Caregiving in Montana:
A Survey of Montana Registered Voters Age 45-plus

AARP Research Center – State Research
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Montana Caregivers Data

• 118,000 family caregivers of adults in Montana

• Providing 110 million hours of care at an estimated value of $1.4 B in 2013


• 48,000 Montanans are family caregivers of someone with Alzheimer’s or dementia in 2014.

(Source: American Alzheimer’s Association alz.org/facts)
Methodology

• Telephone survey conducted by Precision Opinion of 800 Registered Voters age 45-plus (via list)
• Cell phone sample of 82
• Interviews conducted from September 2^{nd} to September 14^{th}, 2015
• Overall margin of error is ±3.5%
• Administered in English
• Data weighted by age and gender
• Response rate = 20%; Cooperation rate=86%
Montana registered voters want, for themselves or their loved ones, to live at home with caregiver assistance when life becomes difficult due to aging or illness.

Preferred Place to Receive Care Once Basic Tasks Become Difficult due to Aging or Illness (n=800)

- At home with caregiver assistance: 77%
- Assisted living facility or group home: 15%
- Nursing home: 3%

Q38: 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? (n=800)
CAREGIVERS
Caregiving Status

• Although one in six are currently providing care on an unpaid basis, nearly half (46%) have been an unpaid family caregiver in the past.

Q1/15: Are you currently or have ever been a family caregiver providing UNPAID care to an adult loved one? (n=800)
Q2_16: What is the age of the person you are providing care for? (n=430)

Age of Care Recipient
(n=430, current/former caregiver)

Average age of care recipient is 80 years old
Types Of Support By Caregivers

Types of Activities and Care Provided as a Caregiver
(n=430, current/former caregiver)

Social Activities/Companionship 89%
Provide transportation to appointments 86%
Take them shopping or shop for them 84%
Aid with household chores 81%
Help with meals 75%
Being responsible for other medical or nursing tasks 68%
Overseeing medication management 68%
Helping them to manage finances 64%

Q3_17: Still, thinking about the person you are currently providing/most recently provided care to the most, which of the following daily activities or care are you providing? (n=430)
Working Caregivers

- More than half of Montana registered voters age 45-plus, who are current or former caregivers, provided care while working full- or part-time.

Q6_18: Have you ever been employed either full or part-time while providing care to your adult loved one? (n=430)
Caregiver Stress

- Many Montana registered voters age 45-plus, who are or have been family caregivers, report feeling stressed out emotionally while providing care.

### Stress and Difficulties While Providing Care
(n=430, current/former caregivers)

- Felt stressed out emotionally due to your caregiving responsibilities: 56%
- Felt stressed out in trying to balance your job and family: 52%
- Found it difficult to get enough rest: 48%
- Found it difficult to take care of your household responsibilities: 36%
- Found it difficult to exercise regularly: 29%

Q12_22: As a caregiver do/did you ever... (n=430)
Personal Accommodations

- More than half of Montana registered voters age 45-plus, who are caregivers, have used their own money to provide care for an adult loved one.

**Personal Accommodations to Provide Care**

(n=430, current/former caregivers)

- Use your own money to help provide care: 56%
- Make changes to your home for the loved one in your care: 35%
- Move into another home to accommodate the loved one in your care: 14%

Q11_21: Now thinking again about the adult loved one you are currently providing/most recently provided care to, did you ever have to... (n=430)
• Two in three Montana registered voters age 45-plus, who have worked while providing care, have had to adjust their work schedules to provide care.

**Caregiving and Work Schedule Adjustments**

(n=239, current/former caregivers who have worked while providing care)

- Go into work early or late, or take time off to provide care for a loved one: 65%
- Take a leave of absence from your job to provide care for a loved one: 28%
- Go from working full-time to part-time to provide care for a loved one: 19%
- Give up working entirely to provide care for a loved one: 17%

**Frequency of Work Schedule Adjustments**

(n=155, working caregivers who made work schedule adjustments)

- Monthly: 59%
- Weekly: 39%

Q7_19: Now thinking again about the adult loved one you are currently providing/most recently provided care to, did you ever have to... (n=239)
Q10_20: How often would you say you had to take time away from work or adjust your work schedule to provide care for someone? (n=155)
CAREGIVER SUPPORT
Future Caregiving Status

• Almost a quarter of those who have never been a caregiver believe they are likely to provide care in the future.

Expect to Provide Care in the Future
(n=370, not current/former caregiver)

Q25: 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? (n=370)
Those who are or have been caregivers expect to provide care again in the future.

Expect to Provide Care in the Future
(n=430, current/former caregiver)

- Extremely/Very likely: 45%
- Somewhat likely: 19%
- Not very/not at all likely: 34%

Q14_24: 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? (n=430)
Q26: In your opinion, as a current or former caregiver or as someone who may provide care in the future, how helpful would the following types of caregiving support be to you? (n=800)
More Resources And Training

Importance of Having More Resources and Training for Caregivers
(n=800)

- Extremely/Very important: 73%
- Somewhat important: 19%
- Not very/not at all important: 6%

Q27: Family caregivers help older Montana residents 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? (n=800)
Importance of Providing Care so Loved Ones can Live Independently in their Own Home
(n=430, current/former caregivers)

Q13_23: How important is/was it to you to be able to provide care for your loved one so that they can keep living independently in their own home? (n=430)
Important Services to Help Older Adults Live Independently

(n=800)

- Special transportation services such as one for seniors or persons with disabilities: 81%
- Visiting nurse services, such as an RN who comes to your home after a hospitalization: 79%
- Breaks for family caregivers from caregiving duties: 75%
- Congregate meals such as senior lunch programs: 71%
- Home delivered meals: 71%

(Q.41A-H) 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 ...? (n=800)
Live Independently At Home

- It is important to have services that allow people to independently live at home for as long as possible. Residents also say it is important to have services that give family caregivers a break.

**Importance Of Having Services That Allow People To Stay In Their Own Homes As They Age (n=800)**

- Extremely/Very important: 90%
- Somewhat important: 8%
- Not very/not at all important: 2%

**Importance Of Having Services That Help Caregivers Take A Break Or Maintain A Job (n=800)**

- Extremely/Very important: 79%
- Somewhat important: 16%
- Not very/not at all important: 4%

Q39: 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? (n=800)

Q40: 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? (n=800)
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?

Q36/37: 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? Is that strongly or somewhat? (n=800)
Support For Employee Protections

Support for Caregivers in the Workplace (n=800)

- Requiring employers to provide paid sick leave to employees who have to take time off for family caregiving purposes: 69% support, 4% somewhat support, 23% oppose, 5% somewhat oppose.
- Ensuring employers cannot fire an employee for taking time off for family caregiving purposes: 81% support, 12% somewhat support, 5% oppose, 4% somewhat oppose.

Q30/31: Now I’m going to ask if you support or oppose a proposal for working family caregivers. Do you support or oppose ...? Is that strongly or somewhat? (n=800)
Q28/29: Now I’m going to ask if you support or oppose some proposals that would provide additional help for family caregivers. Do you support or oppose...? Is that strongly or somewhat? (n=800)
Hospital Discharge

Importance of Getting Training on any Medical Tasks Needed to Provide Care for a Loved One at Home
(n=800)

Q32/33: Thinking about right now – today – if your family member or loved one was being discharged from a hospital, how important would it be for you to get training or instruction on any medical tasks you may need to provide for your loved one at home? (n=800)
Importance of paid home health care workers being required to have a criminal background check? (n=800)

- Extremely/Very important: 91%
- Somewhat important: 6%
- Not very/Not at all important: 2%
- Not sure/Refused: 1%

Q42: How important is it to you that paid home health care workers be required to have a criminal background check? Is it... (n=800)
DEMOGRAPHICS