



2008 AARP Maryland Caregiving Survey

**AARP Maryland
Leadership Roundtable**
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Background

- Mail survey of 2,000 randomly selected AARP members in MD
 - 1,200 over-sample of members age 50-64
- Fielded August 15th through September 26th
- 4 Step Contact Process -- pre-notification postcard, survey, reminder postcard, 2nd survey
- 1,270 useable surveys; response rate 40%; sampling error $\pm 2.8\%$
- Data weighted by age and gender



Current Caregiver Profile (179 Respondents)

- Incidence
- Characteristics
- Care Receiver
- Time Spent Caring
- What They Do



How many caregivers?

- 14.1 percent of AARP members in MD are currently providing care (124,856 members)
- 26.2 percent have provided care in the past (another 232,003 members)
- Unpaid assistance to care for a relative, friend, spouse, companion, partner 18+ who is ill, frail, elderly, or has a physical, mental, or emotional disability



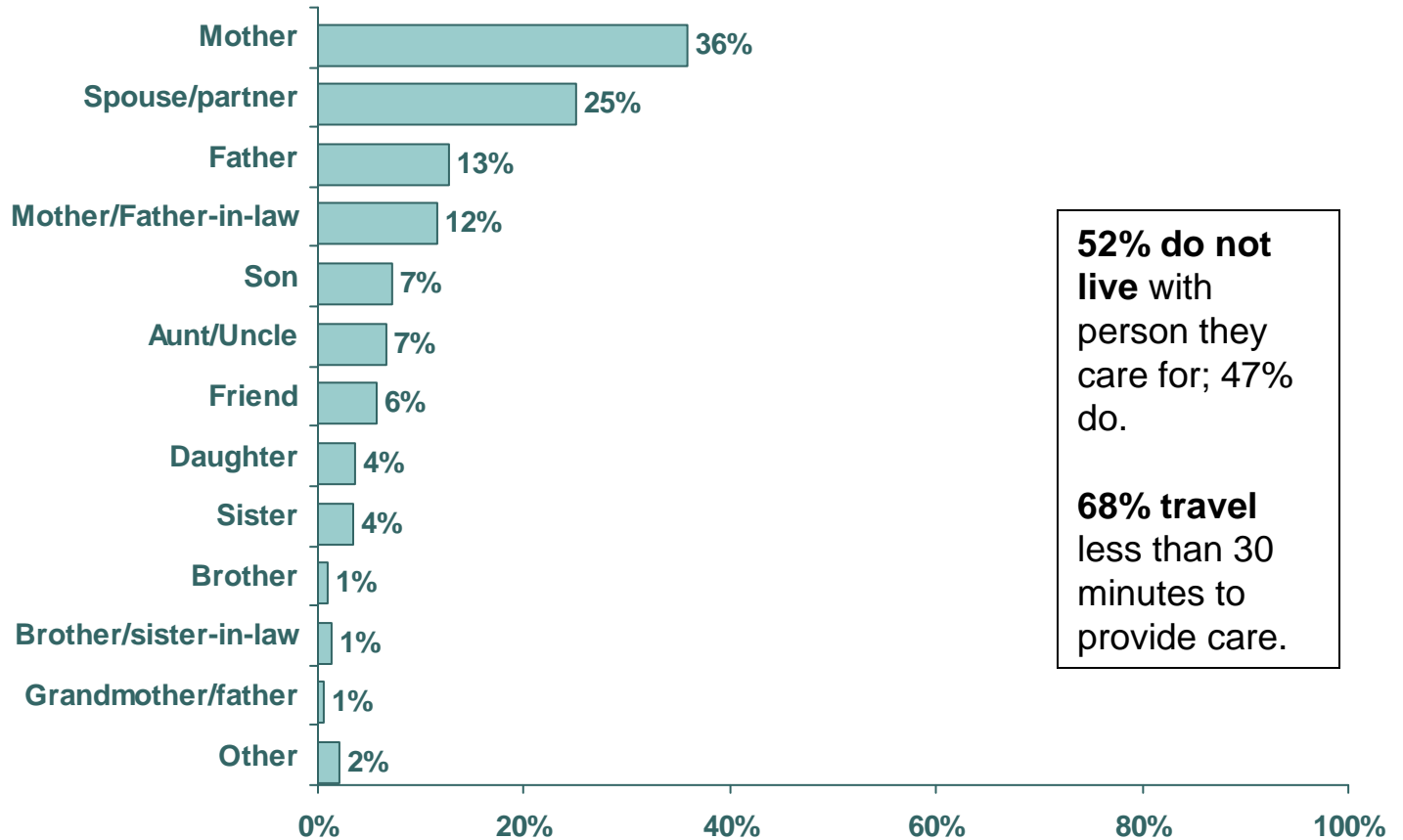
What are they like?

- Median age is 60
- 60% are female
- 19% have a disability
- 69% are married
- 54% are currently employed
- 45% are college grads
- 60% are tech savvy

Who are they helping?

Median age of Care Receiver is **82 years**.

Why need care? Old age, mobility, dementia, unsteady, arthritis, rheumatism

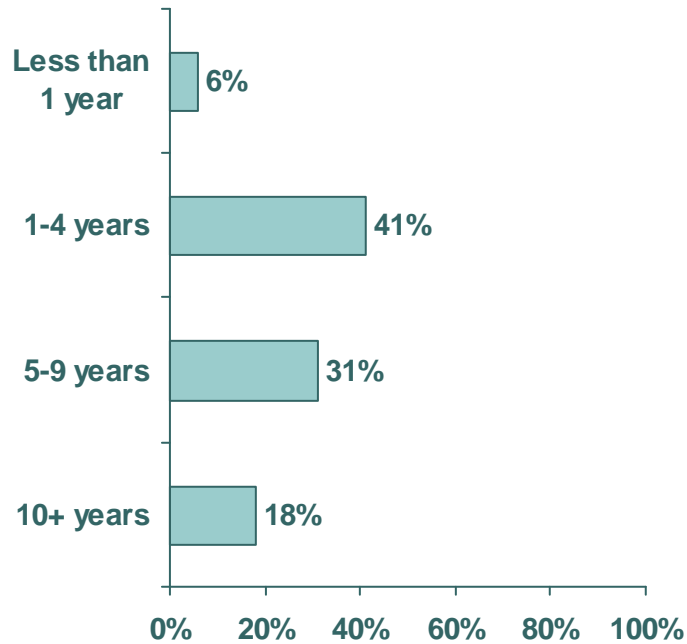


52% do not live with person they care for; 47% do.

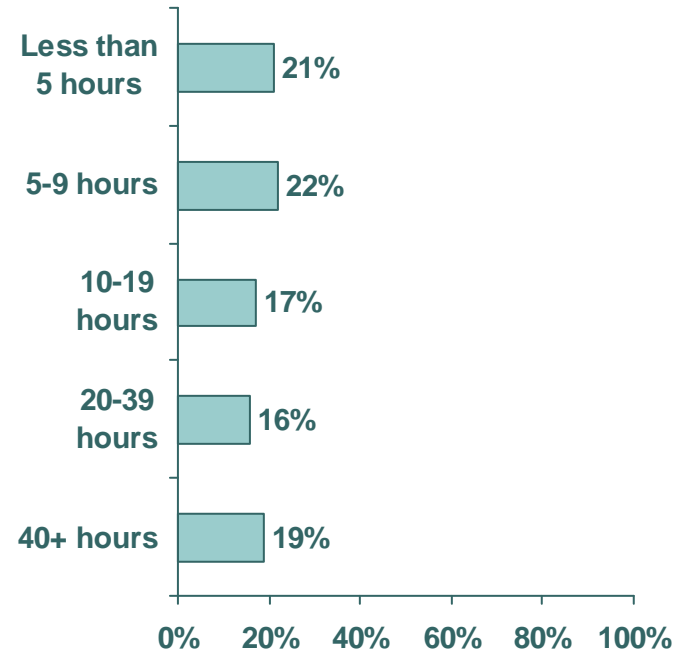
68% travel less than 30 minutes to provide care.

How much time are they spending?

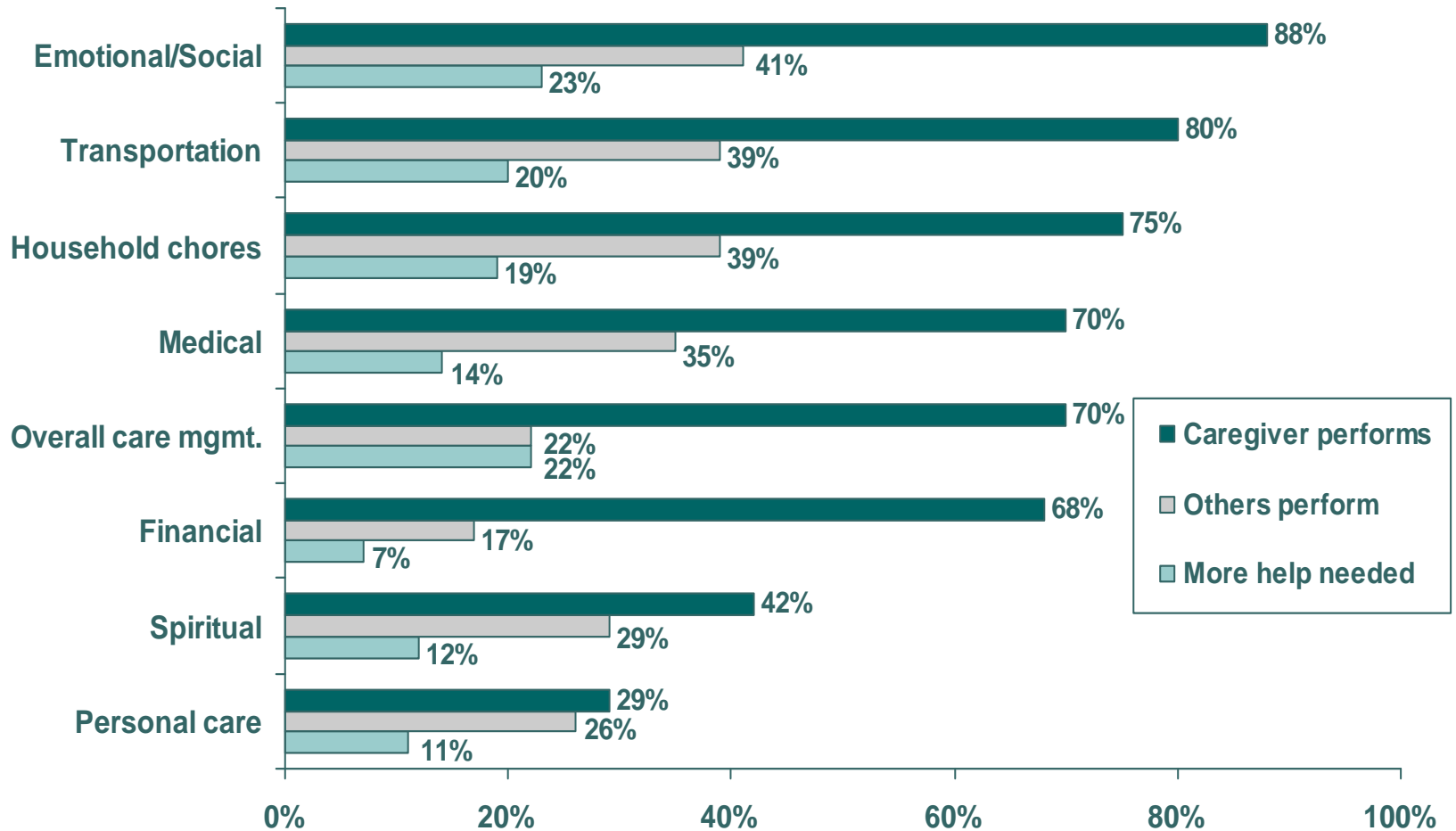
Length of Time Providing Care



Amount of Hours Per Week Providing Care



What are they doing?

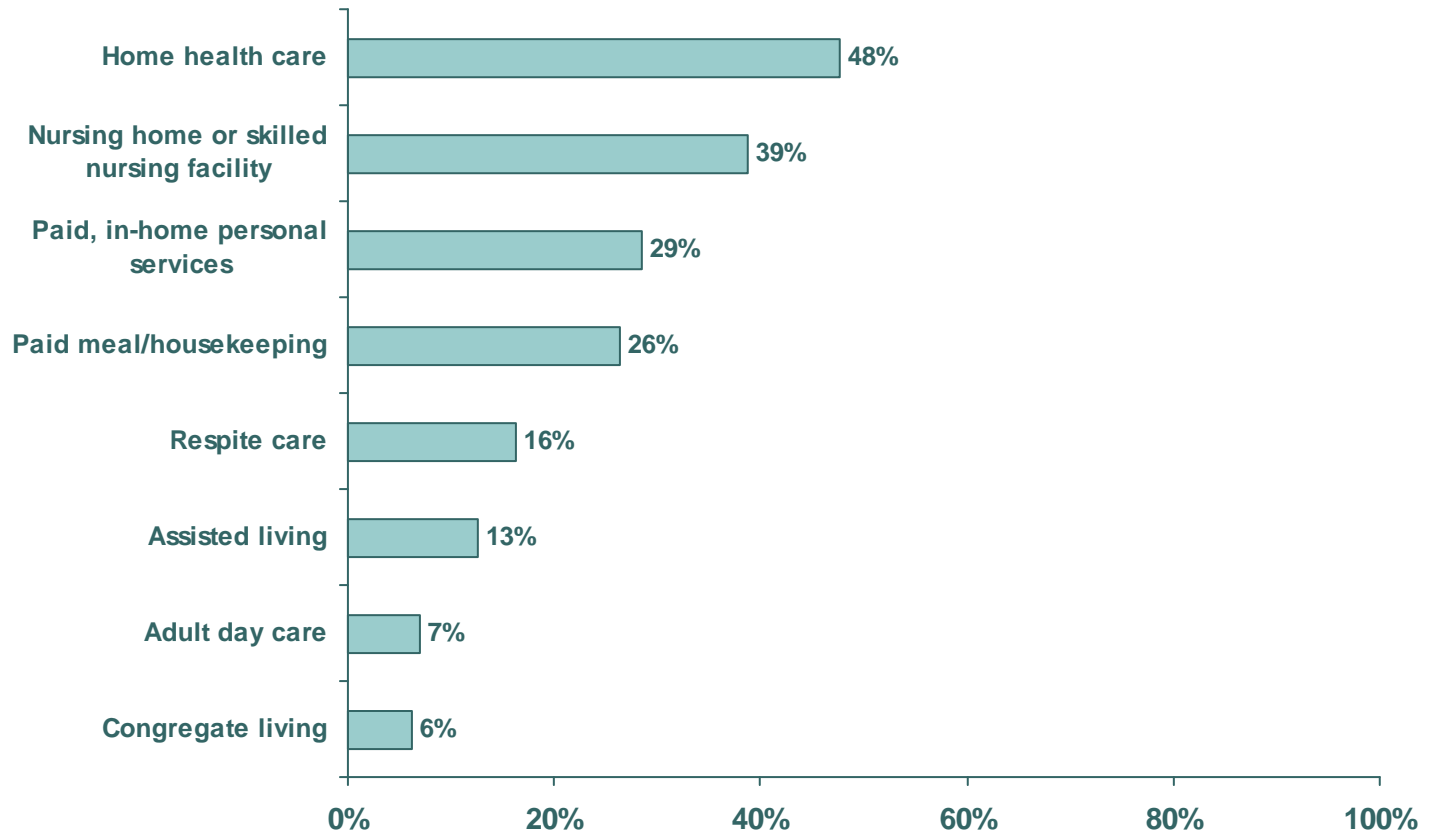




The Effects of Caregiving

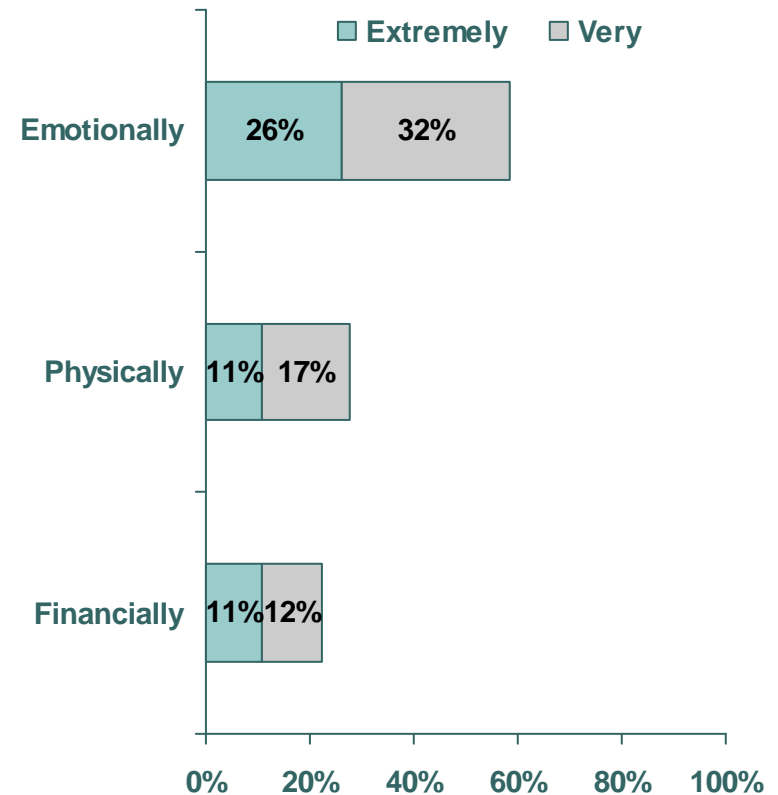
- Both current and former caregivers (n=512)
- Types of care services
- Emotional, physical, financial stress
- Work
- Life

What services have caregivers used?



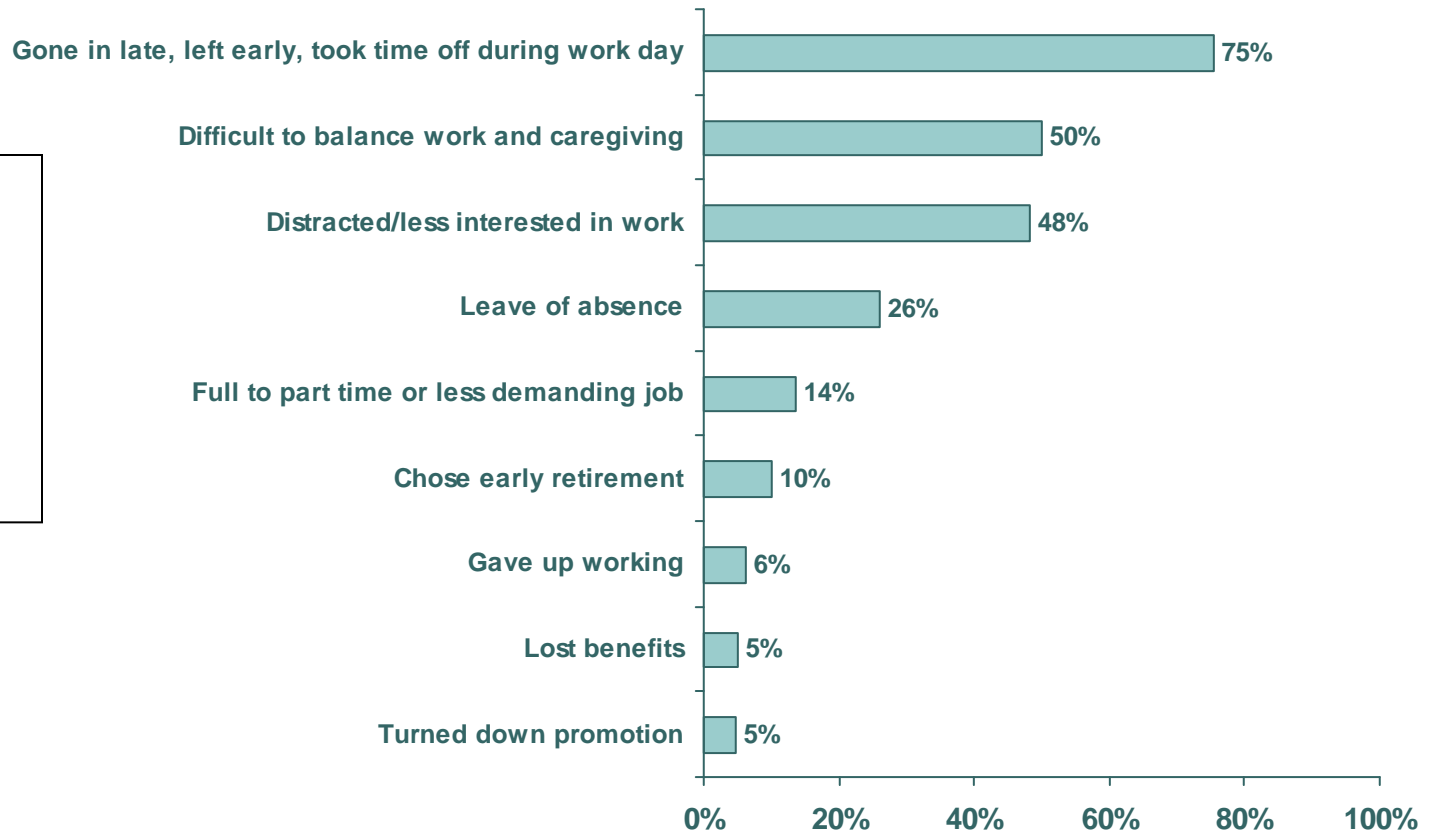
How stressful is caregiving?

- More financial and physical stress felt by caregivers with lower income
- More physical and emotional stress felt by female caregivers

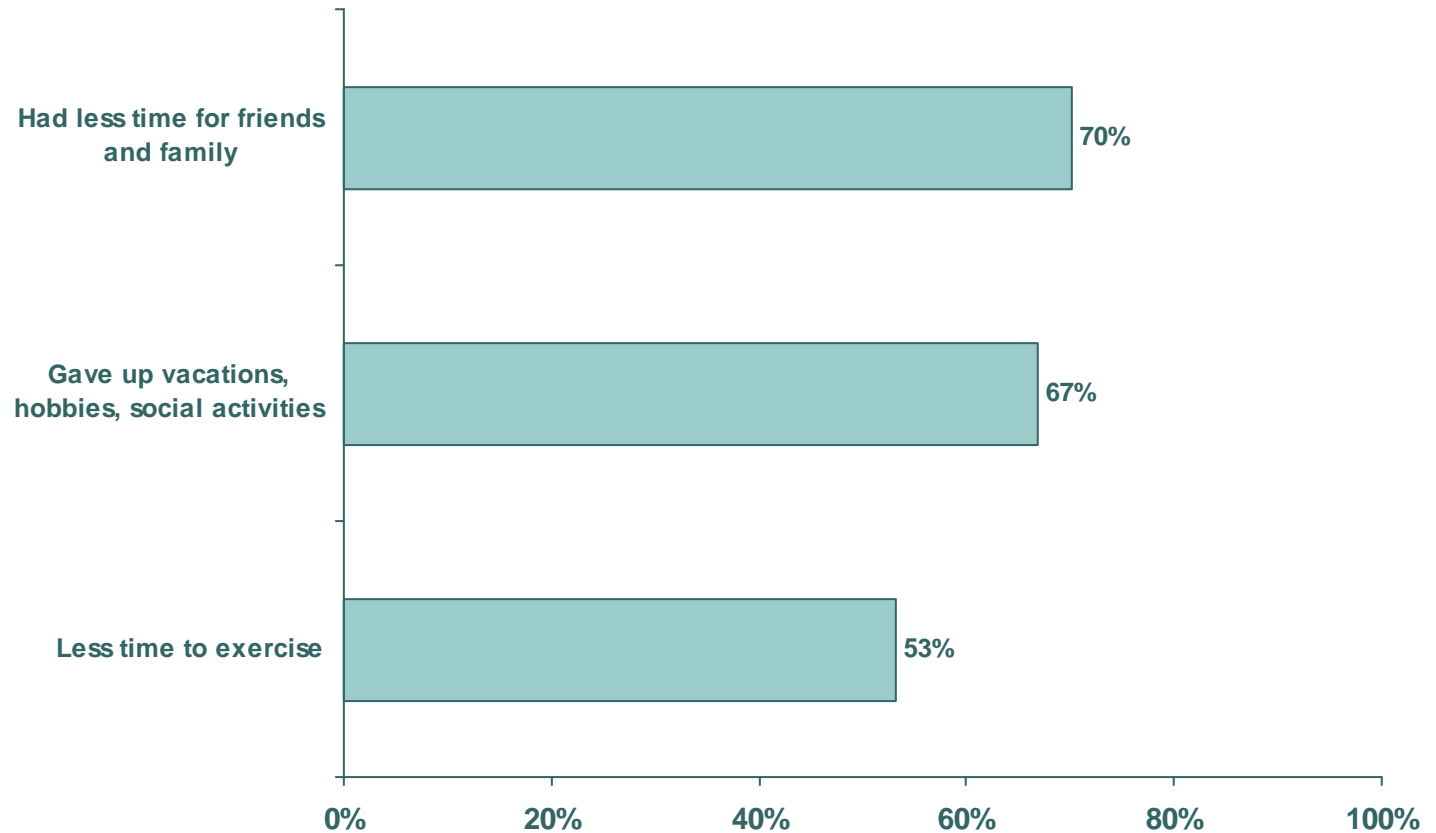


Possible Stress Contributors For Employed Caregivers

69% of all caregivers have been employed while caregiving



More Stress Contributors For All Caregivers

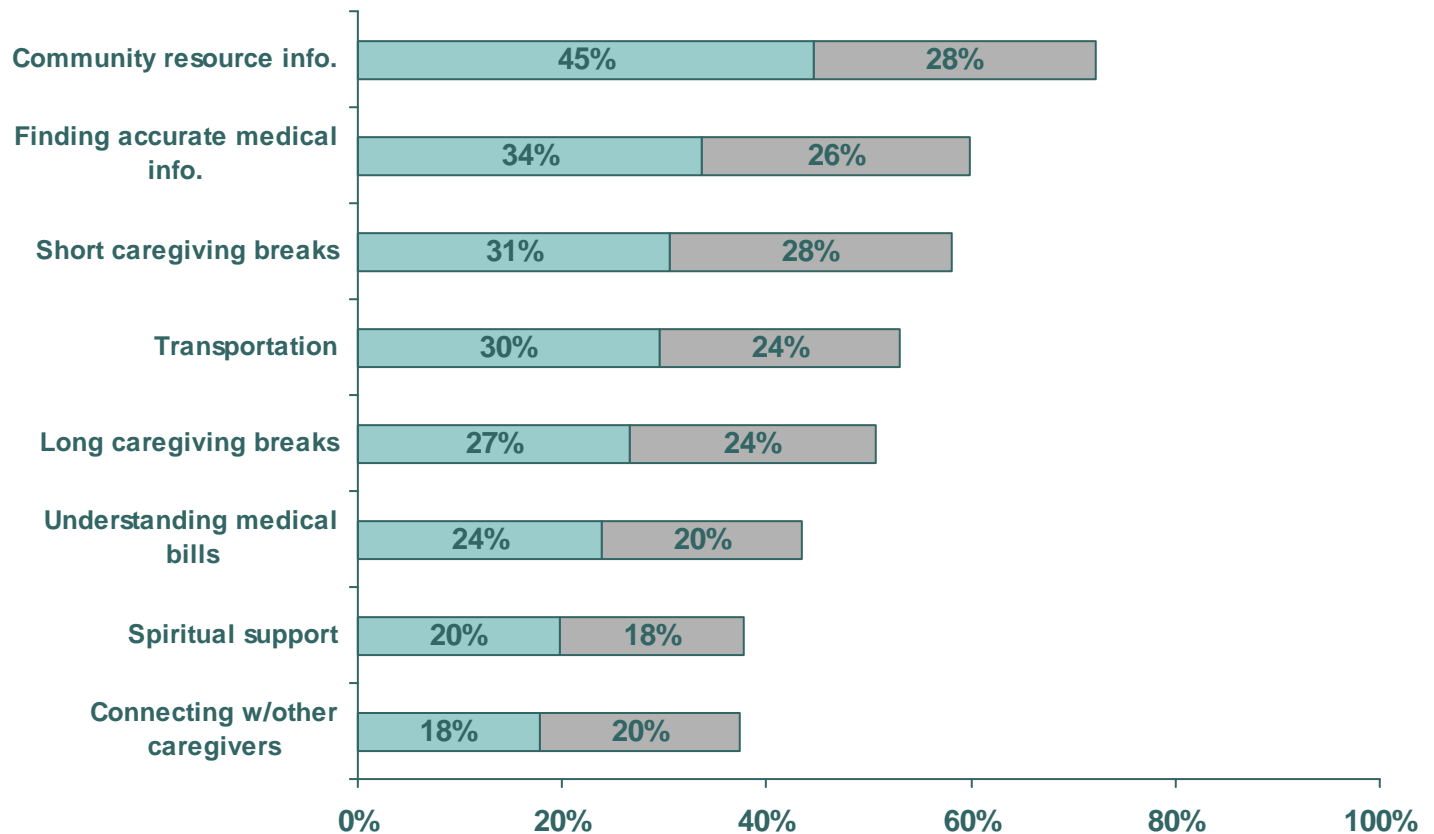




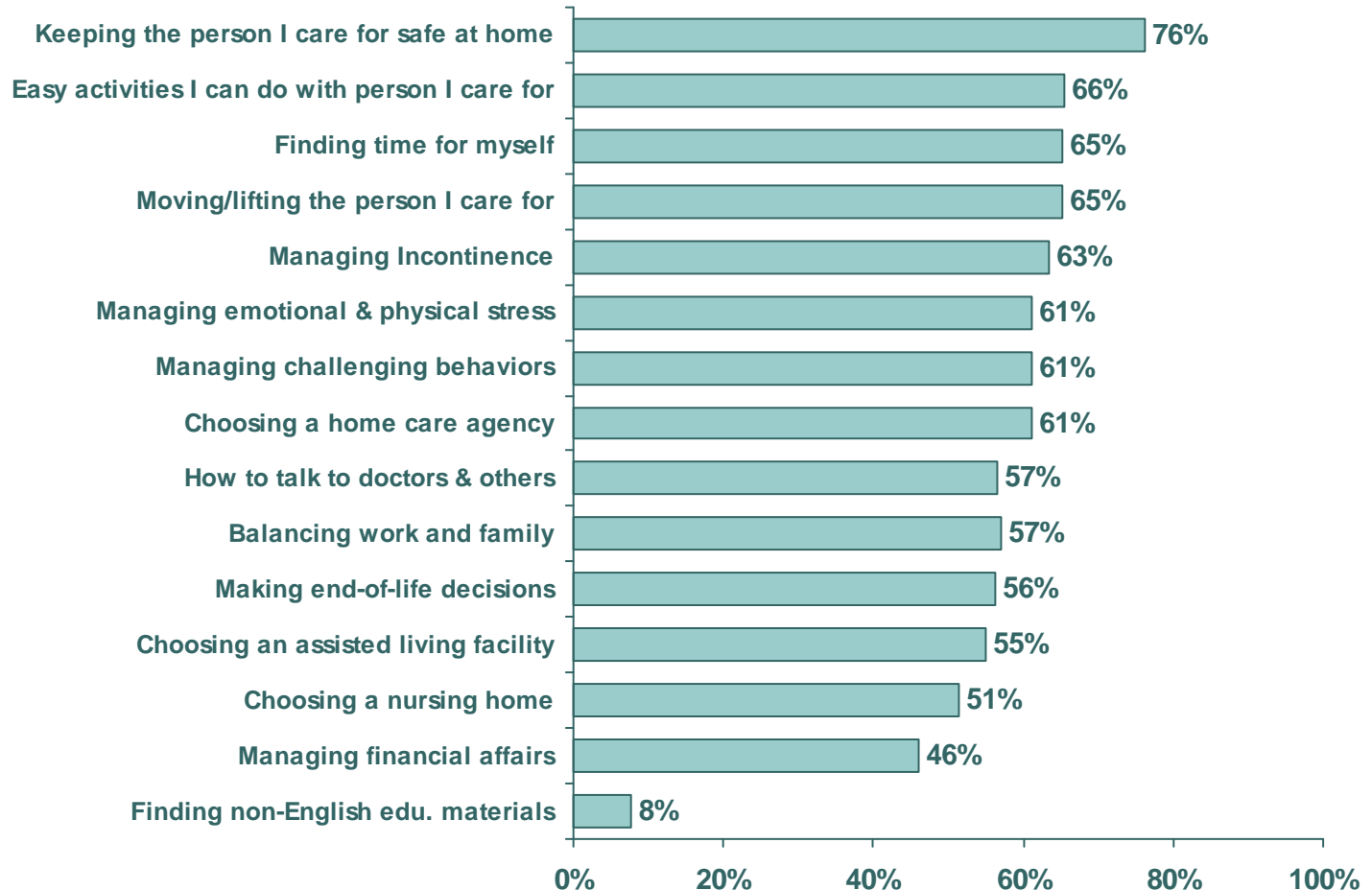
Types of Support Needed

- All respondents (n=1,270)
- 2 separate questions
- General concepts to specific tasks

How helpful would the following support be?



Would the following types of help or information be beneficial?





Long-term care

- Preferred type of care
- Support for increased funding



Thoughts on Long-Term Care

- 61% prefer care at home with paid health professionals; 49% prefer care at home by family & friends
- 47% prefer care in residential or assisted living facility; 21% prefer care in nursing home
- 82% say it is very important for MD to increase funding for home and community-based care. 69% more likely to vote for a candidate who supports such an increase



For More Information About the Survey Results

- <http://www.aarp.org/mdcaregiving>
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