

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

AARP Research Center – State Research
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Montana Caregivers Data Background

- 118,000 family caregivers of adults in Montana
- Providing 110 million hours of care at an estimated value of \$1.4 B in 2013

(Source: AARP Public Policy Institute report, "Valuing the Invaluable: 2015 Update", released July 2015.)

- 48,000 Montanans are family caregivers of someone with Alzheimer's or dementia in 2014.
(Source: American Alzheimer's Association alz.org/facts)

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Methodology 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 2nd to September 14th, 2015
- Overall margin of error is ±3.5%
- Administered in English
- Data weighted by age and gender
- Response rate = 20%; Cooperation rate=86%

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Independent Living

Preference For Receiving Care

- 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)

Preferred Place	Percentage
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)

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AARP
Real Possibilities

CAREGIVERS

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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.

Current Caregivers
(n=800)

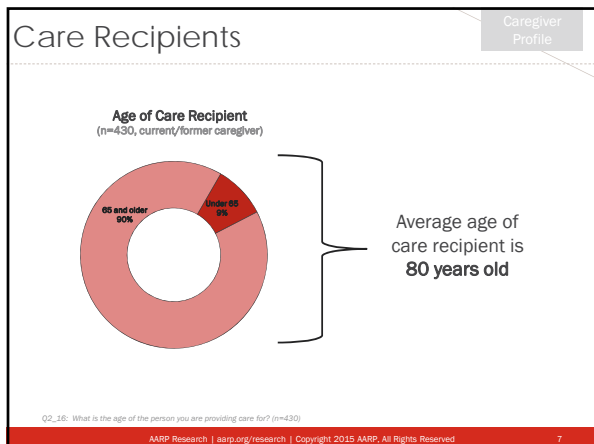
Response	Percentage
No	84%
Yes	16%

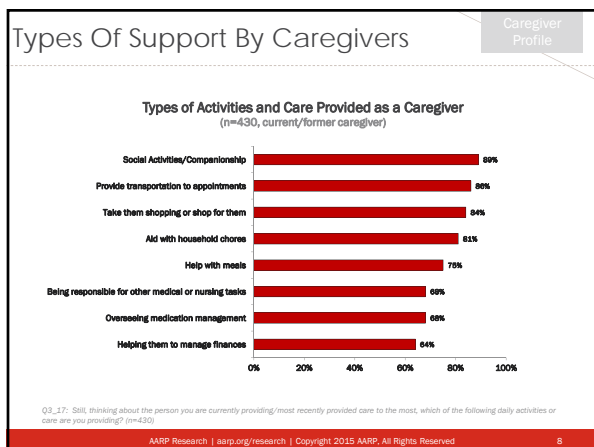
Former Caregivers
(n=800)

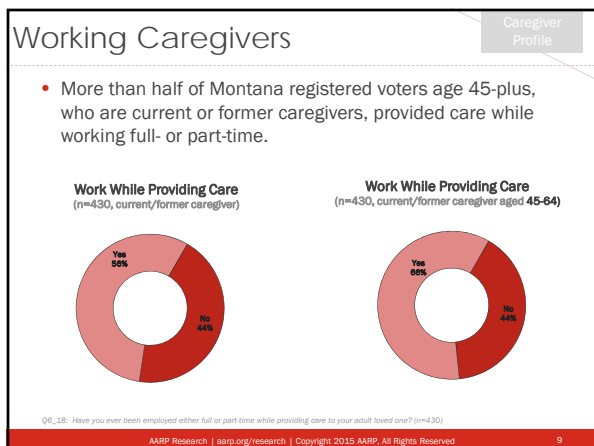
Response	Percentage
No	52%
Yes	46%

Q1/15: Are you currently or have ever been a family caregiver providing UNPAID care to an adult loved one? (n=800)

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Caregiver Stress

Caregivers

- 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)

Category	Percentage
Felt stressed out emotionally due to your caregiving responsibilities	50%
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	38%
Found it difficult to exercise regularly	29%

Q12_22: As a caregiver did you ever... (n=430)

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Personal Accommodations

Caregivers

- 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)

Category	Percentage
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)

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Working Caregivers

Caregiver Profile

- 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)

Category	Percentage
Go into work early or late, or take time off to provide care for a loved one	55%
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)

Frequency	Percentage
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)

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CAREGIVER SUPPORT

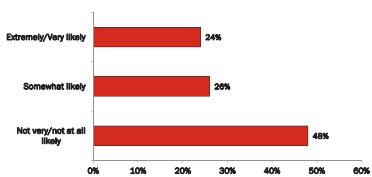
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Future Caregiving Status

Caregivers

- 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)



Likelihood	Percentage
Extremely/Very likely	24%
Somewhat likely	20%
Not very/not at all likely	48%

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)

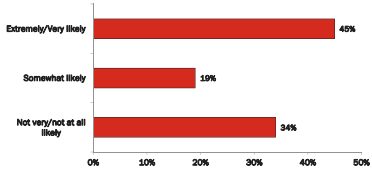
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Future Caregiving Status

Caregivers

- Those who are or have been caregivers expect to provide care again in the future.

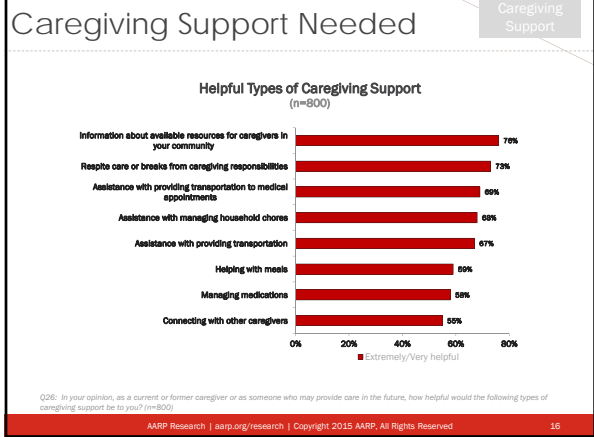
Expect to Provide Care in the Future
(n=430, current/former caregiver)

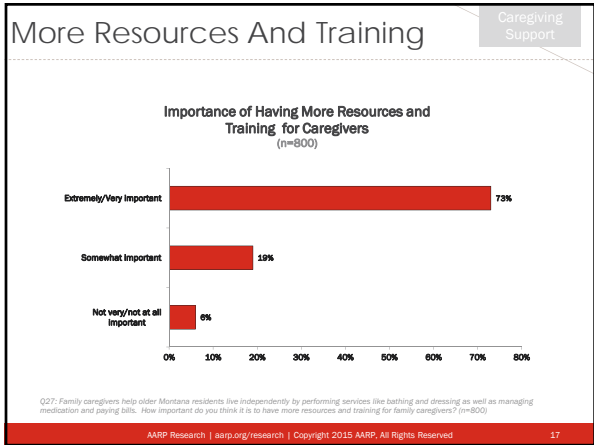


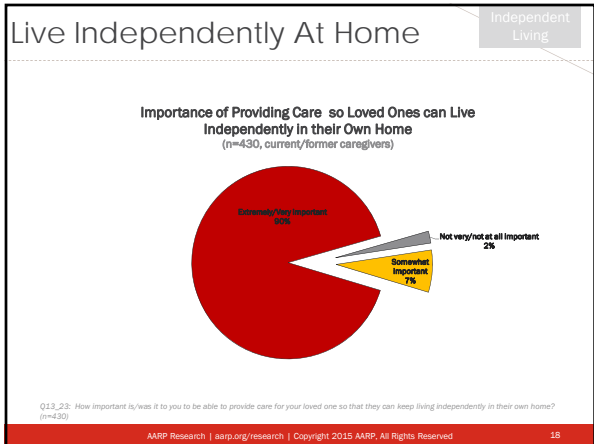
Likelihood	Percentage
Extremely/Very likely	40%
Somewhat likely	19%
Not very/not at all likely	34%

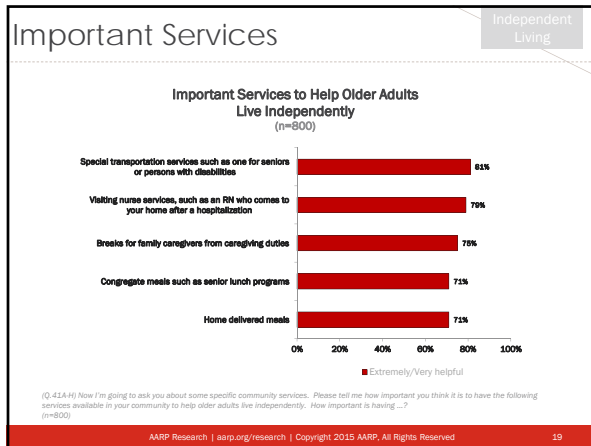
Q14_24: How likely do you think it is that you will provide any caregiving or assistance on an unpaid basis for an adult loved one in the future? (n=430)

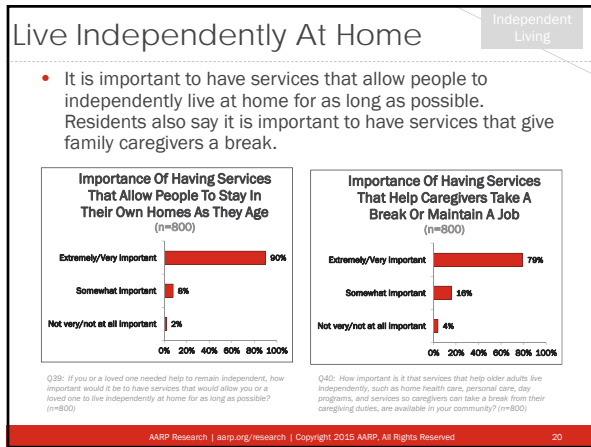
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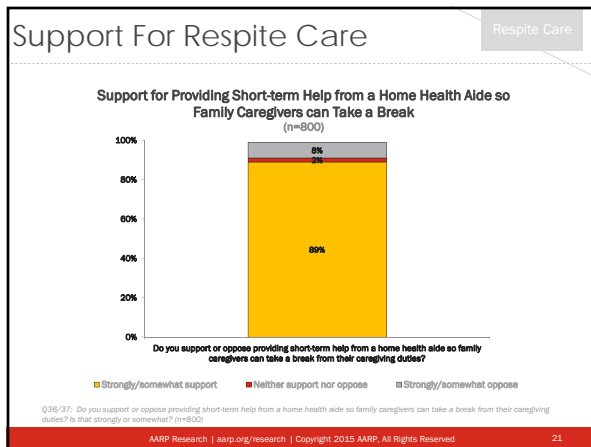


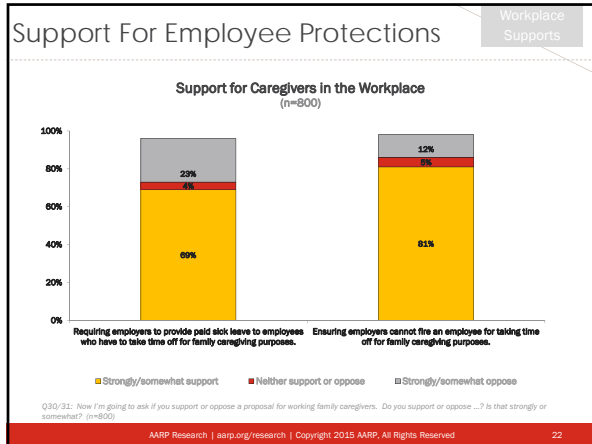


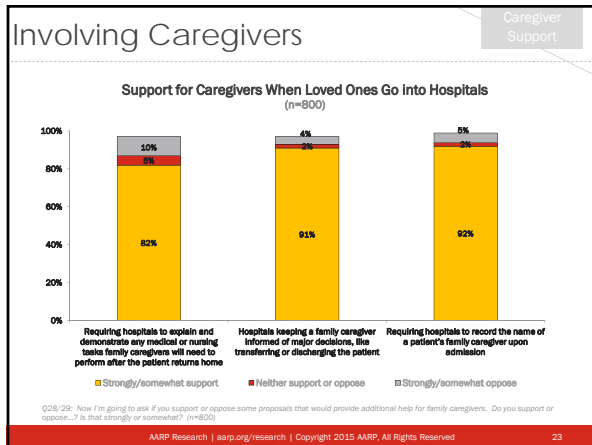


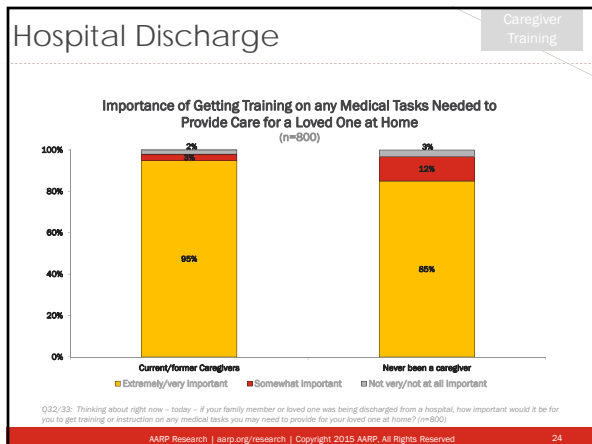


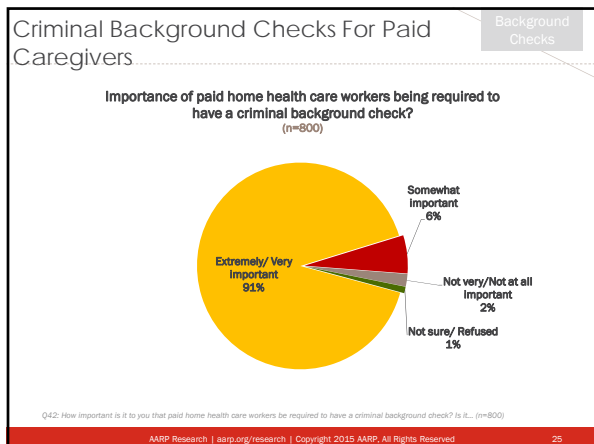












DEMOGRAPHICS

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