

A large, thin, light-brown arc curves from the top right towards the bottom right. A vertical line extends from the top left corner down to a horizontal line, which then continues to the right, ending at a small yellow square. Another vertical line extends from the bottom right corner up to the horizontal line, also ending at a small yellow square. The text "Caregiving in the U.S.: Spotlight on California" is centered between these two vertical lines.

Caregiving in the U.S.: Spotlight on California

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Caregiving in the U.S.: Spotlight on California

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Report Prepared by Belden Russonello & Stewart**

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Spotlight on California

Incidence of Caregivers in California:

This study is a companion piece to a national survey of caregivers conducted for AARP and the National Alliance for Caregiving. The results in this report reflect a California statewide RDD telephone survey of 400 caregivers,¹ conducted October 21 through November 17, 2003. The margin of error is ± 4.9 percentage points.

An estimated 4.3 million adults in California, 18% of the total adult population, provide unpaid care to a relative or friend 18 or older.

Profile of Caregivers:

- Fifty-five percent of California's caregiving population is female while 45% of the caregiving population is male.
- The average age of caregivers in California is 43 years old. Thirty-two percent are age 50 or older.
- The racial and ethnic makeup of caregivers closely mirrors the composition of California's adult population. Fifty-five percent of the caregiving population is white, compared to 50% of California's adult population. Hispanics make up a considerable minority of both California's caregiving (27%) and adult (30%) populations.
- Sixty percent of caregivers are married or living with a partner.
- Four in ten (39%) caregivers hold a college degree or higher, and 34% have had some college.

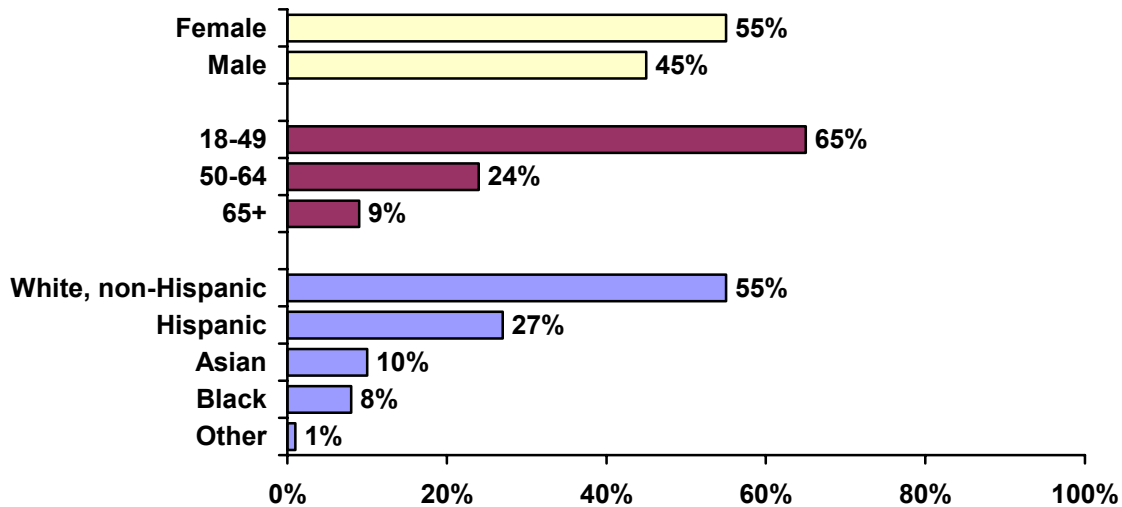
¹ Caregivers were identified through two methods: self-report and verification through reporting help with at least one ADL or IADL. The self-report question reads: "In the last 12 months, have you or anyone in your household provided unpaid care to a relative or friend 18 years or older to help them take care of themselves? Unpaid care may include help with personal needs or household chores. It might be managing a person's finances, arranging for outside services, or visiting regularly to see how they are doing. This person need not live with you."

Estimating the incidence of caregivers in California is based on the random selection of a respondent in each household contacted. Gender, age, and race data from these respondents were obtained and used in weighting the data. For a detailed description of the methodology, see the AARP/NAC report on caregivers nationwide.

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- The majority of California’s caregivers live in middle or upper income-level households. Nearly four in ten (38%) earn \$30,000 to \$75,000 per year and 31% make more than \$75,000.
- Seventy percent of California’s caregivers are currently employed.
- Caregivers in California are relatively new at providing care. Nearly half (45%) have been providing care for less than a year. The average number of years California’s caregivers have been providing care is 3.6 compared to 4.3 years nationally.

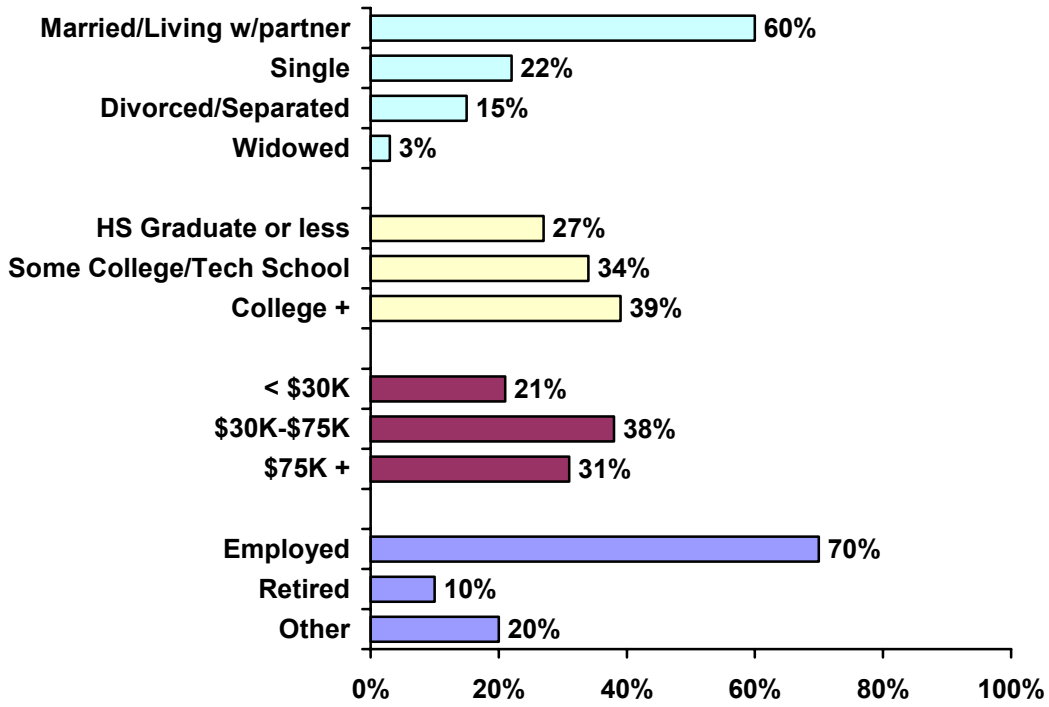
Figure 1: Gender, Age, and Race of Caregivers



Base: 400 caregivers in California

Source: Caregiving in the U.S.

Figure 2: Marital Status, Education Level, and Employment Status of Caregivers



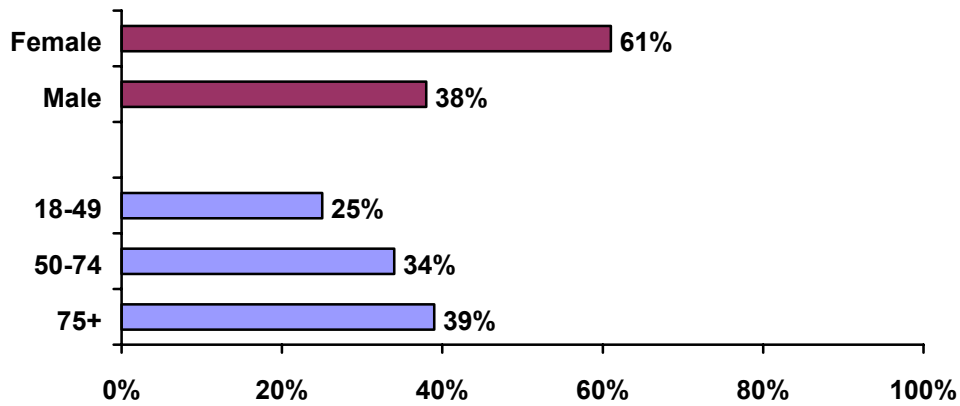
Base: 400 caregivers in California

Source: Caregiving in the U.S.

Who Is Receiving the Care:

- The majority of those receiving care are women (61% female; 38% male).
- The majority of care recipients are age 50 or older (73%), with four in ten (39%) over the age of 75.

Figure 3: Gender and Age of Care Recipient



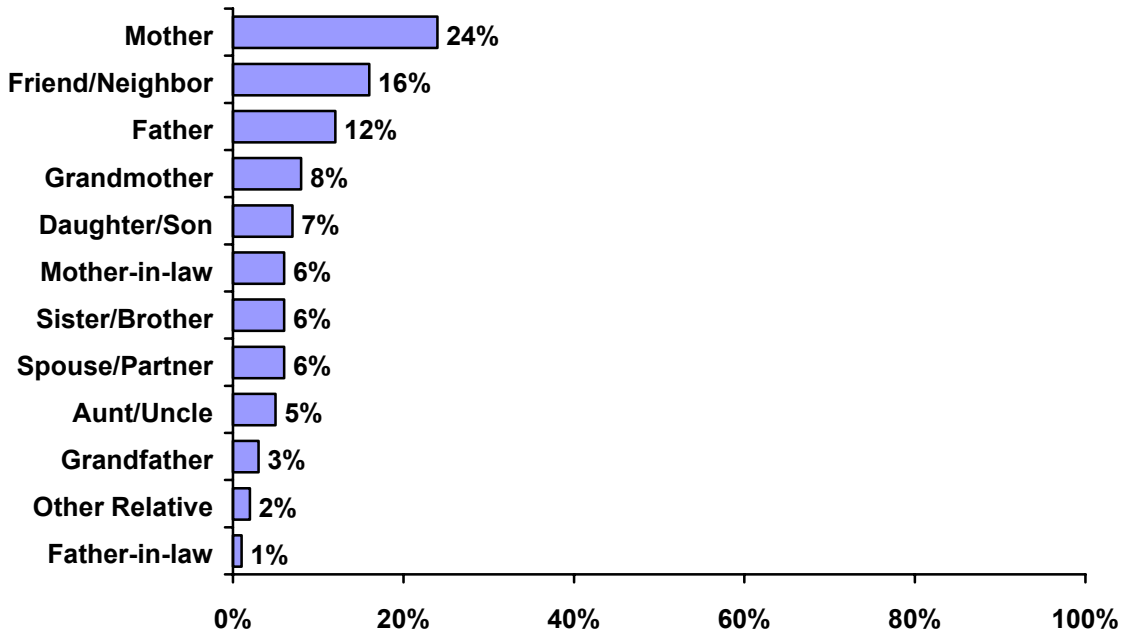
Base: 400 caregivers in California
Source: Caregiving in the U.S.

The Caregiving Situation:

- Most of California’s caregivers (72%) provide care to one person. Two in ten (21%) take care of two people, and 7% report caring for three or more people.
- A large majority of caregivers are taking care of family members (84%), the most common recipient being his or her mother (24%). Sixteen percent of caregivers report helping a friend or neighbor.

Figure 4: Relationship to Caregiver

Q1b. What [is/was] this person’s relationship to you?



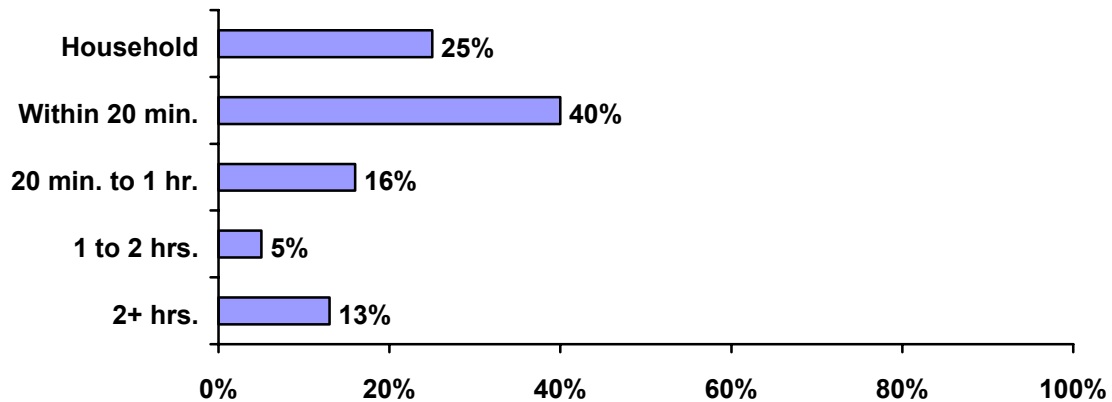
Base: 400 caregivers in California

Source: Caregiving in the U.S.

- Less than one in ten care recipients (6%) lives in a nursing home.
- One quarter of caregivers in California (25%) live in the same household as the care recipient and 40% live within 20 minutes of the care recipient. Sixteen percent live between 20 minutes and an hour away from the care recipient while five percent travel one to two hours to the care recipient's home. Thirteen percent of caregivers live more than two hours away from the care recipient.
- Thirty-three percent of caregivers have made modifications to the home in which the care recipient lives.
- Forty-four percent of caregivers care for someone living in an urban area; 36% of the care recipients live in suburban areas while 15% reside in rural areas.

Figure 5: Living Arrangements of Care Recipient

Q4. [Does/Did] your (___) live in your household, within twenty minutes of your home, between 20 minutes and an hour from your home, a one to two hour drive from your home, or more than two hours away?



Base: 400 caregivers in California

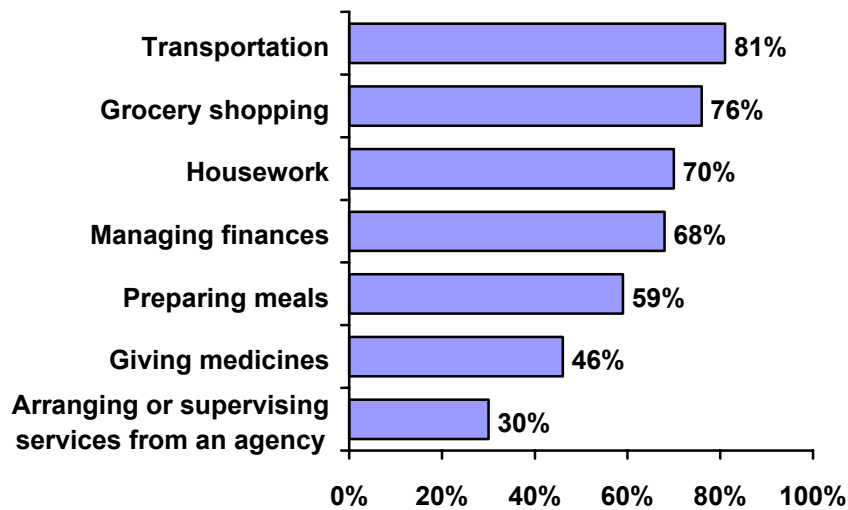
Source: Caregiving in the U.S.

Type of Care Provided:

Virtually all of California’s caregivers provide help with at least one Instrumental Activity of Daily Living (IADL), such as helping with medications, managing finances, and grocery shopping. Providing or helping get transportation is the most commonly performed IADL (81%).

Figure 6: Percent Helping with Instrumental Activities of Daily Living (IADLs)

Q20-26. [Do/Did] you provide help for your (__) with:



Base: 400 caregivers in California

Source: Caregiving in the U.S.

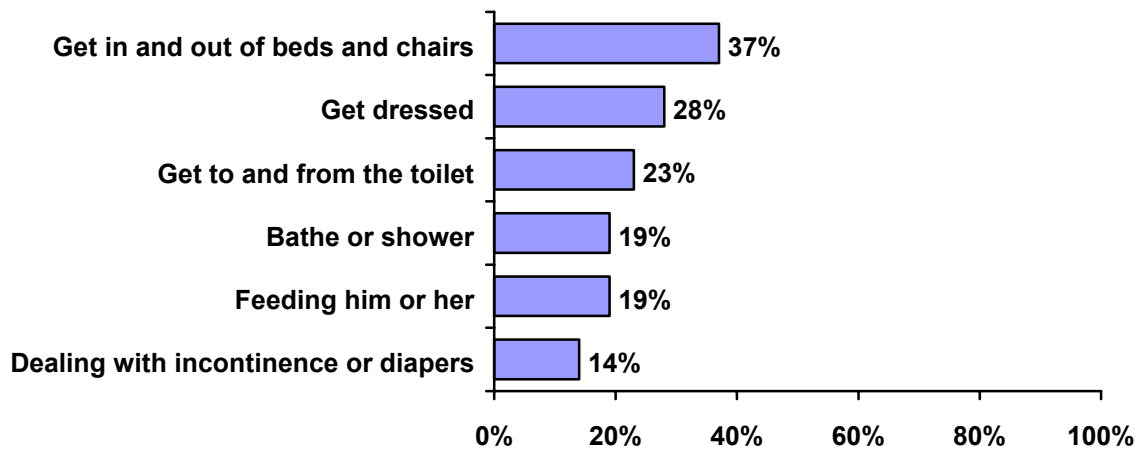
Performing Activities of Daily Living (ADLs) such as helping the care recipient move from beds and chairs, get dressed, and bathe is less common. Forty-eight percent provide assistance with at least one ADL. Twenty-five percent of caregivers help with three or more ADLs.

Looking at the number of ADLs performed, we find:

- Female caregivers in California (52%) are more likely than male caregivers (43%) to help with one or more ADLs.

Figure 7: Percent helping with Activities of Daily Living (ADLs)

Q14-19. I'm going to read a list of kinds of help, which might be provided to a person, if the person cannot do this by him or herself. For each, just tell me if you [provide/provided] this kind of help. [Do/Did] you help your (___)....



Base: 400 caregivers in California

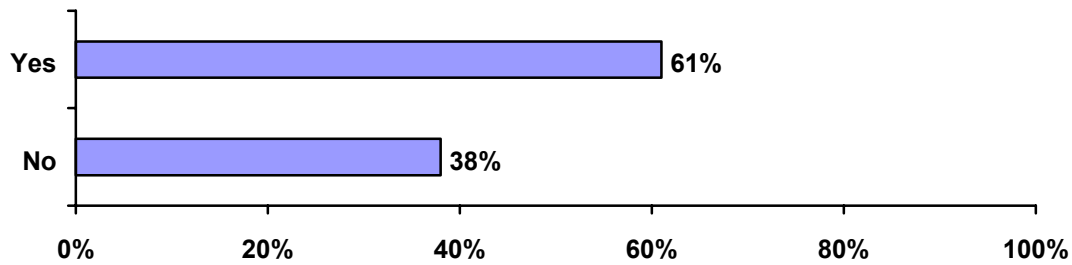
Source: Caregiving in the U.S.

Impact on Caregiver:

Sixty-one percent of caregivers in California say they had a choice in taking on the responsibility of caregiving, and four in ten (38%) feel they had no choice. Having a choice in caregiving is linked to perceived emotional stress of taking care of someone.

Figure 8: Choice in Responsibility of Caregiving

Q59. We have been talking about the help you [provide/provided] for your (___). Do you feel you had a choice in taking on this responsibility for caring for your (___)?



Base: 400 caregivers in California

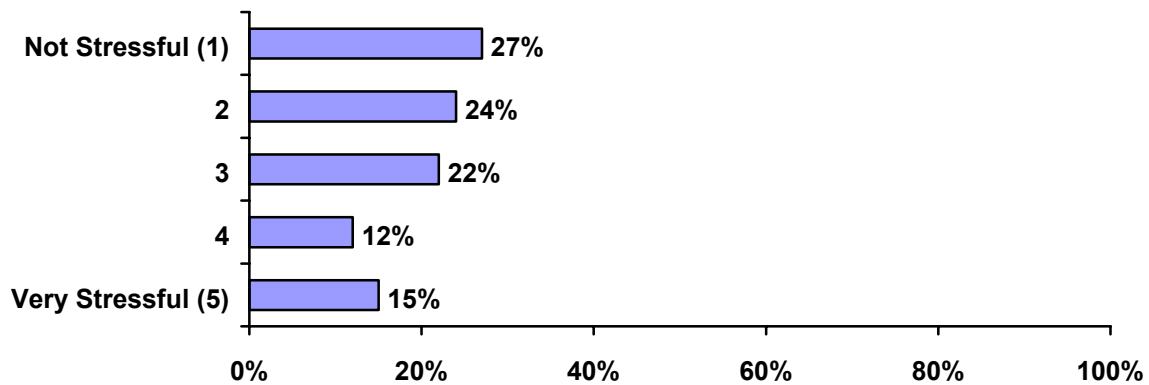
Source: Caregiving in the U.S.

Caregiving is viewed as highly stressful by few caregivers in California.

- On a scale of one to five, where one is “not stressful” and five is “very stressful”, half of caregivers (51%) give a rating of one (27%) or two (24%). Only 15% say caregiving is “very stressful” giving a rating of five and 12% give a rating of four. Twenty-two percent are in the middle, giving a rating of three.
- Caregivers who feel they had a choice in taking on caregiving responsibilities are less likely to rate caregiving as stressful than those who feel they did not have a choice. Twenty percent of those who say they had a choice give a rating of four or five, whereas 37% of those who did not have a choice do so.
- Caregivers who help with one or more ADLs are more likely than those who only perform IADLs to rate caregiving as a four or five (37% versus 18%, respectively).

Figure 9: Emotional Stress of Caregiving

Q57. Using a scale from 1 to 5, where 1 is not at all stressful and 5 is very stressful, how emotionally stressful would you say that caring for your () [is/was] for you?



Base: 400 caregivers in California

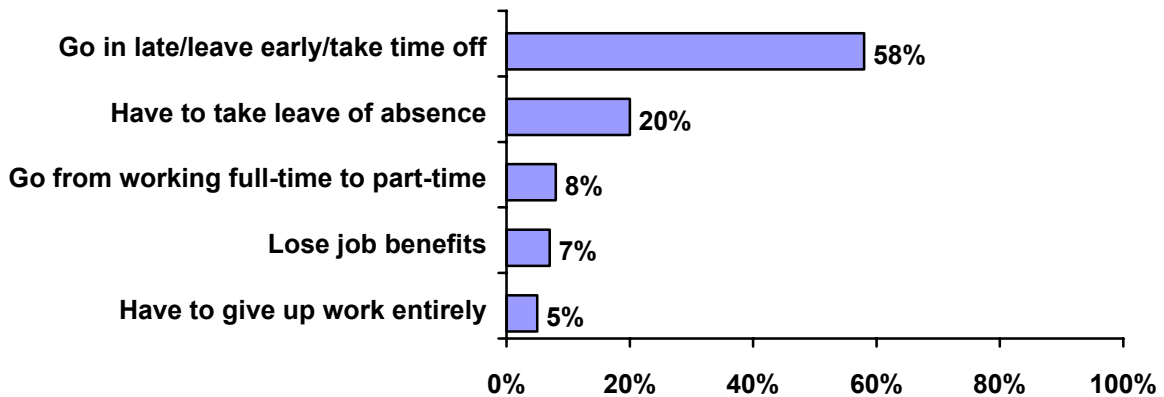
Source: Caregiving in the U.S.

Seventy-nine percent of caregivers in California report being employed at some time while caregiving. For most of these caregivers who have worked while also providing care, caregiving has an impact on their work attendance.

- Fifty-eight percent of these caregivers report having to go in late, leave early, or take time off in order to care for the care recipient.
- Twenty percent of caregivers have taken a leave of absence.
- Eight percent have taken a less demanding job or gone from working full-time to part-time.
- Seven percent have lost job benefits and another five percent have been forced to give up work entirely.

Figure 10: Percent Making Work-Related Adjustments

Q41-46. In your experience as both a worker and a caregiver, did you ever...



Base: 314 caregivers in California who worked while caregiving

Source: Caregiving in the U.S.

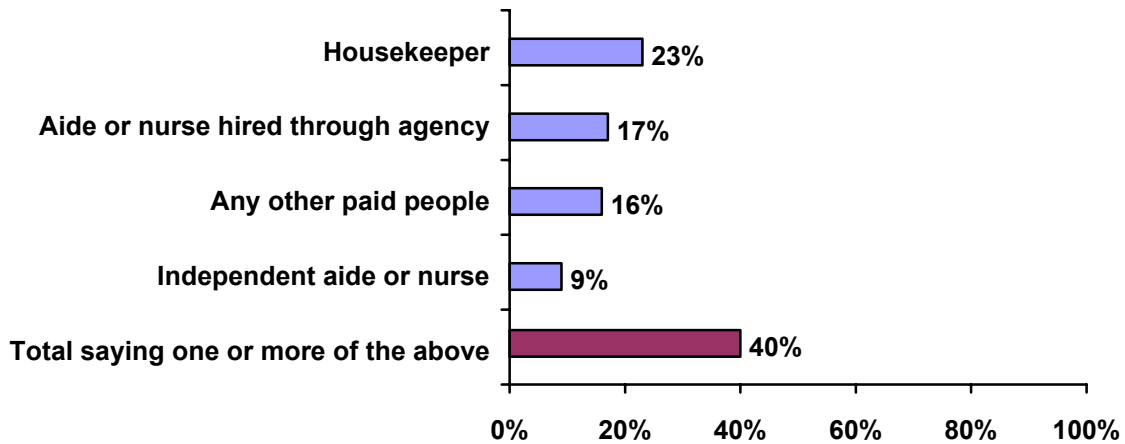
Utilization of Support Services:

Caregivers and recipients receive support from a variety of sources.

- Of those caregivers in California whose care recipient is not in a nursing home, 40% say her or his care recipient receives assistance from some sort of paid personnel. The largest percentage receives help from housekeepers (23%) and 17% get help from an aide or nurse hired through an agency.
- For caregivers whose care recipient is not in a nursing home, those who help with ADLs use paid services (42% use at least one) more than caregivers who only assist with IADLs (30%).

Figure 11: Percent Receiving Paid Help

Q34-37. IF NOT IN NURSING HOME: During the last 12 months, did your (___) receive paid help from any of the following – regardless of who paid for it. First:



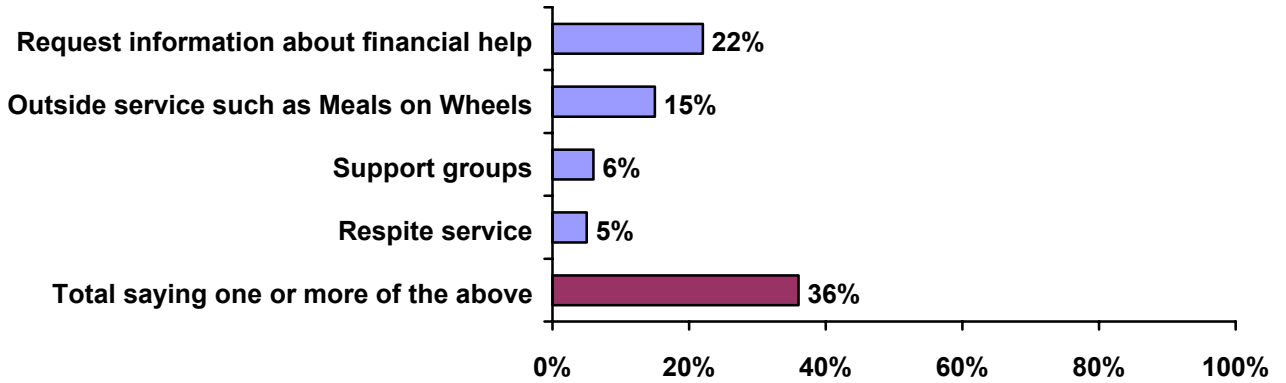
Base: 375 caregivers in California whose care recipient is not in a nursing home

Source: Caregiving in the U.S.

- A total of 15% of caregivers have used an outside service, such as Meals on Wheels to deliver food, or a transportation service.

Figure 12: Use of Other Support Services

Q71-77. In your experience as a caregiver, [have/ did] you ever....



Base: 400 caregivers in California

Source: Caregiving in the U.S.

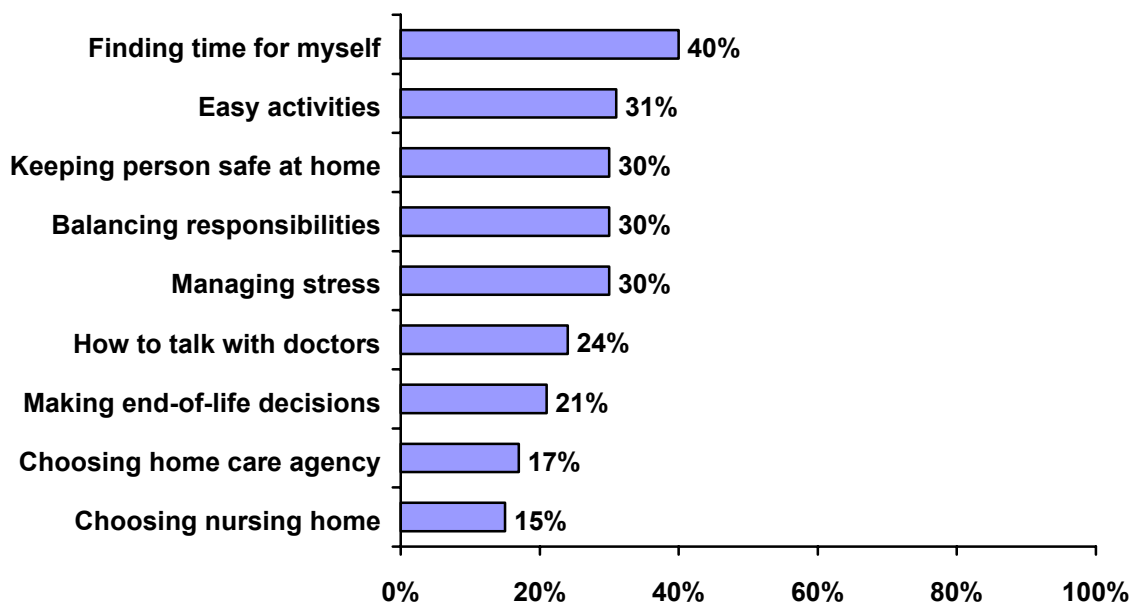
Unmet Needs for Help:

When asked what additional help or information they need, 70% of caregivers in California identify at least one unmet need in a series of nine items.

- Three of the top five needs relate to the caregiver’s personal needs. For instance, the most common type of help needed is finding time for him or herself (40%). Caregivers also express the need to manage his or her own stress (30%), and to balance work and family responsibilities (30%).
- Three in ten say they need help or more information on “easy activities I can do with the person I care for” (31%), and “keeping the person I care for safe at home” (30%).
- Once again, those who assist with ADLs need the most help; 82% of those performing ADLs say they could use help with at least one of the items in the series, compared to 58% of caregivers assisting with only IADLs.

Figure 13: Percent Saying Need More Help or Information

Q82a-82m. As a caregiver, on which of the following do you feel you [need/needed] more help or information:



Base: 400 caregivers in California

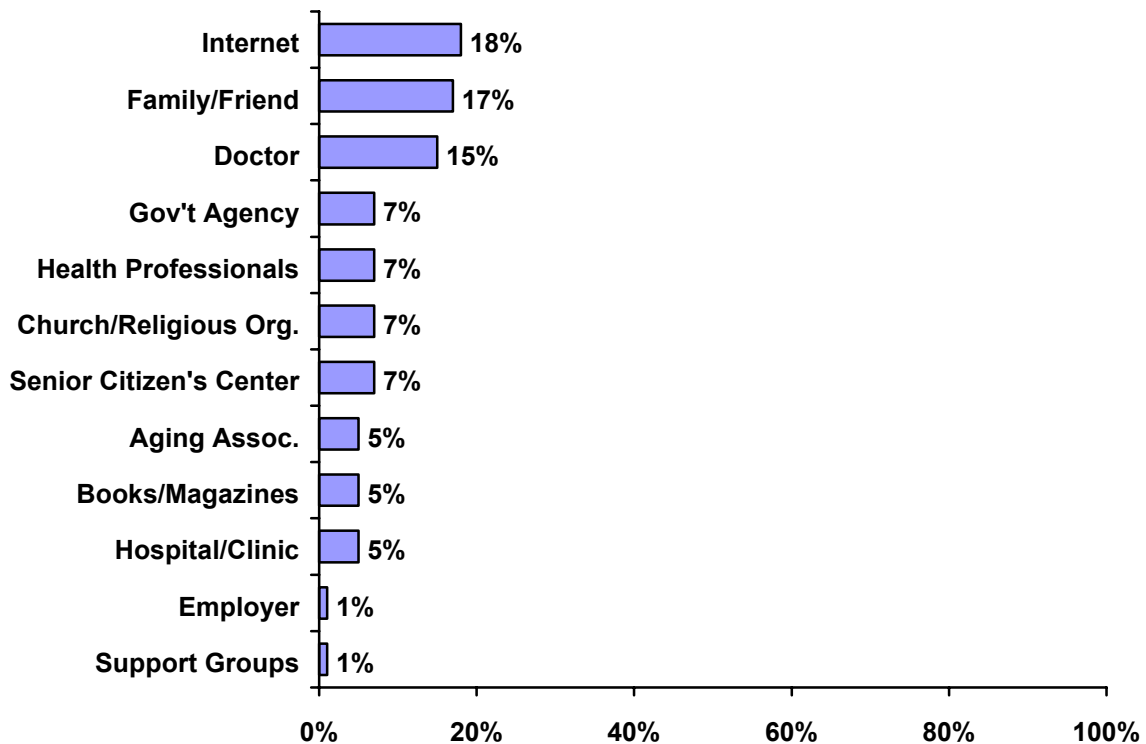
Source: Caregiving in the U.S.

Information about Caregiving:

When asked where they would go if they needed help or information, the most frequent responses are searching the Internet (18%), consulting family or friends (17%), or talking with a doctor (15%).

Figure 14: Where Caregivers Would Go for Information about Caregiving

Q83. If you were looking for information about some aspect of helping take care of your (___), where would you turn? OPEN END.



Base: 400 caregivers in California

Source: Caregiving in the U.S.

Topline Results From a Survey of Caregivers 18 and Older in California for AARP

N = 400 caregivers 18 and older,
conducted October 21 through November 17, 2003.

The results reflected in this document constitute a companion survey to a national study of caregivers conducted for AARP and the National Alliance of Caregiving, September 5 through December 22, 2003, among N = 1,247 caregivers in the US.

Screening questions, used to identify caregiver respondents at the outset of the interviews for this and the national study, show the following:

	In the US	In California
Percent of adults who are caregivers	21%	18%
Number of caregivers	44,443,800	4,291,400

Percents may add up to 99% or 101% due to rounding. Data are weighted by gender, age, and race. Margin of sampling error is ± 4.9 percentage points for the California results and ± 2.8 for the US results. * indicates less than 1%, and -- indicates zero.

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S1. In the last 12 months, have you or anyone in your household provided unpaid care to a relative or friend 18 years or older to help them take care of themselves? Unpaid care may include help with personal needs or household chores. It might be managing a person's finances, arranging for outside services, or visiting regularly to see how they are doing. This person need not live with you. (IF YES: Is that you or someone else?)	YES	US 100%	CA 100%
	NO	--	--

...Answers to other demographic questions asked of respondents to aid in making estimates are reflected at the end of this questionnaire....

1a. Are you <u>currently</u> providing unpaid help to a relative or friend 18 years or older, or, was this something you did in the past 12 months but are no longer doing?	CURRENTLY	US 66%	CA 65%
	PAST 12 MO.	34	35
	DK/REF	*	--

1. How many adults [do you provide this care for? / did you provide this care for in the past 12 months?]		US	CA
	1	69%	72%
	2	22	21
	3+	8	7
	DK/REF	1	*

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IF ONE PERSON: Now, I'd like to ask you some questions about the adult for whom you [provide/provided] care. IF MORE THAN ONE: Let's focus on the adult for whom you [provide/provided] the most assistance.

1b. What [is/was] this person's relationship to you?		US	CA
	SPOUSE	6%	4%
	MOTHER	28	24
	FATHER	8	12
	MOTHER-IN-LAW	7	6
	FATHER-IN-LAW	1	1
	SON	3	3
	DAUGHTER	3	4
	BROTHER	2	3
	SISTER	3	3
	BROTHER-IN-LAW	1	*
	SISTER-IN-LAW	*	*
	GRANDMOTHER	9	8
	GRANDFATHER	3	3
	GRANDPAR.-IN-LAW	1	--
	AUNT/UNCLE	5	5
	OTHER RELATIVE	1	1
	FRIEND/NEIGHBOR	16	16
	PARTNER	1	2
	COUSIN	1	1
	DK/REF	1	*

1c&1d. Gender of care recipient. IF NOT KNOWN FROM Q1b RESPONSE: ASK: Would you mind telling me if your (___) is male or female?		US	CA
	MALE	31%	38%
	FEMALE	65	61
	DK/REF	4	1

3. How old [is/was] your (___)? PROMPT: Your best estimate is fine.		US	CA
	18-29	8%	13%
	30-49	13	12
	50-64	16	18
	65-74	19	16
	75-84	24	24
	85-89	11	8
	90+	9	7
	DK/REF	1	2

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4. [Does/Did] your (___) live in your household, within twenty minutes of your home, between 20 minutes and an hour from your home, a one to two hour drive from your home, or more than two hours away?		US	CA
	HOUSEHOLD	24%	25%
	20 MIN AWAY	42	40
	20 MIN TO 1 HR	19	16
	1 TO 2 HRS	5	5
	2 HRS +	10	13
	DK/REF	*	*

8. [Does/Did] your (___) live in an urban, suburban, or rural area?		US	CA
	URBAN	33%	44%
	SUBURBAN	38	36
	RURAL AREA	27	15
	DK/REF	2	5

13. For how long [have you been providing/did you provide] help to your (___)? PROMPT: Your best estimate is fine. PRE-CODED OPEN END		US	CA
	OCCASIONALLY	5%	4%
	< 6 MONTHS	16	20
	6 MOS - 1 YR	18	25
	1-4 YEARS	31	26
	5-9 YEARS	15	14
	10 YEARS+	14	11
	DK/REF	1	*

US Mean: 4.3 years
CA Mean: 3.6 years

I'm going to read a list of kinds of help, which might be provided to a person, if the person cannot do this by him or herself. For each, just tell me if you [provide/provided] this kind of help. [Do/Did] you help your (___)....

		YES	NO	DK/REF
14. Get in and out of beds and chairs	US	36%	64	--
	CA	37%	63	--
15. Get dressed	US	29%	71	*
	CA	28%	72	--
16. Get to and from the toilet	US	23%	77	--
	CA	23%	77	--
17. Bathe or shower	US	26%	74	--
	CA	19%	81	--
18. Dealing with incontinence or diapers	US	16%	84	*
	CA	14%	86	*
19. By feeding him or her	US	18%	82	--
	CA	19%	80	*

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 [Do/Did] you provide help for your (___) with:

		YES	NO	DK/REF
20. Giving medicines, pills, or injections	US	41%	59	--
	CA	46%	54	--
21. Managing finances, such as paying bills, or filling out insurance claims	US	64%	36	--
	CA	68%	32	--
22. Grocery shopping	US	75%	25	*
	CA	76%	24	--
24. Housework, such as doing dishes, laundry, or straightening up	US	69%	31	--
	CA	70%	30	--
24b. Preparing meals	US	59%	42	--
	CA	59%	41	--
25. Transportation, either by driving him or her, or helping your (___) get transportation	US	82%	18	*
	CA	81%	19	--
26. Arranging or supervising services from an agency, such as nurses or aides	US	30%	70	--
	CA	30%	70	--

IF NO/DK/REF TO ALL Q14-Q26: TERMINATE

33a. Is your (___) in a nursing home?		US	CA
	YES	5%	6%
	NO	n/a	94
	DK/REF	n/a	--

IF NOT IN NURSING HOME: During the last 12 months, did your (___) receive paid help from any of the following - regardless of who paid for it. First: US N = 856; CA N = 375

		YES	NO	DK/REF
34. An aide or nurses hired through an agency or service?	US	23%	74	3
	CA	17%	79	4
35. An aide or nurse hired <i>independently</i> - that is not through an agency or service?	US	7%	90	3
	CA	9%	89	2
36. A housekeeper hired to clean or cook?	US	20%	80	*
	CA	23%	76	1
37. Any other people who are paid to help her/him?	US	12%	86	2
	CA	16%	83	1

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39. Now I have a few questions about you.

		US	CA
Are you currently working full time, working part time, a student, disabled, retired, a homemaker, unemployed and looking for work, or something else?	FULL TIME	48%	60%
	PART TIME	11	10
	STUDENT	5	7
	DISABLED	5	3
	RETIRED	16	10
	HOMEMAKER	9	5
	UNEMPLOYED	6	5
	SOMETHING	*	--
	ELSE		
DK/REF	*	*	

40. IF NOT WORKING OR IF PAST

		US	CA
CAREGIVER: [Have you been employed at any time since you began helping your (___)? / Were you employed at any time while you were helping your (___)]? <i>US N = 559; CA N = 227</i>	YES	59%	63%
	NO	41	36
	DK/REF	*	1

IF WORKING WHILE A CAREGIVER: In your experience as both a worker and a caregiver, did you ever: *US N = 682; CA N = 314*

		YES	NO	DK/REF
41. Have to go in late, leave early, or take time off during the day to provide care	US	57%	43	*
	CA	58%	42	*
42. Have to take a leave of absence	US	17%	83	*
	CA	20%	80	--
43. Have to go from working full-time to part-time, or taken less demanding job	US	10%	90	*
	CA	8%	92	--
45. Lose any of your job benefits	US	5%	95	1
	CA	7%	93	*
46. Have to give up working entirely	US	6%	94	--
	CA	5%	95	--

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57. Using a scale from 1 to 5, where 1 is not at all stressful and 5 is very stressful, how emotionally stressful would you say that caring for your (__) [is/was] for you?			US	CA
	1 NOT STRESSFUL		27%	27%
	2		17	24
	3		20	22
	4		16	12
	5 VERY STRESSFUL		18	15
	DK/REF		1	--
<hr/>				
59. We have been talking about the help you [provide/provided] for your (__). Do you feel you had a choice in taking on this responsibility for caring for your (__)?			US	CA
	YES		59%	61%
	NO		39	38
	DK/REF		1	1
<hr/>				
In your experience as a caregiver, [have/did] you ever....				
	YES		NO	DK
<hr/>				
In your experience as a caregiver, [have/did] you ever....				
	YES		NO	DK
71. [Requested/Request] information about how to get financial help for your (__)?	US	25%	75	*
	CA	22%	77	*
72. [Taken/Take] part in support groups for caregivers?	US	7%	92	*
	CA	6%	94	*
73. [Used/Use] a respite service or adult day care to take care of your (__) to free up your time?	US	5%	93	3
	CA	5%	94	1
77. [Had/Have] an outside service such as Meals on Wheels or a transportation service assist your (__)?	US	n/a	n/a	n/a
	CA	15%	84	*
<hr/>				
	YES		NO	DK/REF
79. Have you ever had modifications made in the house or apartment where your (__) [lives/lived] to make things easier for your (__)?				
	US	39%	61	*

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As a caregiver, on which of the following do you feel you [need/needed] more help or information:

		YES	NO	DK/REF
82a. Keeping the person I care for safe at home	US	30%	69	1
	CA	30%	69	1
82c. Easy activities I can do with the person I care for	US	27%	73	*
	CA	31%	69	*
82f. Balancing my work and family responsibilities	US	29%	71	1
	CA	30%	69	*
82g. Finding time for myself	US	35%	64	1
	CA	40%	59	1
82h. Choosing an assisted living facility or nursing home	US	15%	85	*
	CA	15%	85	*
82j. Choosing a home care agency	US	13%	86	*
	CA	17%	82	*
82k. How to talk with doctors and other healthcare professionals	US	22%	78	*
	CA	24%	76	--
82l. Managing my emotional and physical stress	US	29%	70	1
	CA	30%	70	--
82m. Making end-of-life decisions	US	20%	80	1
	CA	21%	78	1

83. If you were looking for information about some aspect of helping take care of your (___), where would you turn?		US	CA
	INTERNET	29%	18%
	DOCTOR	28	15
	FAMILY/ FRIEND	15	17
	HEALTH PROFESSIONALS	10	7
	BOOKS, MAG., LIBRARY	7	5
	GOV'T AGENCY	5	7
	SENIOR CITIZEN'S CENTER	3	7
	CHURCH/REL. ORG.	3	7
	AGING ASSOC./GRP/ORG	2	5
	EMPLOYER	1	1
	SUPPORT GRPS/PPL LIKE ME	1	1
	HOSPITAL/CLINIC	1	5
	OTHER	2	2
	DK/REF	10	15

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And finally, just a few questions for classification purposes only....

89. Are you currently:		US	CA
	Married	55%	50%
	Living w/ a partner	6	10
	Widowed	6	3
	Separated	3	4
	Divorced	11	11
	Single, never married	18	22
	DK/REF	*	1
94. What is the last grade of school you completed?		US	CA
	< THAN HS	6%	5%
	HS GRAD	30	22
	SOME COLL	27	31
	TECH SCHL	3	3
	COLL GRAD	22	21
	GRAD SCHL/ WORK	13	18
	DK/REF	*	*
95. Last year, what was your total annual household income from all sources, before taxes?		US	CA
	< \$15K	7%	8%
	\$15K-\$30K	17	13
	\$30K-\$50K	25	19
	\$50K-\$75K	18	19
	\$75K-\$100K	9	11
	\$100K+	15	20
	DK/REF	9	10

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Gender		US	CA
	MALE	38%	45%
	FEMALE	62	55
Race		US	CA
	WHITE	75%	55%
	BLACK	14	8
	ASIAN	4	10
	HISPANIC	6	27
	OTHER	*	1
Age		US	CA
	18-24	11%	13%
	25-34	15	17
	35-44	21	26
	45-54	23	22
	55-64	19	14
	65-74	8	6
	75 or older	4	3