



FAMILY CAREGIVING IN OREGON: A SURVEY OF REGISTERED VOTERS AGE 40 AND OLDER

March 2019

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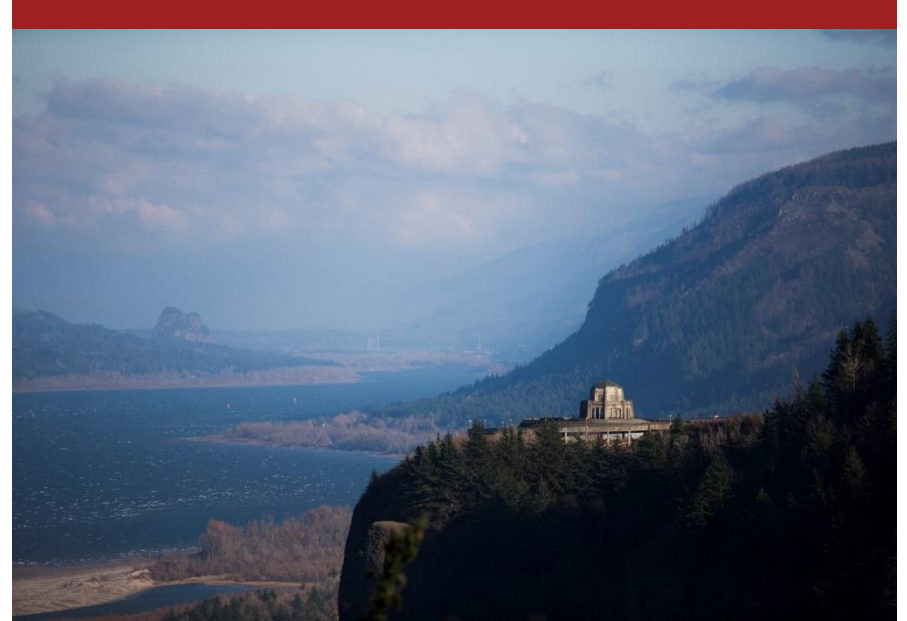
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KEY FINDINGS

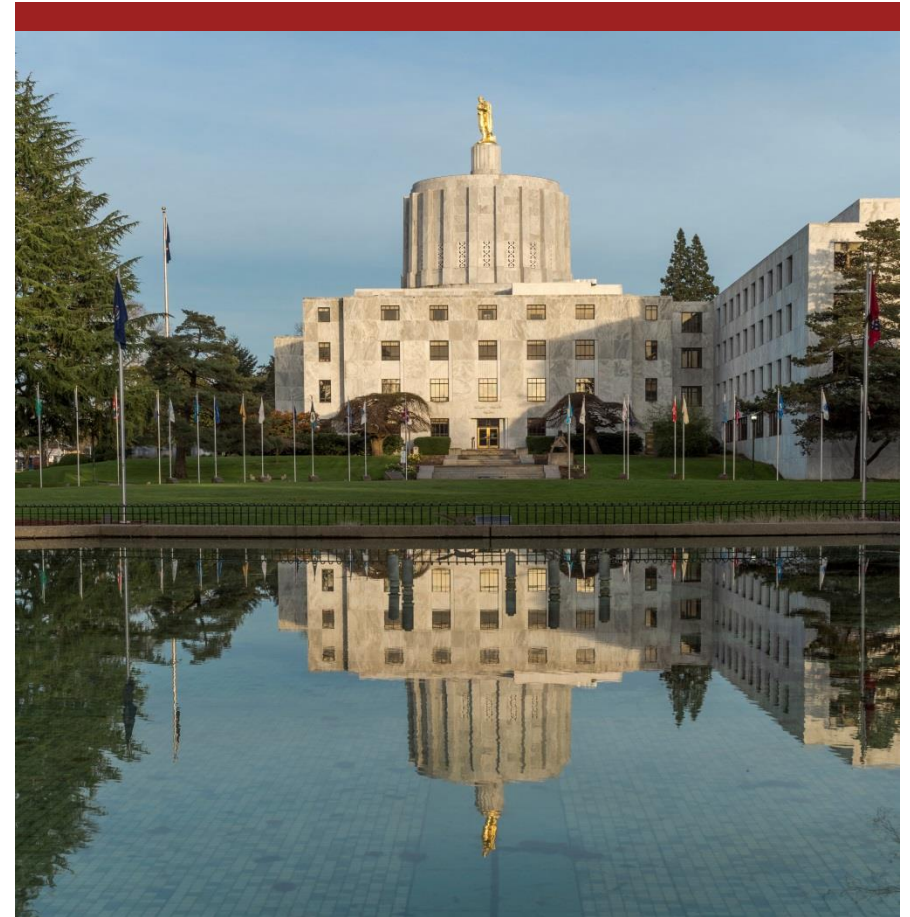
Key Findings

- **Nearly half** of registered voters 40-plus in Oregon have experience as a family caregivers. If voters are currently not a caregiver or haven't been one in the past, **they will likely be a caregiver** in the future.
- In our survey, the typical family caregiver is a **woman**, who is 62 years of age, and cares for a **parent** who is 80 years of age.
- Most caregivers **have worked at some point** while caring for a loved one; and for many, caregiving **disrupts** their work schedules and ability to work.
- Most caregivers **spend their own money** providing care to their loved ones – most likely on **transportation** or **assistive technology**.
- Many caregivers experience **negative effects** of caregiving, including **stress**, and difficulties in getting enough rest, exercise, eating healthy, or have problems with their own health.



Key Findings (Cont.)

- Most voters say that the **most helpful type** of assistance to caregivers is **paid time off from work** to care for a loved one. Over half also say that **respite care** would be extremely or very helpful for family caregivers.
- Voters support (across party lines) **increasing funding for Oregon Project Independence**, a program that provides services to Oregonians 60-plus who do not receive Medicaid services.
- It takes **rural voters** (51%) and **rural caregivers** (52%) longer to get themselves or their loved ones **to a medical specialist** (over 45 minutes) than it does **urban voters** (9%) or **urban caregivers** (17%).

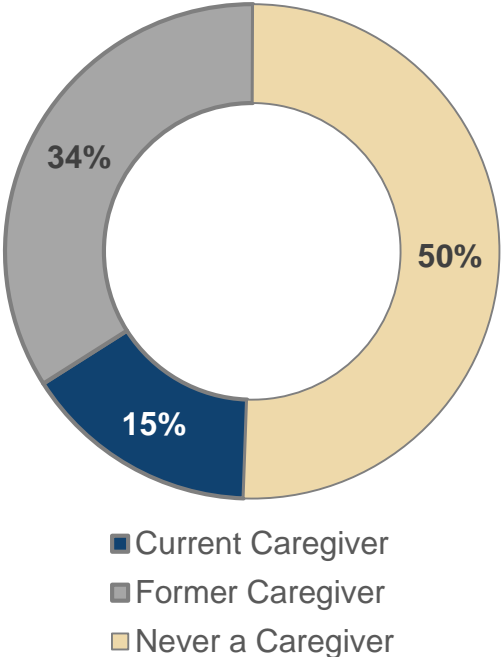




CAREGIVER CHARACTERISTICS AND EXPERIENCES

Nearly half of voters 40-plus in Oregon have experience as family caregivers.

In our survey, the typical family caregiver in Oregon, currently caring for an adult loved one, is a woman (62%), who is married (79%), is 62 years of age, has graduated from college with at least a two-year degree (56%), and lives in a household with income under \$75,000 (58%).



- Typical current caregivers also
 - Are homeowners (90%)
 - Are in good health (87%)
 - Are likely to be currently working (41%) or retired (46%), but more had worked at some point while caregiving (52%)
 - Do not have children living at home (56%), but four in ten do (44%)
 - Cares for a parent who is 80 years of age



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?

Base: All Respondents Q15. Have you ever been a family caregiver who provided UNPAID care to an adult loved one? Donut Base: All Respondents Bullet Base: Current Caregivers

Family caregivers help their loved ones with many activities of daily living.

Over nine in ten family caregivers surveyed provide emotional support to their loved ones through companionship or social activities, and about nine in ten help their loved one with shopping, chores, or transportation. Eight in ten help with meals, and about seven in ten help with finances or manage medications.

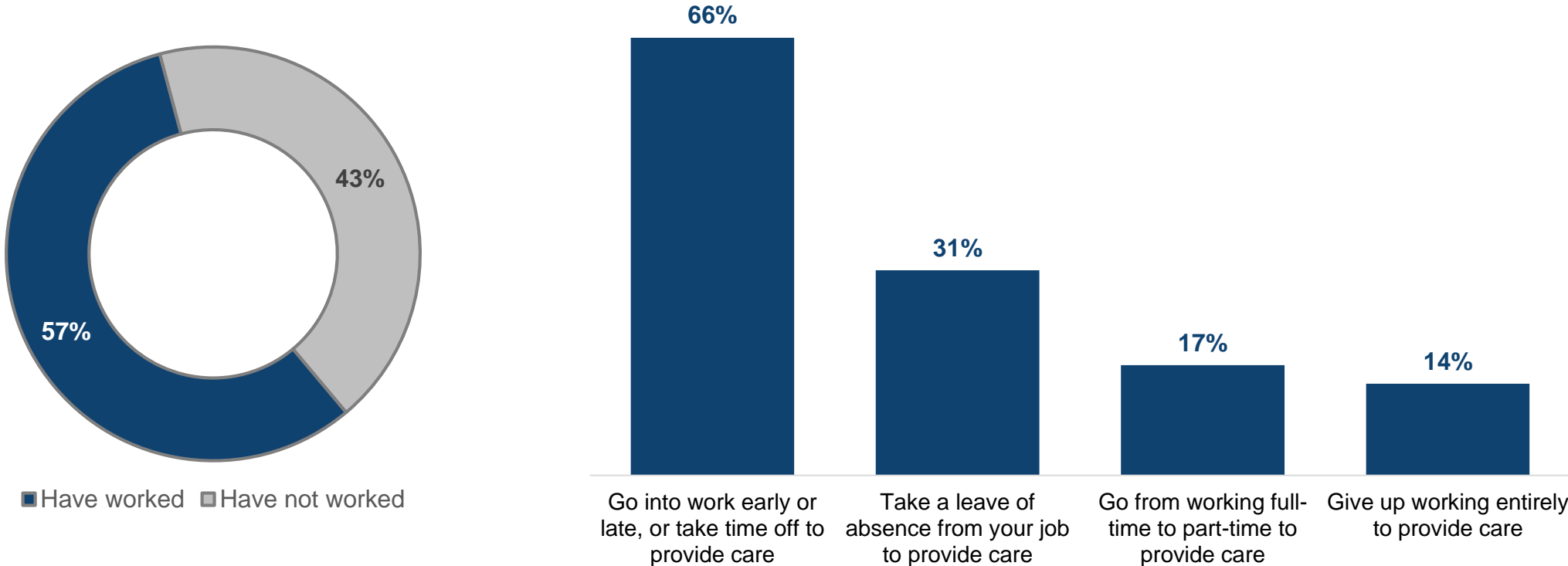


- A smaller but noteworthy percentage of caregivers help with more complex tasks of caregiving – medical and nursing tasks and bathing or dressing.
- At least half of current caregivers perform many of these tasks every day: meals (73%); companionship (60%), medications (60%); bathing or dressing (57%); and chores (56%).
- Caregivers most likely care for a parent (62%) or a spouse (19%).

Q4. Thinking about the person you are providing care to the most, which of the following activities are you providing? Are you ...? Q18. Thinking about the person you most recently provided care to, which of the following activities did you provide? Did you ...? Q3. Who are you caring for? Q17. Who did you care for? Q5. How often do you ...? Is it ...? Chart Base: Current and Former Caregivers

Most caregivers have worked while providing care.

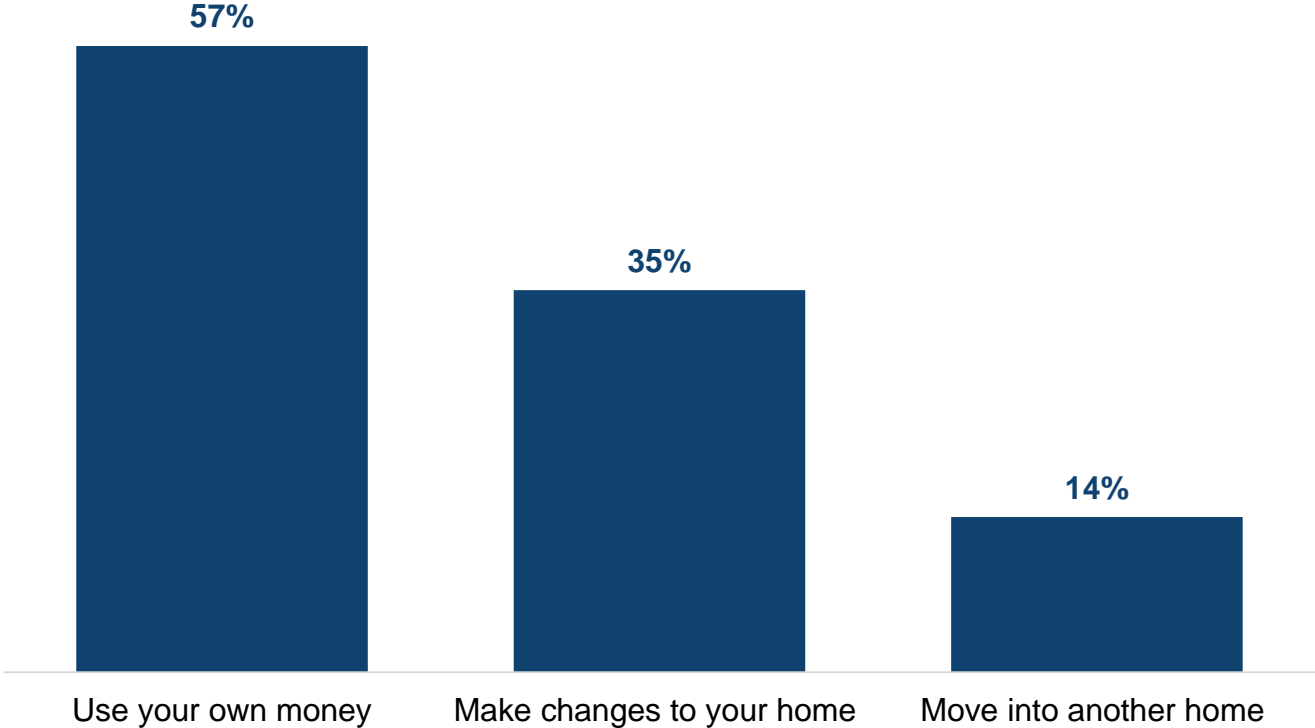
Over half of family caregivers 40-plus held a job while providing care to their loved ones. And many of these caregivers needed to change how they worked as well. Two in three working caregivers adjusted their work schedules, either by going into work early or late, or taking time off to provide care – most needing to do so weekly (26%) or monthly (48%). Three in ten took a leave of absence to provide care. And over one in ten reduced their work hours to provide care or stopped working entirely.



Q8. Q21. Have you ever been employed either full- or part-time while providing care to your adult loved one? Q9. Now thinking again about the adult loved one you are currently providing care to, did you ever have to ...? Q22. Now thinking again about the adult loved one you have most recently provided care to, did you ever have to ...? Donut Base: Current and Former Caregivers Chart Base: Current and Former Working Caregivers

Caregivers spend money to provide care and change their homes.

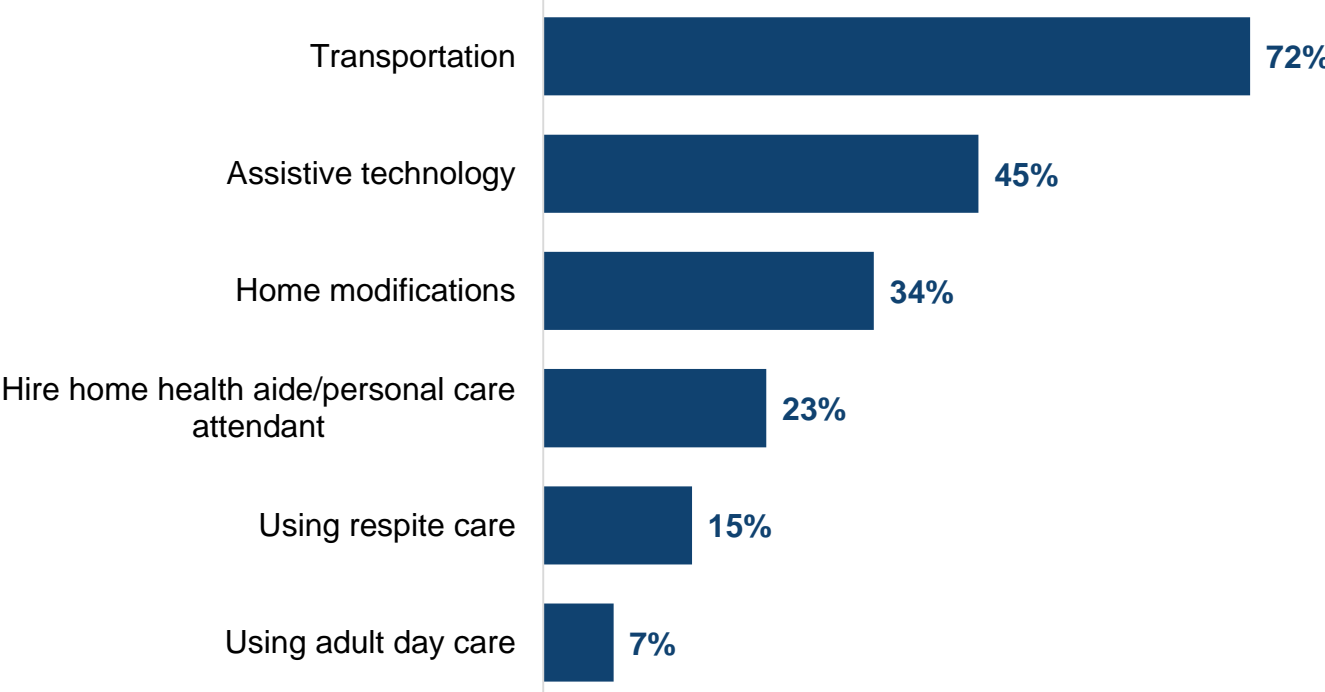
Over half of current and former caregivers 40-plus in Oregon have used their own money to provide care to their loved ones. One in three has modified their own homes, and one in seven has moved into another home.



Q11. Now thinking again about the adult loved one you are currently providing care to, did you ever have to ...? Q24. Now thinking again about the adult loved one you have most recently provided care to, while providing this care did you ever have to ...? Chart Base: Current and Former Caregivers

Caregivers spend money transporting their loved ones.

Over seven in ten caregivers have spent money to transport their loved ones. Many others have spent money on assistive technology (wheelchairs, hearing devices, vision aids, wearable devices) or to modify their homes.

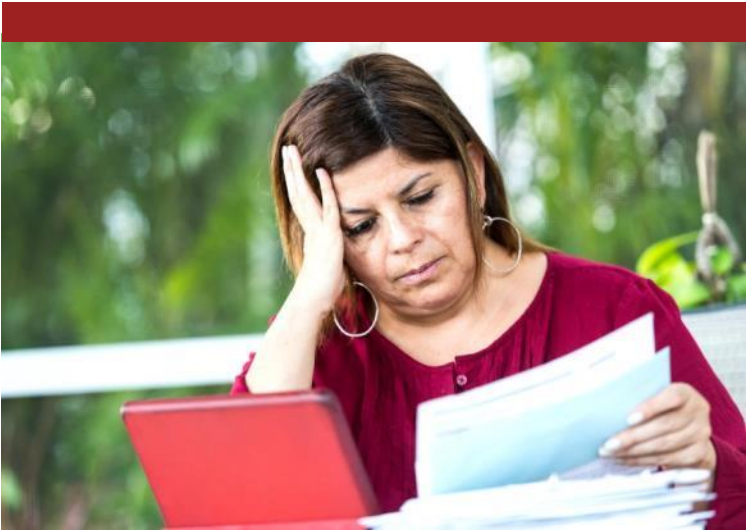


Q7. As a caregiver, have you ever incurred any expenses for the following to help care for your loved one? Q20. As a former caregiver, did you ever incur any expenses for the following to help care for your loved one? Chart Base: Current and Former Caregivers

Most caregivers experience some form of stress while providing care.

Over eight in ten family caregivers (86%) have experienced at least one of the stressors asked about in this survey. Seven in ten caregivers report feeling stressed out emotionally due to their caregiving responsibilities, and nearly two in three working caregivers are stressed in trying to balance their work and family responsibilities.

	Current & Former Caregivers
Feel stressed out emotionally	71%
Feel stressed in trying to balance job and family*	64%
Find it difficult to get enough rest	51%
Find it difficult to exercise regularly	44%
Find it difficult to take care of household	43%
Experience problems with health	30%
Find it difficult to maintain a healthy diet	28%
Feel strained financially	26%
Find it difficult to find time to visit doctor	20%



Q12. Q25. As a caregiver do you ever ...? Chart Base: Current and Former Caregivers *Asked of working caregivers

Many registered voters 40-plus in Oregon say they are likely to be a caregiver in the future.

Likelihood of providing care in the future does vary by caregiver status. Not surprisingly, over three in four current caregivers say they are extremely or very likely to provide care in the future. Over four in ten former caregivers and over a quarter of those who have never provided care, say they are extremely or very likely to be a caregiver in the future. Younger respondents (40-64) are more likely to say they will be providing care in the future (49%) than respondents 65-plus (31%).

	Current Caregivers	Former Caregivers	Never a Caregiver	All Respondents
Extremely/very likely	77%	43%	28%	41%
Somewhat likely	10%	22%	25%	21%
Not very/Not at all likely	11%	34%	46%	36%



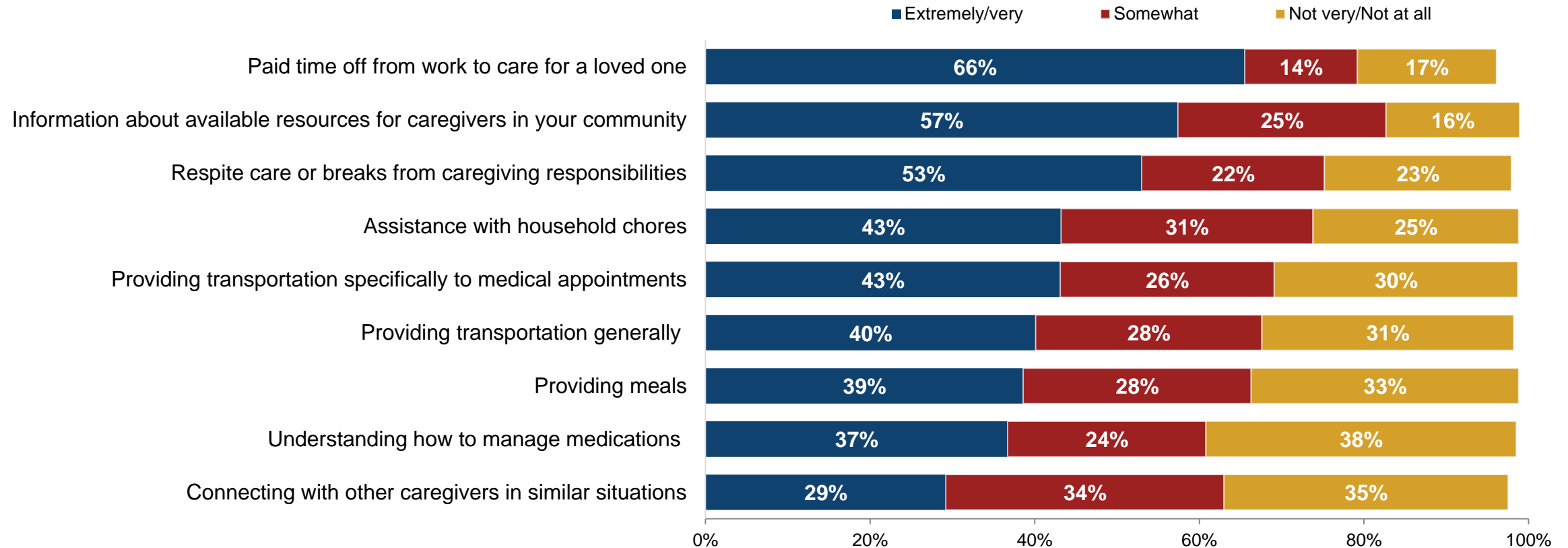
Q14. Q27. Q28. How likely do you think it is that you will provide any caregiving or assistance on an unpaid basis for an adult loved one in the future? Is it ...?



COMMUNITY SERVICES AND SUPPORTS

The most helpful caregiver support is paid time off from work for working caregivers to care for their loved ones.

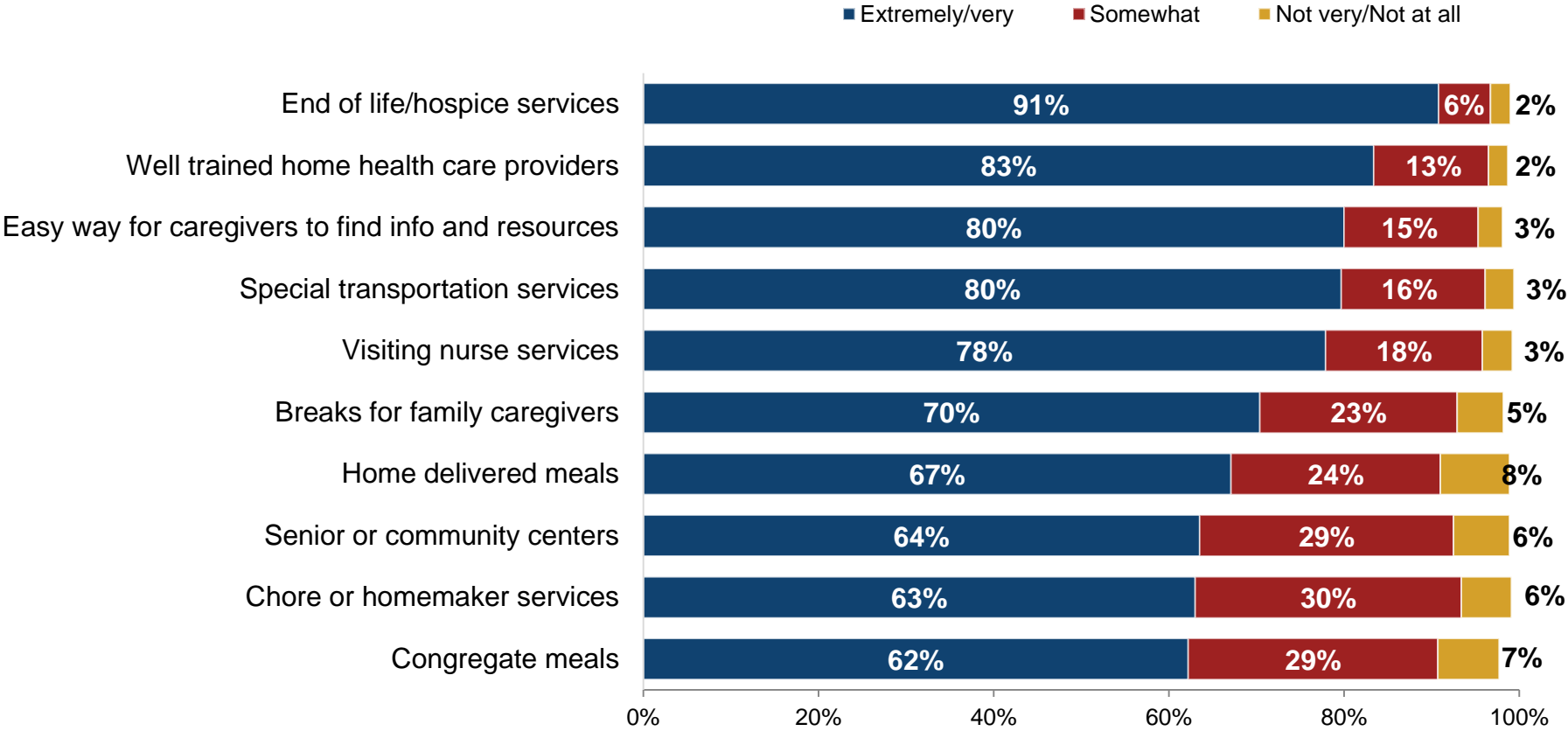
Over half of voters in Oregon would also find helpful information on caregiving resources and respite care, and four in ten would find assistance with chores and transportation helpful. In addition to these helpful supports, seven in ten voters (71%) say it is extremely or very important to have more resources and training for family caregivers.



Q29. In your opinion, as a current caregiver, how helpful would the following types of caregiving support be to you? In your opinion, as a former caregiver, how helpful would the following types of caregiving support be to you? In your opinion, as someone who may provide care in the future, how helpful would the following types of caregiving support be to you? Q30. Family caregivers help older residents in Oregon 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? Chart Base: All Respondents

End of life or hospice services top the list as the most important service to have in community.

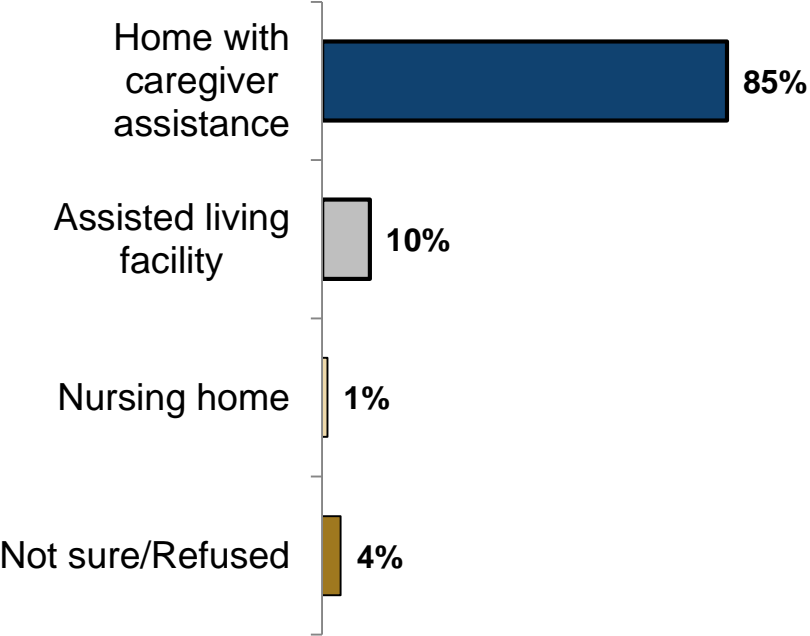
At least eight in ten voters say well trained home health care providers, easily accessible caregiver information and resources, and special transportation services are extremely or very important services to have in their communities.



Q47. 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 XXX in your community? Is it ...? Chart Base: All Respondents

Most voters prefer being cared for at home if they need help.

Over eight in ten voters say that if they or a family member needed help, they would prefer to receive that help at home with caregiver assistance. One in ten would prefer to receive help in an assisted living facility, and one in a hundred would prefer a nursing home.



- Nine in ten caregivers (90%) also say it is extremely or very important to be able to provide care so their loved ones could keep living independently at home.



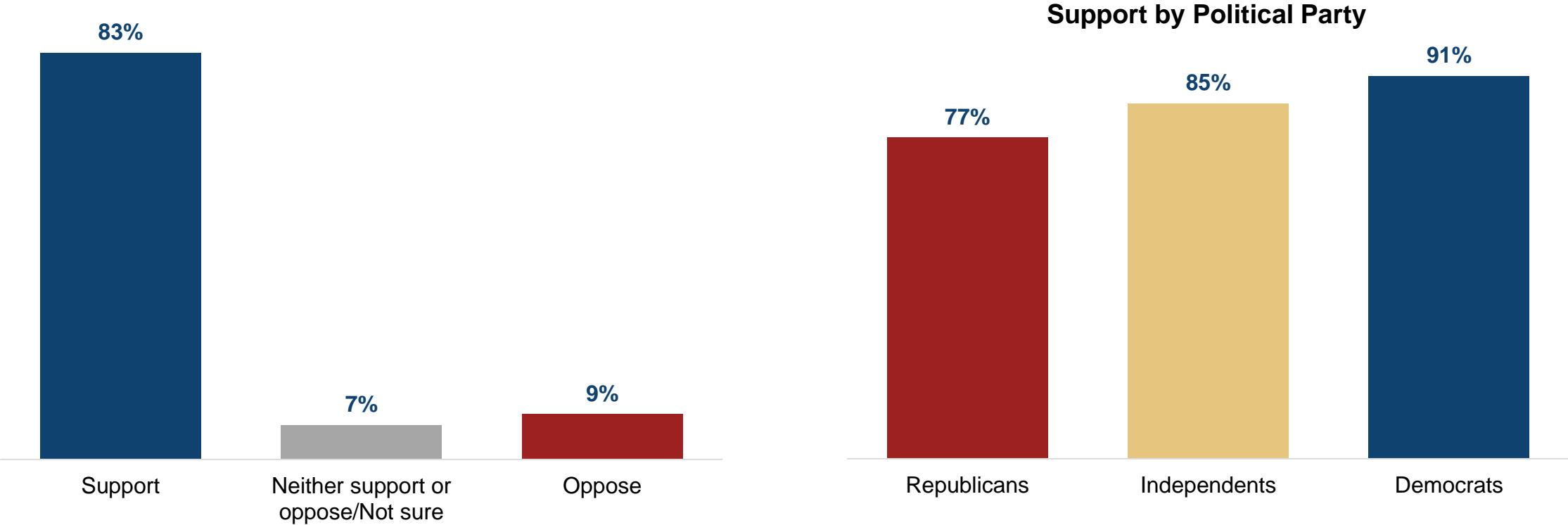
Q44. If you or a loved one needed help when the basic tasks of life become more difficult due to aging or illness, where would you prefer to receive that care or help for yourself or a loved one? Q13. How important is it to you to be able to provide care for your loved one so that they can keep living independently in their own home? 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? Chart Base: All Respondents Bullet Base: Current and former caregivers



RESPIRE CARE

There is overwhelming support by Oregon voters 40-plus for the provision of respite care for family caregivers.

Over eight in ten voters 40-plus in Oregon support the provision of short-term help by a home health aide so family caregivers can take a break from their caregiving duties. Support remains high across political parties.



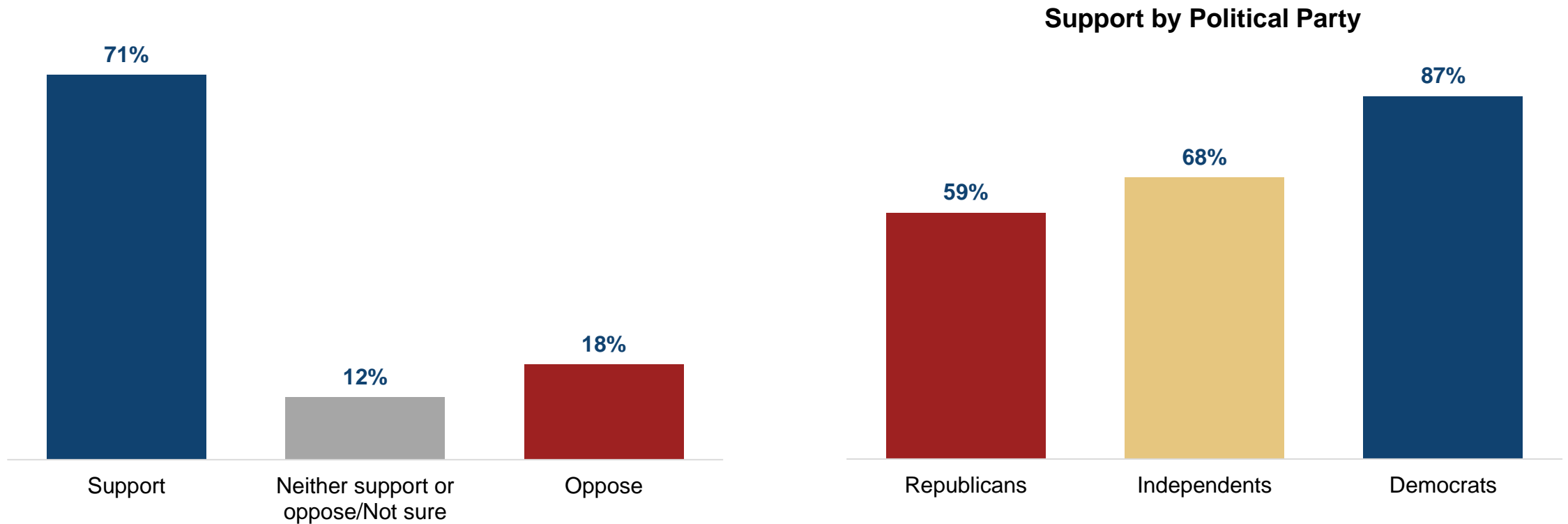
Q33. Do you support or oppose the provision of short-term help from a home health aide so family caregivers can take a break from their caregiving duties? This help could be provided in-home by a trained health aide or volunteer or out-of-home through an adult day program. Q34. Is that strongly or somewhat? D10. Do you consider yourself to be a ...? Chart Base: All Respondents



OREGON PROJECT INDEPENDENCE

There is overwhelming support by Oregon voters 40-plus for increasing funding for Oregon Project Independence.

Seven in ten voters 40-plus in Oregon support increasing funding to Oregon Project Independence. Support remains high across political parties.



Q35. Oregon Project Independence is a program that provides a variety of services to Oregonians age 60 and older who do not receive most Medicaid Services. These services are intended to support their independence and allow them to remain in their home as long as they wish. This program has experienced budget shortfalls in the past and as a result people who would use this service are placed on a waitlist for services. Do you support or oppose increasing Oregon Project Independence funding? Q36. Is that strongly or somewhat? D10. Do you consider yourself to be a ...? Chart Base: All Respondents



Survey

METHODOLOGY

Methodology

- **Objectives:** To explore the experiences and opinions of family caregivers aged 40-plus in Oregon. To measure support of various policies that support family caregivers.
- **Methodology:** Telephone survey (both landline and cell).
- **Qualifications:** Age 40 or older and registered to vote in the State of Oregon.
- **Sample:** Registered voter list targeting ages 40 and older from Aristotle International (N=900). Oversample of voters in counties with population under 30,000.
- **Interviewing dates:** September 26-October 17, 2018.
- **Weighting:** The data is weighted by age within gender and geography reflect the 40-plus population of registered voters in Oregon.
- **Questionnaire length:** Interviews averaged 24 minutes in length. Full questionnaire is available upon request.
- **Confidence interval:** Total sample: $\pm 3.27\%$.





APPENDIX

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