granddaughter, nephew, uncle, aunt)
3.2%	Non-relative (friend)
0.2%	Other
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Former Caregivers (n=347)

60.6%	Parents (mother, father, mother-in-law, father-in-law)
4.9%	Siblings (brother, sister, brother-in-law, sister-in-law)
16.5%	Spouse (husband, wife, companion, partner)
0.8%	Children (son, daughter)
12.6%	Other relative (grandfather, grandmother, grandmother-in-law, niece, uncle, aunt)
3.4%	Non-relative (friend, neighbor)
1.1%	Other
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Current and Former Caregivers (n=513)

- 60.3% Parents (mother, father, mother-in-law, father-in-law)
- 4.6% Siblings (brother, sister, brother-in-law, sister-in-law)
- 18.2% Spouse (husband, wife, companion, partner)
- 2.3% Children (son, daughter)
- 10.8% Other relative (grandfather, grandmother, grandmother-in-law, grandson, granddaughter, nephew, niece, uncle, aunt)
- 3.3% Non-relative (friend, neighbor)
- 0.8% Other
- 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]**

Q18. 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=166)

	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Assisting with bathing or dressing	50.7%	49.3%	0.0%
b. Providing transportation to appointments [If yes, ask: Q4b1. Did you drive or accompany your loved one to medical appointments?]	89.2%	10.8%	0.0%
c. Taking them shopping or shopping for them	91.2%	8.8%	0.0%
d. Helping them with meals	85.5%	14.5%	0.0%
e. Helping them to manage finances	78.6%	19.8%	1.7%
f. Aiding with household chores	86.6%	12.5%	0.9%
g. Providing social activities or companionship	94.8%	4.4%	0.8%
h. Overseeing their medication management	73.5%	26.5%	0.0%
i. Being responsible for other medical or nursing tasks	68.2%	28.8%	2.9%

Former Caregivers (n=347)

	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Assist with bathing or dressing	68.6%	31.0%	0.4%
b. Provide transportation to appointments [If yes, ask: Q18b1. Did you drive or accompany your loved one to medical appointments?]	91.0%	9.0%	0.0%
c. Take them shopping or shop for them	89.1%	10.9%	0.0%
d. Help them with meals	86.5%	13.4%	0.1%
e. Help them to manage finances	68.0%	32.0%	0.0%
f. Aid with household chores	89.1%	10.9%	0.0%
g. Provide social activities or companionship	93.3%	6.0%	0.7%
h. Oversee their medication management	74.0%	26.0%	0.0%
i. Have responsibility for other medical or nursing tasks	63.8%	34.5%	1.7%

<u>Current and Former Caregivers (n=513)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Assist (ing) with bathing or dressing	62.8%	36.9%	0.3%
b. Provide (ing) transportation to appointments	90.4%	9.6%	0.0%
c. Take (ing) them shopping or shop for them	89.8%	10.2%	0.0%
d. Help (ing) them with meals	86.2%	13.8%	0.1%
e. Help (ing) them to manage finances	71.4%	28.1%	0.5%
f. Aid (ing) with household chores	88.3%	11.4%	0.3%
g. Provide (ing) social activities or companionship	93.8%	5.5%	0.7%
h. Oversee (ing) their medication management	73.8%	26.2%	0.0%
i. Take (be) responsibility for other medical or nursing tasks	65.2%	32.7%	2.1%

Q4b1. Do you drive or accompany your loved one to medical appointments?

Q18b1. Did you drive or accompany your loved one to medical appointments?

Current Caregivers Who Drive Loved Ones to Appointments (n=148)

95.1%	Yes
4.9%	No
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Former Caregivers Who Drove Loved Ones to Appointments (n=316)

95.8%	Yes
4.2%	No
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Current and Former Caregivers Who Drive (Drove)Loved Ones to Appointments (n=464)

95.6%	Yes
4.4%	No
0.0%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q5. How often do you **[INSERT YES RESPONSE A-I; ADJUSTED FOR WORDING, I.E., ASSISTING CHANGED TO ASSIST, ETC.]**, is it ...? **[READ RESPONSES BELOW IN ORDER]**

<u>Current Caregivers Who Perform These Tasks</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>	<u>NS/REF</u>
a. Assist with bathing or dressing (n=84)	49.9%	34.1%	6.9%	9.2%
b. Provide transportation to appointments (n=148)	8.7%	36.5%	47.4%	7.4%
c. Take them shopping or shop for them (n=151)	10.2%	68.8%	19.2%	1.8%
d. Help them with meals (n=142)	77.9%	17.0%	4.2%	0.9%
e. Help them to manage finances (n=130)	30.9%	28.5%	33.9%	6.7%
f. Aid with household chores (n=144)	70.3%	19.7%	5.6%	4.4%
g. Provide social activities or companionship (n=157)	62.4%	29.8%	7.6%	0.2%
h. Oversee their medication management (n=122)	66.9%	23.3%	7.6%	2.3%
i. Take responsibility for other medical or nursing tasks (n=113)	49.9%	15.6%	24.6%	9.9%

Q6. Q19. Have you ever been employed either full- or part-time while providing care to your adult loved one?

Current Caregivers (n=166)

- 65.0% Yes **[ASK Q7]**
- 33.7% No **[SKIP TO Q9]**
- 1.3% Not sure [DO NOT READ] **[SKIP TO Q9]**
- 0.0% Refused [DO NOT READ] **[SKIP TO Q9]**

Former Caregivers (n=347)

- 57.1% Yes **[ASK Q20]**
- 42.9% No **[SKIP TO Q22]**
- 0.0% Not sure [DO NOT READ] **[SKIP TO Q22]**
- 0.0% Refused [DO NOT READ] **[SKIP TO Q22]**

Current and Former Caregivers (n=513)

- 59.6% Yes
- 40.0% No
- 0.4% Not sure [DO NOT READ]
- 0.0% Refused [DO NOT READ]

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]**

Current Working Caregivers (n=108)

	Yes	No	NS/REF
a. Go into work early or late, or take time off to provide care for a loved one	75.9%	22.8%	1.3%
b. Take a leave of absence from your job to provide care for a loved one	38.2%	60.5%	1.3%
c. Go from working full-time to part-time to provide care for a loved one	27.1%	71.8%	1.2%
d. Give up working entirely to provide care for a loved one	22.9%	77.1%	0.0%

Former Working Caregivers (n=198)

	Yes	No	NS/REF
a. Go into work early or late, or take time off to provide care for a loved one	67.7%	32.3%	0.0%
b. Take a leave of absence from your job to provide care for a loved one	30.8%	68.7%	0.5%
c. Go from working full-time to part-time to provide care for a loved one	26.9%	72.4%	0.7%
d. Give up working entirely to provide care for a loved one	21.5%	78.0%	0.5%

Current and Former Working Caregivers (n=306)

	Yes	No	NS/REF
a. Go into work early or late, or take time off to provide care for a loved one	70.6%	28.9%	0.4%
b. Take a leave of absence from your job to provide care for a loved one	33.4%	65.8%	0.8%
c. Go from working full-time to part-time to provide care for a loved one	26.9%	72.2%	0.9%
d. Give up working entirely to provide care for a loved one	22.0%	77.7%	0.3%

Q8. **[IF Q7A=YES ASK]** Q21. **[IF Q20A=YES ASK]:** You mentioned that you had to go into work early or late, or take time off to provide care to an adult loved one. How often would you say you had to take time away from work or adjust your work schedule to provide care for someone? Would you say ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

Current Caregivers Who Adjusted Work Schedule (n=82)

- 16.8% More than once per week
- 4.6% Once per week
- 36.3% Several times per month but less often than once per week
- 11.4% Once per month
- 24.9% Less than once per month
- 5.7% Not sure [DO NOT READ]
- 0.3% Refused [DO NOT READ]

Former Caregivers Who Adjusted Work Schedule (n=134)

- 18.6% More than once per week
- 17.3% Once per week
- 28.0% Several times per month but less often than once per week
- 13.2% Once per month
- 14.1% Less than once per month
- 7.2% Not sure [DO NOT READ]
- 1.6% Refused [DO NOT READ]

Current and Former Caregivers Who Adjusted Work Schedule (n=216)

- 17.9% More than once per week
- 12.5% Once per week
- 31.2% Several times per month but less often than once per week
- 12.5% Once per month
- 18.2% Less than once per month
- 6.6% Not sure [DO NOT READ]
- 1.1% Refused [DO NOT READ]

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=166)

	Yes	No	NS/REF
a. Use your own money to help provide care	72.8%	26.4%	0.8%
b. Make changes to your home for the loved one in your care	50.1%	48.0%	1.9%
c. Move into another home to accommodate the loved one in your care	11.7%	88.1%	0.2%

Former Caregivers (n=347)

	Yes	No	NS/REF
a. Use your own money to help provide care	64.0%	34.5%	1.5%
b. Make changes to your home for the loved one in your care	42.4%	56.8%	0.8%
c. Move into another home to accommodate the loved one in your care	16.6%	82.3%	1.1%

<u>Current and Former Caregivers (n=513)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Use your own money to help provide care	66.9%	31.9%	1.2%
b. Make changes to your home for the loved one in your care	44.9%	53.9%	1.2%
c. Move into another home to accommodate the loved one in your care	15.0%	84.2%	0.8%

Q10. As a caregiver, have you ever spent your own money to help care for your loved one for any of the following? **[INSERT, READ AND RANDOMIZE ITEMS A-F]**

Q23. As a caregiver, did you ever spend your own money to help care for your loved one for any of the following? **[INSERT, READ AND RANDOMIZE ITEMS A-F]**

<u>Current Caregivers (n=166)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Hiring a home health aide or personal care attendant	29.1%	69.6%	1.3%
b. Using respite [PRONOUNCED RES-PIT] care to get a break from your caregiving responsibilities	21.4%	77.1%	1.5%
c. Using adult day care	13.3%	86.3%	0.4%
d. Transporting your loved one to where they need to go	80.3%	19.7%	0.0%
e. Assistive equipment or technology that helps your loved one such as a wheelchair, hearing or vision aids, or wearable devices	54.2%	44.8%	1.0%
f. Modifications made to your home or your loved ones' home to help them adapt to their changing needs, such as making it easier to get in and out of the home or changes to bathrooms, bedrooms, or the kitchen	49.5%	50.5%	0.0%

<u>Former Caregivers (n=347)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Hiring a home health aide or personal care attendant	28.2%	71.7%	0.1%
b. Using respite [PRONOUNCED RES-PIT] care to get a break from your caregiving responsibilities	21.4%	76.3%	2.3%
c. Using adult day care	10.9%	88.3%	0.8%
d. Transporting your loved one to where they need to go	81.1%	18.9%	0.0%
e. Assistive equipment or technology that helps your loved one such as a wheelchair, hearing or vision aids, or wearable devices	49.9%	49.6%	0.5%
f. Modifications made to your home or your loved ones' home to help them adapt to their changing needs, such as making it easier to get in and out of the home or changes to bathrooms, bedrooms, or the kitchen	47.7%	51.9%	0.4%

<u>Current and Former Caregivers (n=513)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Hiring a home health aide or personal care attendant	28.5%	71.0%	0.5%
b. Using respite [PRONOUNCED RES-PIT] care to get a break from your caregiving responsibilities	21.4%	76.6%	2.0%
c. Using adult day care	11.7%	87.7%	0.7%
d. Transporting your loved one to where they need to go	80.8%	19.2%	0.0%
e. Assistive equipment or technology that helps your loved one such as a wheelchair, hearing or vision aids, or wearable devices	51.3%	48.0%	0.6%
f. Modifications made to your home or your loved ones' home to help them adapt to their changing needs, such as making it easier to get in and out of the home or changes to bathrooms, bedrooms, or the kitchen	48.3%	51.5%	0.3%

Q11. Q24. As a caregiver do you ever ...? **[INSERT, READ AND RANDOMIZE ITEMS A-I. READ J LAST]**
[RECORD A RESPONSE FOR EACH ITEM]

<u>Current Caregivers (n=166)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Feel stressed emotionally due to your caregiving responsibilities	62.5%	37.5%	0.0%
b. Feel stressed in trying to balance your job and family [SKIP IF ANSWERED NO, NOT SURE, OR REFUSED TO Q6] [n=108]	72.5%	27.5%	0.0%
c. Find it difficult to maintain a healthy diet	34.7%	65.3%	0.0%
d. Find it difficult to get enough rest	54.8%	44.4%	0.8%
e. Find it difficult to exercise regularly	52.4%	46.8%	0.9%
f. Find it difficult to take care of your household responsibilities	47.8%	51.3%	0.9%
g. Experience problems with your health	34.7%	65.3%	0.0%
h. Find it difficult to make time to visit your doctor	33.6%	66.2%	0.2%
i. Feel strained financially due to your caregiving responsibilities	39.7%	60.3%	0.0%
j. Feel stressed about anything else	44.4%	54.0%	1.5%
<u>Former Caregivers (n=347)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Feel stressed emotionally due to your caregiving responsibilities	70.1%	29.4%	0.5%
b. Feel stressed in trying to balance your job and family [SKIP IF ANSWERED NO, NOT SURE, OR REFUSED TO Q19] [n=198]	75.0%	25.0%	0.0%
c. Find it difficult to maintain a healthy diet	29.7%	70.2%	0.1%
d. Find it difficult to get enough rest	58.1%	41.9%	0.0%
e. Find it difficult to exercise regularly	47.2%	52.3%	0.5%
f. Find it difficult to take care of your household responsibilities	41.0%	58.7%	0.4%
g. Experience problems with your health	31.1%	68.3%	0.5%
h. Find it difficult to make time to visit your doctor	25.9%	73.6%	0.5%
i. Feel strained financially due to your caregiving responsibilities	27.1%	72.5%	0.3%
j. Feel stressed about anything else	45.5%	54.0%	0.5%
<u>Current and Former Caregivers (n=513)</u>	<u>Yes</u>	<u>No</u>	<u>NS/REF</u>
a. Feel stressed emotionally due to your caregiving responsibilities	67.6%	32.0%	0.3%
b. Feel stressed in trying to balance your job and family [n=306]	74.1%	25.9%	0.0%
c. Find it difficult to maintain a healthy diet	31.3%	68.6%	0.1%
d. Find it difficult to get enough rest	57.0%	42.7%	0.3%
e. Find it difficult to exercise regularly	48.9%	50.5%	0.6%
f. Find it difficult to take care of your household responsibilities	43.2%	56.3%	0.5%
g. Experience problems with your health	32.3%	67.3%	0.4%
h. Find it difficult to make time to visit your doctor	28.4%	71.2%	0.4%
i. Feel strained financially due to your caregiving responsibilities	31.2%	68.6%	0.2%
j. Feel stressed about anything else	45.2%	54.0%	0.8%

Q12. Q25. As a caregiver, how often do you feel that ... **[INSERT, READ AND RANDOMIZE ITEMS A-E]? Would you say ... [INSERT RESPONSE OPTIONS IN ORDER]**

<u>Current Caregivers (n=166)</u>	<u>Always</u>	<u>Very often</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>	<u>NS/REF</u>
a. You are helping your loved one	73.0%	20.1%	5.5%	0.6%	0.0%	0.8%
b. You are helping your family by caring for your loved one	68.1%	18.5%	7.1%	1.0%	4.1%	1.3%
c. Being a caregiver provides you with a sense of accomplishment	45.5%	17.4%	26.2%	3.7%	4.1%	3.1%
d. Your loved one appreciates the care that you provide	56.2%	21.3%	16.5%	0.8%	2.3%	3.0%
e. Being a caregiver provides companionship for you	35.8%	18.1%	22.9%	8.7%	11.1%	3.4%
<u>Former Caregivers (n=347)</u>	<u>Always</u>	<u>Very often</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>	<u>NS/REF</u>
a. You are helping your loved one	72.5%	16.9%	9.1%	1.1%	0.0%	0.4%
b. You are helping your family by caring for your loved one	70.2%	14.9%	8.7%	2.5%	2.8%	0.8%
c. Being a caregiver provides you with a sense of accomplishment	41.7%	19.8%	25.8%	5.6%	5.3%	1.9%
d. Your loved one appreciates the care that you provide	63.5%	14.1%	12.5%	5.2%	2.7%	2.0%
e. Being a caregiver provides companionship for you	41.9%	15.8%	21.3%	7.7%	11.6%	1.7%
<u>Current and Former Caregivers (n=513)</u>	<u>Always</u>	<u>Very often</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>	<u>NS/REF</u>
a. You are helping your loved one	72.7%	17.9%	7.9%	0.9%	0.0%	0.5%
b. You are helping your family by caring for your loved one	69.5%	16.1%	8.2%	2.0%	3.2%	1.0%
c. Being a caregiver provides you with a sense of accomplishment	42.9%	19.0%	25.9%	5.0%	4.9%	2.3%
d. Your loved one appreciates the care that you provide	61.2%	16.4%	13.8%	3.8%	2.6%	2.3%
e. Being a caregiver provides companionship for you	39.9%	16.5%	21.8%	8.0%	11.4%	2.3%

Q13. 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]**

Q26. 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]**

<u>Current Caregivers (n=166)</u>	
64.1%	Extremely important
26.5%	Very important
3.1%	Somewhat important
0.8%	Not very important
1.4%	Not at all important
4.1%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Former Caregivers (n=347)

53.8%	Extremely important
34.0%	Very important
4.7%	Somewhat important
1.5%	Not very important
2.6%	Not at all important
2.7%	Not sure [DO NOT READ]
0.8%	Refused [DO NOT READ]

Current and Former Caregivers (n=513)

57.1%	Extremely important
31.6%	Very important
4.2%	Somewhat important
1.3%	Not very important
2.2%	Not at all important
3.1%	Not sure [DO NOT READ]
0.6%	Refused [DO NOT READ]

Q14. Q27. Q28. 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=166)

48.8%	Extremely likely
27.6%	Very likely
8.8%	Somewhat likely
8.3%	Not very likely
3.9%	Not at all likely
2.7%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Former Caregivers (n=347)

21.2%	Extremely likely
19.8%	Very likely
20.5%	Somewhat likely
19.1%	Not very likely
15.8%	Not at all likely
3.6%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Current and Former Caregivers (n=513)

30.2%	Extremely likely
22.3%	Very likely
16.7%	Somewhat likely
15.6%	Not very likely
11.9%	Not at all likely
3.3%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Never Caregivers (n=639)

7.8%	Extremely likely
16.3%	Very likely
26.8%	Somewhat likely
20.6%	Not very likely
24.8%	Not at all likely
3.7%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

All Respondents (N=1,152)

17.7%	Extremely likely
19.0%	Very likely
22.3%	Somewhat likely
18.4%	Not very likely
19.0%	Not at all likely
3.5%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q29. 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]**

	Extremely helpful	Very helpful	Somewhat helpful	Not very helpful	Not at all helpful	NS/REF
<u>All Respondents (N=1,152)</u>						
a. Assistance with providing transportation in general	23.8%	34.9%	20.5%	8.3%	10.6%	2.0%
b. Assistance with providing transportation to medical appointments	25.6%	36.2%	17.5%	8.1%	11.4%	1.2%
c. Assistance with understanding how to manage medications	18.5%	33.4%	17.0%	13.2%	16.4%	1.4%
d. Connecting with other caregivers in similar situations	11.9%	30.4%	26.3%	13.7%	15.0%	2.6%
e. Information about available resources for caregivers in your community	22.8%	40.3%	21.3%	5.5%	7.9%	2.2%
f. Respite care or breaks from caregiving responsibilities	22.2%	38.8%	17.8%	6.8%	10.8%	3.6%
g. Assistance with providing meals	17.6%	34.9%	23.7%	10.4%	12.3%	1.1%
h. Assistance with managing household chores	17.9%	37.2%	24.8%	7.3%	11.3%	1.4%
i. Information to help you plan or coordinate care with family or friends	15.9%	35.3%	22.1%	10.7%	13.8%	2.2%

Q30. Family caregivers help older residents in California 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]**

All Respondents (N=1,152)

- 37.6% Extremely important
- 41.0% Very important
- 15.4% Somewhat important
- 3.0% Not very important
- 1.5% 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-B]**

Q32. Is that strongly or somewhat? **[PROGRAMMER NOTE: ONLY DISPLAY RESPONSE OPTIONS THAT CORRESPOND TO THE RESPONSES GIVEN IN Q31]**

	<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>
<u>All Respondents (N=1,152)</u>						
a. Ensuring employers cannot fire an employee for taking time off for family caregiving purposes	67.5%	15.9%	4.8%	5.6%	5.9%	0.3%
b. Allowing employees to earn one hundred percent of their wages while they are on leave caring for themselves or a loved one	49.6%	20.3%	9.3%	9.2%	11.5%	0.1%

RESPIRE CARE

Q33. Do you support or oppose a state or local agency providing short-term help from a home health aide to family caregivers so family caregivers can take a break from their caregiving duties?

Q34. Is that strongly or somewhat? **[PROGRAMMER NOTE: ONLY DISPLAY RESPONSE OPTIONS THAT CORRESPOND TO THE RESPONSES GIVEN IN Q33]**

All Respondents (N=1,152)

- 64.9% Strongly support
- 23.4% Somewhat support
- 2.5% Neither support/oppose/not sure
- 4.5% Somewhat oppose
- 4.7% Strongly oppose
- 0.0% Refused

TAX CREDIT

Q35. Do you support or oppose providing a limited state income tax credit to family caregivers who incur expenses for the care and support of a family member living in California? Q36. Is that strongly or somewhat?

All Respondents (N=1,152)

69.0%	Strongly support
19.7%	Somewhat support
4.1%	Neither support/oppose/not sure
4.5%	Somewhat oppose
2.7%	Strongly oppose
0.1%	Refused

NURSING DELEGATION

Q37. Some states are considering a proposal that would allow registered nurses to give other trained health care workers under their supervision the authority to perform certain tasks, such as the administration of medication. This can relieve family caregivers from having to perform the task themselves or hiring a registered nurse to do so. Do you support or oppose allowing registered nurses in California to delegate more of their responsibilities to other health care workers as long as they were trained to do so? Q38. Is that strongly or somewhat?

All Respondents (N=1,152)

62.6%	Strongly support
22.8%	Somewhat support
4.0%	Neither support/oppose/not sure
4.9%	Somewhat oppose
5.6%	Strongly oppose
0.3%	Refused

NURSING SCOPE OF PRACTICE

Q39. Twenty-three states have passed laws that allow nurse practitioners, and other advanced practice registered nurses, to be licensed and practice to the full extent of their training. These nurse practitioners, who have additional training in specific areas like elder care, mental health, and hospice care, often visit older patients in their homes and provide preventive care for people with chronic conditions. By updating the rules, nurse practitioners can serve as the primary or acute care provider for a patient. Do you support or oppose modernizing outdated rules to allow nurse practitioners, who have advanced training, to serve as the primary or acute care provider for patients? Q40. Is that strongly or somewhat?

All Respondents (N=1,152)

68.6%	Strongly support
20.4%	Somewhat support
4.1%	Neither support/oppose/not sure
2.6%	Somewhat oppose
3.8%	Strongly oppose
0.5%	Refused

TELEHEALTH

Q41. Have you heard of the term telehealth or telemedicine?

All Respondents (N=1,152)

- 32.9% Yes
- 66.3% No
- 0.8% Not sure [DO NOT READ]
- 0.0% Refused [DO NOT READ]

Q42. 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 to care for a loved one or for yourself if needed? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=1,152)

- 25.0% Extremely interested
- 29.8% Very interested
- 23.8% Somewhat interested
- 10.2% Not very interested
- 9.6% Not at all interested
- 1.4% Not sure [DO NOT READ]
- 0.2% Refused [DO NOT READ]

Q43. Do you support or oppose policies that would ... **[INSERT A-D IN RANDOM ORDER]?** Q44. Is that strongly or somewhat?

<u>All Respondents (N=1,152)</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	75.9%	12.2%	6.7%	3.5%	1.6%	0.1%
b. Invest in technology to protect the security of sensitive health information	72.2%	15.4%	5.1%	4.1%	3.2%	0.0%
c. Require private health insurance, employer-based insurance, Medicare, and Medicaid to cover telehealth services	60.1%	22.5%	7.5%	5.2%	4.5%	0.1%
d. Invest in broadband Internet coverage and new technologies to improve people's access to telehealth services	54.3%	24.2%	9.6%	5.4%	6.2%	0.2%

Q45. And, do you support or oppose policies that would ... **[INSERT A-C IN RANDOM ORDER]**? Q46. Is that strongly or somewhat?

	Strongly support	Some-what support	Neither support/oppose/not sure	Some-what oppose	Strongly oppose	REF
<u>All Respondents (N=1,152)</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	64.6%	23.8%	5.1%	3.7%	2.7%	0.1%
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	64.9%	22.5%	4.4%	3.8%	4.3%	0.1%
c. Allow for the coverage of telehealth services regardless of the distance between a person's home and their health care provider's office	57.4%	25.5%	8.4%	3.6%	4.8%	0.3%

INDEPENDENT LIVING

Q47. 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=1,152)

- 83.2% a. At home with caregiver assistance
- 9.1% b. In an assisted living facility or group home
- 2.9% c. In a nursing home
- 4.4% Not sure [DO NOT READ]
- 0.4% Refused [DO NOT READ]

Q48. If you or a loved one needed help to remain independent, how important would it be to have services that would allow you or a loved one to live independently at home for as long as possible? Would it be ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=1,152)

- 63.2% Extremely important
- 28.2% Very important
- 6.7% Somewhat important
- 0.8% Not very important
- 0.5% Not at all important
- 0.5% Not sure [DO NOT READ]
- 0.1% Refused [DO NOT READ]

Q49. How important is it that services that help older adults live independently, such as home health care, personal care, day programs, and services so caregivers can take a break from their caregiving duties, are available in your community? Is it ...? **[INSERT AND READ EACH ANSWER CATEGORY]**

All Respondents (N=1,152)

48.5%	Extremely important
33.3%	Very important
14.1%	Somewhat important
1.6%	Not very important
1.3%	Not at all important
1.3%	Not sure [DO NOT READ]
0.0%	Refused [DO NOT READ]

Q50. 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=1,152)</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	27.2%	39.8%	24.3%	3.7%	2.4%	2.6%
b. Chore or homemaker services where someone comes in to do light housekeeping or cleaning for low-income and older persons	32.2%	38.2%	23.1%	2.8%	1.8%	1.9%
c. Group meals such as senior lunch programs [IF NECESSARY READ: Group meal programs provide meals and nutrition services to older persons in a group setting like a senior center].	27.4%	38.9%	23.4%	3.7%	4.0%	2.6%
d. Home delivered meals	30.9%	37.4%	23.3%	3.6%	2.6%	2.2%
e. Visiting nurse services, such as an RN who comes to your home after a hospitalization	44.0%	41.2%	11.7%	1.2%	0.7%	1.1%
f. Well-trained certified home health care providers	43.2%	43.7%	9.7%	0.9%	1.0%	1.4%
g. Breaks for family caregivers from caregiving duties	36.3%	38.1%	19.5%	1.8%	2.2%	2.1%
h. End of life or hospice services [IF NECESSARY READ: Medication or services provided to relieve symptoms of terminal illness]	48.0%	39.2%	7.4%	1.3%	0.6%	3.5%

<u>All Respondents (N=1,152)</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	39.8%	42.9%	13.8%	1.1%	1.2%	1.2%
j. An easy way for caregivers to find information and resources to help them provide care	40.7%	40.5%	14.8%	1.3%	1.0%	1.7%

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=1,152)

62.3%	Married
5.7%	Not married, living with your partner or significant other
1.6%	Separated
8.0%	Divorced
11.4%	Widowed
9.6%	Or are you currently single and never married
0.5%	Not sure [DO NOT READ]
0.9%	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=1,152)

29.0%	Yes
68.3%	No
2.5%	Not sure [DO NOT READ]
0.2%	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=1,152)

22.1%	Excellent
31.0%	Very good
26.3%	Good
15.8%	Fair
3.7%	Poor
1.0%	Not sure [DO NOT READ]
0.2%	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=1,152)</u>	<u>Yes</u>	<u>No</u>	<u>Not sure</u>	<u>Refused</u>
a. Have any children 18 and under living with you	22.7%	76.2%	0.7%	0.3%
b. Have any children 19 and over living with you	25.5%	73.5%	0.6%	0.3%
c. Have a parent or adult relative living with you	15.9%	83.0%	0.7%	0.5%

D5. Do you own or rent your primary residence?

<u>All Respondents (N=1,152)</u>	
73.0%	Own
23.0%	Rent
1.8%	Other living arrangement [DO NOT READ]
1.0%	Not sure [DO NOT READ]
1.3%	Refused [DO NOT READ]

D6. What type of home is your primary residence? Is it ...? **[READ EACH ANSWER CATEGORY]**

<u>All Respondents (N=1,152)</u>	
78.3%	A single family home
3.2%	A mobile home
3.6%	A town home or duplex
9.2%	An apartment
2.4%	A condominium or co-op
1.8%	Or something else
0.9%	Not sure [DO NOT READ]
0.5%	Refused [DO NOT READ]

D7. What is the highest level of education that you completed? Is it ...? **[READ EACH ANSWER CATEGORY]**

<u>All Respondents (N=1,152)</u>	
10.3%	0 to 12 th grade, but with no diploma
15.8%	High school graduate or equivalent
12.2%	Post high school education, but with no degree
15.7%	2 year degree
21.9%	4 year degree
6.3%	Post graduate study, but with no degree
15.6%	Graduate or professional degree
1.7%	Not sure [DO NOT READ]
0.5%	Refused [DO NOT READ]

D8. Which of the following best describes your current employment status? Are you ...? **[READ EACH ANSWER CATEGORY]**

All Respondents (N=1,152)

- 10.7% Self-employed full-time
- 4.3% Self-employed part-time
- 29.3% Employed full-time
- 4.8% Employed part-time
- 38.6% Retired and not working at all
- 2.8% Unemployed and looking for work
- 7.9% Or are you not in the labor force for other reasons
- 0.8% Not sure [DO NOT READ]
- 0.8% Refused [DO NOT READ]

D9. In your residence, do you or any member of your household access the Internet?

All Respondents (N=1,152)

- 83.1% Yes
- 15.2% No
- 1.4% Not sure [DO NOT READ]
- 0.3% Refused [DO NOT READ]

D10. In general, how comfortable are you in using ... **[INSERT A-C IN RANDOM ORDER]**. Are you ...? **[READ RESPONSE OPTIONS IN ORDER]**

	Extremely comfort- able	Very comfort- able	Somewhat comfort- able	Not very comfort- able	Not at all comfort- able	Not sure	Re- fused
<u>All Respondents (N=1,152)</u>							
a. The Internet	35.5%	26.3%	15.6%	7.7%	12.2%	1.9%	0.8%
b. Computers	33.9%	25.3%	17.6%	7.9%	12.0%	2.3%	1.0%
c. Cell phones or smart phones	32.6%	29.6%	17.9%	7.2%	9.2%	2.6%	0.9%

D11. Thinking about your state elections for California 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=1,152)

- 71.2% Always
- 17.8% Most of the time
- 5.4% About half of the time
- 2.5% Seldom
- 1.3% Never
- 1.4% Not sure [DO NOT READ]
- 0.4% Refused [DO NOT READ]

D12. Do you consider yourself to be a ...? **[INSERT, READ AND RANDOMIZE ITEMS A-C, FOLLOW UP WITH D]**

All Respondents (N=1,152)

- 47.1% a. Democrat
- 22.9% b. Republican
- 21.2% c. Independent
- 1.3% d. Something else [DO NOT READ]
- 3.4% Not sure [DO NOT READ]
- 4.1% Refused [DO NOT READ]

D13. How would you characterize your political views? Would you say you are ...? **[INSERT, READ AND RANDOMIZE ITEMS A-C]**

All Respondents (N=1,152)

- 31.8% a. Conservative
- 34.1% b. Moderate
- 24.4% c. Liberal
- 2.2% None of these [DO NOT READ]
- 5.4% Not sure [DO NOT READ]
- 2.1% Refused [DO NOT READ]

D14. Have you ever used any of the following healthcare technology for yourself or someone else? **[INSERT, READ, AND RANDOMIZE ITEMS A-E]**

All Respondents (N=1,152)

	<u>Yes</u>	<u>No</u>	<u>Not sure</u>	<u>Refused</u>
a. Tools that alert you to take medications on time	12.2%	84.9%	2.4%	0.5%
b. Personal emergency response systems that let you call for help easily in an emergency	20.6%	76.7%	2.2%	0.5%
c. An online support community for caregivers, like the A-A-R-P Caregiver Resource Center	5.8%	90.9%	2.6%	0.7%

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=1,152)

3.7%	Less than \$10,000
7.0%	\$10,000 to less than \$20,000
10.0%	\$20,000 to less than \$30,000
7.2%	\$30,000 to less than \$40,000
5.5%	\$40,000 to less than \$50,000
7.1%	\$50,000 to less than \$60,000
7.3%	\$60,000 to less than \$75,000
8.3%	\$75,000 to less than \$100,000
6.8%	\$100,000 to less than \$125,000
6.1%	\$125,000 to less than \$150,000
6.3%	\$150,000 to less than \$200,000
7.8%	\$200,000 or more
4.0%	Not sure [DO NOT READ]
13.1%	Refused [DO NOT READ]

D16 is proprietary.

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 California commissioned a telephone survey among 1,152 registered voters age 40-plus in California 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 11,490,543 registered voters age 40-plus in the State of California. There are approximately 6,449,756 residents of California age 40-plus who are not registered to vote, and there are approximately 4,770,594 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 California age 40-plus registered voter population. California registered voters 40-plus who identify their race as African-American/Black, Asian/Pacific Islander, or Hispanic/Latino were oversampled.

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 26 minutes in length and were conducted in English and Spanish. The survey has a margin of sampling error of ± 2.9 percent.

This report highlights results from 1,152 residents interviewed from August 22, 2018 to September 18, 2018. The data collection and weighting were performed by American Directions. The data is weighted by age, gender, race, and ethnicity to reflect registered voters in California 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.