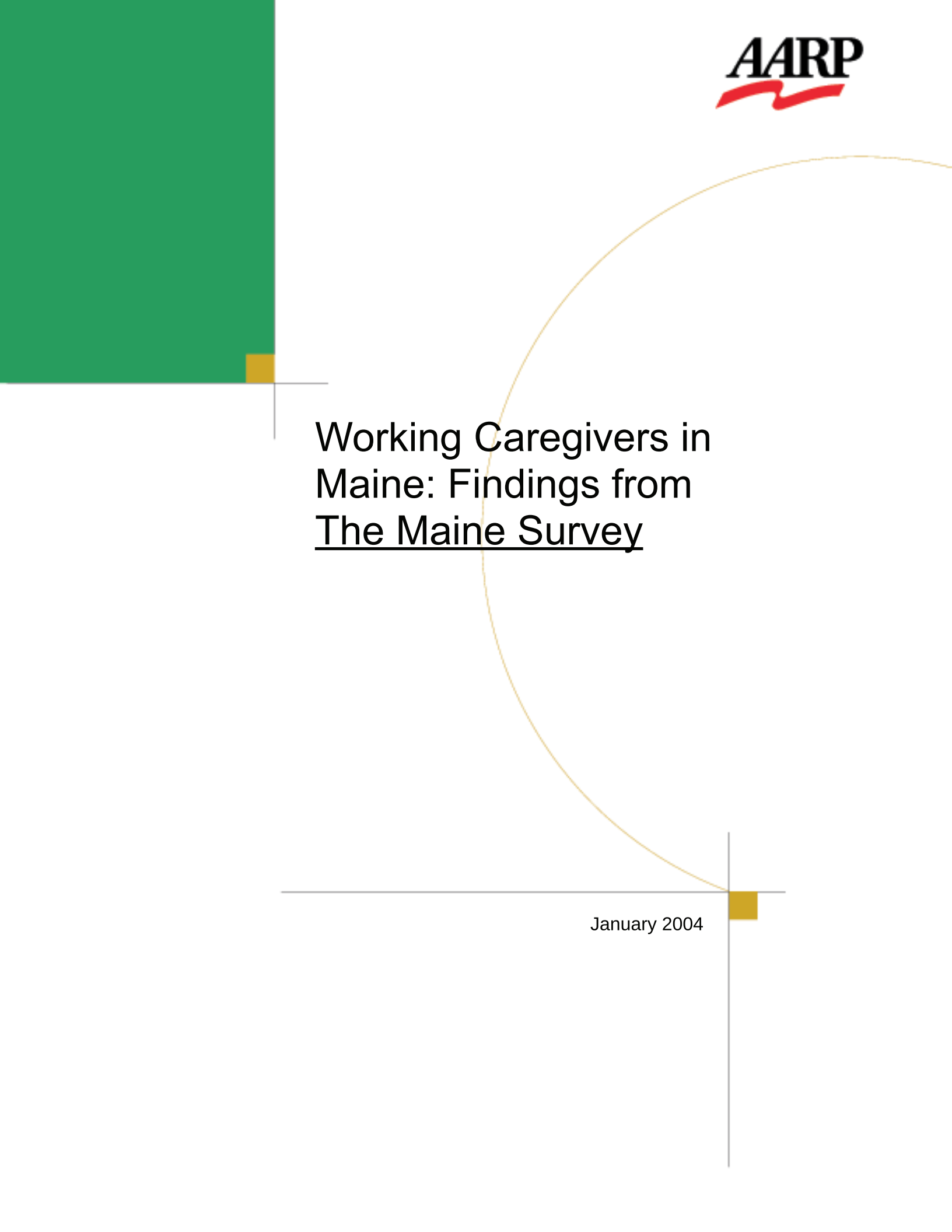


A decorative graphic consisting of a large, thin, yellow arc that starts near the top right and curves down towards the bottom right. There are also two small yellow squares: one at the bottom left corner and one at the bottom right corner, near the end of the arc. A green rectangle is in the top left corner, and a thin grey line runs horizontally across the middle of the page.

Working Caregivers in Maine: Findings from The Maine Survey

January 2004



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**Data collected by Market Decisions
Report Prepared by Katherine Bridges, AARP**

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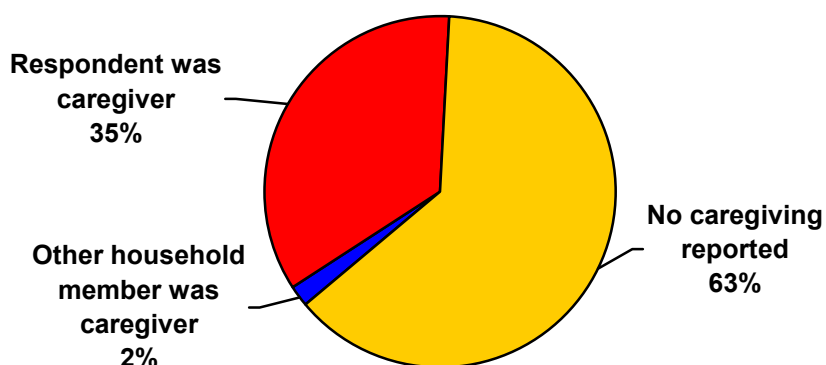
Background

According to the National Family Caregivers Association, “more than one quarter (26.6%) of the adult population has provided care for a chronically ill, disabled or aged family member or friend during the past year.”¹ Moreover, it has been estimated that caregiving for older adults costs American businesses between \$11 billion and \$29 billion each year.² AARP commissioned questions in The Maine Survey³ to gauge Maine residents’ experiences with unpaid caregiving and how these experiences impacted their work lives.

In the last two years, about 4 out of 10 Mainers have been caregivers.

Nearly four in ten respondents say they or other household members have provided unpaid care to a relative or friend 18 years of age or older in the last two years. About the same percentage (39%) of working respondents report being caregivers during this same time frame. Among those respondents or other household members who provided unpaid care to a relative or friend, half (50%) provided care to someone age 60 and older. Caregivers most often report providing care to mothers (21%) and non-relatives, friends or neighbors (20%).

**Percent of Respondents Who Have Been Caregivers
(n=401)**



Question 1: In the last two years, have you or someone in your household provided unpaid care to a relative or friend 18 years of age or older?

- Caregivers are more likely be age 50 to 59 than any other age (50%).⁴

¹ National Family Caregivers Association: www.nfcares.org/NFC2002_stats.html

² MetLife Study of Employer Costs for Working Caregivers:
www.metlife.com/WPSAssets/17726521261070696917V1Fcaregiver.pdf

³ The Maine Survey (TMS) is a quarterly telephone survey conducted with 400 randomly selected adult Maine residents by Market Decisions of South Portland, Maine. The current Maine Survey was conducted October 10-27, 2003 with 401 Maine residents and has a sampling error of +/- 4.9%.

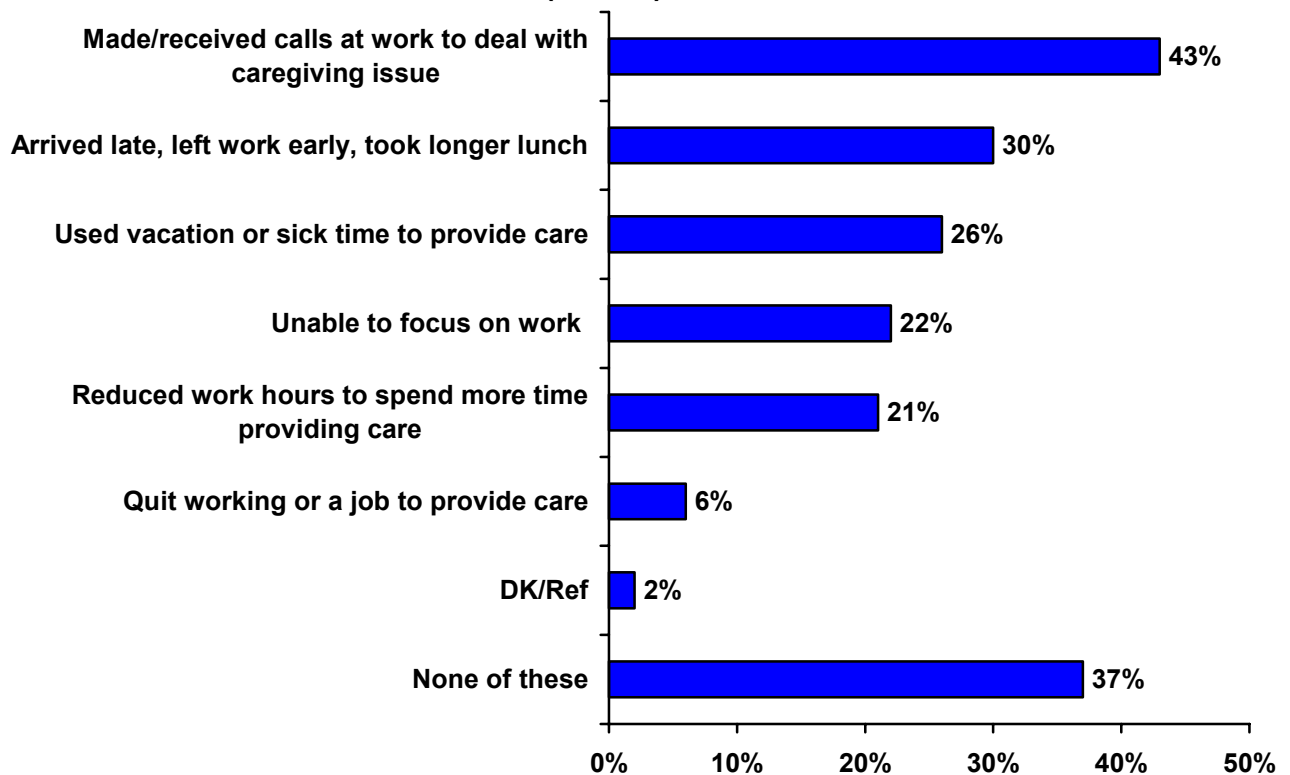
⁴ Due to the relatively small population of caregivers surveyed (n=147), the differences reported by age and income are directional but do not reach statistical significance at the 0.05 level of confidence.

- Caregivers with incomes of \$30,000-\$60,000 are the most likely to provide care to their mothers (29%), while those with an annual income of less than \$30,000 are the most likely to provide unpaid care to a non-relative, friend or neighbor (25%).

Six in ten Maine caregivers have experienced at least one type of work interruption due to caregiving responsibilities.

Caregivers in Maine experience both short-term and long-term work interruptions as a result of providing care to a relative or friend. While the most commonly reported are short-term interruptions, such as making or receiving phone calls, and late arrivals or early departures from work, long-term interruptions, such as quitting a job and cutting back on work hours, are reported as well.

Percent of Caregivers Who Report Having Work Interrupted Due to Caregiving Responsibilities (n=147)



Question 4: Did you/other household member providing care experience any of the following as a result of being the care provider?

- Respondents who have an annual income of less than \$30,000 are more likely to arrive late to work, leave work early, or take longer lunch hours as a result of being a care provider (36%), while those with an annual income \$60,000 or more are the most likely to make or receive calls at work to deal with caregiving (53%).

Conclusion

This study provides only a narrow look at caregivers in the State; however, the results show that a significant percentage of Maine employees are caregivers (39%), and largely to older adults. Caregivers in the State who are impacted most significantly by caregiving responsibilities may be those who can least afford it because they are also working. Residents who are 50 to 59 are most likely to be caregivers to older adults, yet they are also at their prime working age. Additionally, respondents with lower incomes are more likely to report arriving late and taking longer lunch hours as a result of being a care provider—an experience that has the potential to reduce their pay.

For employers, the impact is also clear: 43 percent of caregivers are making and receiving calls at work to deal with caregiving issues, 22 percent report being distracted at work, and many caregivers report their work hours have been effected, either through hourly disruptions day-to-day or more permanently by cutting back their work hours to attend to caregiving responsibilities. All of these work disruptions undoubtedly have substantial impacts, financially and productively, on Maine businesses.

The percentage of Maine residents age 65+ is expected to grow from the current 14 percent to about 21 percent in 2025. The dependency ratio for the state of Maine is also climbing: measured at 69.7 in 1998 it is predicted to climb to 78.0 in 2025. This means that for every 100 working adults in the State, there will be 78 dependent residents (residents under age 20 or over 65). With a five percent decline in the youth population predicted, the older population will make up a greater proportion of the dependency ratio.⁵ So while half of those surveyed recently cared for individuals age 60+, that number is likely to grow as well, further impacting Maine businesses and employers in years to come.

⁵ U.S. Bureau of the Census: www.census.gov/population/projections/state/9525rank/meprsel.txt

AARP Questions—The Maine Survey, October 2003

AARP1 - In the last 2 yrs, 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? This person need not live with you.

		Count	%
AARP1	YES	139	35%
	Yes, someone else in my house has	8	2%
	NO	255	63%
	Total	401	100%

AARP2 - Thinking about the person to whom you/other household member is providing unpaid care. What is this person's relationship to you/other household member?

		Count	%
AARP2	SPOUSE	1	1%
	MOTHER	31	21%
	FATHER	7	5%
	MOTHER-IN-LAW	6	4%
	FATHER-IN-LAW	5	3%
	SON	14	9%
	DAUGHTER	10	7%
	BROTHER	1	1%
	SISTER	9	6%
	BROTHER-IN-LAW	1	1%
	SISTER-IN-LAW	1	1%
	GRANDMOTHER	14	9%
	GRANDFATHER	2	2%
	AUNT/UNCLE	2	2%
	FRIEND/NON-RELATIVE/NEIGHBOR	29	20%
	COMPANION/PARTNER	1	1%
	GRANDCHILD	3	2%
	CHILDREN	2	1%
	OTHER RELATIVE (COUSIN, NEICE/NEPH, STEP-PARENT)	5	3%
	DK-REF	1	1%
	Total	147	100%

AARP3 - What was the age of the person for whom care was being provided?

		Count	%
naarp3	Less than 30	34	23%
	30 - 39	14	9%
	40 - 49	8	6%
	50 - 59	12	8%
	60 - 69	15	10%
	70 - 79	26	17%
	80 or older	34	23%
	DK-REF	4	3%
	Total	147	100%

AARP4 - Did you/the household member providing care experience any of the following as a result being a care provider?

		Count	%
\$AARP4	Arrived work late, left work early, took longer lunch hours	45	30%
	Used vacation or sick time to provide care	39	26%
	Made, received calls at work to deal with a care giving	64	43%
	Reduced work hours to spend more time providing care	30	21%
	Quit working or a job entirely to provide care	9	6%
	Unable to focus on work	33	22%
	NONE OF THESE	55	37%
	DK-REF	3	2%
	Total	147	100%

The Maine Survey Respondent Demographics

EMP1 - What were you doing MOST of last week - working, keeping house, going to school, or something else?

		Count	%
EMP1	WORKING	224	56%
	KEEPING HOUSE	49	12%
	GOING TO SCHOOL	24	6%
	WITH A JOB, BUT NOT AT WORK TEMPORARILY	11	3%
	UNEMPLOYED, LAID OFF, LOOKING FOR WORK	4	1%
	RETIRED	45	11%
	DISABLED, UNABLE TO WORK	17	4%
	OTHER	27	7%
	DK	1	0%
	Total	401	100%

EMP2a - Do you work for pay?

		Count	%
work	Yes	272	68%
	No	129	32%
	Total	401	100%

EMP3 - How many hours did you work last week, at all jobs?

		Count	%
emp3a	1-9 hours	10	4%
	10-19 hours	11	4%
	20-29 hours	21	8%
	30-39 hours	40	15%
	40-49 hours	98	37%
	50-59 hours	43	17%
	60+ hours	35	14%
	DK-REF	2	1%
	Total	262	100%

SEX - Gender

		Count	%
SEX	FEMALE	209	52%
	MALE	191	48%
	DK-REF	1	0%
	Total	401	100%

AGECAT - The last few questions are for statistical purposes only. What was your age on your last birthday?

		Count	%
agecat	18-29	71	18%
	30-39	78	19%
	40-49	86	21%
	50-59	64	16%
	60+	97	24%
	DK/REF	5	1%
	Total	401	100%

AREA - Area of the State

		Count	%
AREA	SOUTH	142	35%
	COASTAL	61	15%
	CENTRAL	97	24%
	NORTH	101	25%
	Total	401	100%

YRS1A - How many years have you lived in Maine?

		Count	%
nyrs1	Less than one year	4	1%
	1-2 years	20	5%
	3-5 years	12	3%
	6-10 years	20	5%
	11- 20 years	67	17%
	21 - 30 years	63	16%
	More than 30 years	211	53%
	DK-REF	4	1%
	Total	401	100%

INC1 - Was your TOTAL combined household income from all household members during the past 12 months less than thirty thousand dollars, between thirty and sixty thousand, or over sixty thousand? Include money from all sources, not just wages.

		Count	%
INC1	< \$30K	150	37%
	\$30 - \$60K	114	28%
	> \$60K	90	22%
	DK-REF	48	12%
	Total	401	100%

INCOME - Annual Household Income

		Count	%
inc6	Less than 10K	24	6%
	10K - 20K	55	14%
	20K - 30K	58	14%
	30K - 40K	41	10%
	40K - 50K	34	9%
	50K - 60K	26	6%
	60K - 70K	20	5%
	70K - 80K	25	6%
	80K - 90K	8	2%
	Over 90K	33	8%
	DK-REF	77	19%
	Total	401	100%

EDU - What is the highest year or grade of school you have completed?

		Count	%
EDU	GRADE SCHOOL OR LESS (8th GRADE OR LESS)	14	3%
	SOME HIGH SCHOOL (9, 10, 11, or 12, BUT NOT GRAD)	26	6%
	HIGH SCHOOL GRADUATE OR G.E.D.	137	34%
	SOME COLLEGE OR VOCATIONAL SCHOOL	76	19%
	TECHNICAL OR VOCATIONAL SCHOOL GRAD. OR ASSOC. DEGREE	28	7%
	COLLEGE GRADUATE (4 YEAR, BACHELOR'S DEGREE	85	21%
	SOME GRADUATE COURSES	5	1%
	GRADUATE DEGREE (MA,MS,PhD,JD,MD ETC)	28	7%
	DK-REF	4	1%
	Total	401	100%

POL - Do you consider yourself more of a Republican, Democrat, Independent, Libertarian, Green, or something else?

		Count	%
POL	REPUBLICAN	101	25%
	DEMOCRAT	110	27%
	INDEPENDENT	138	34%
	LIBERTARIAN	3	1%
	SOMETHING ELSE	21	5%
	GREEN	3	1%
	NO CATEGORY	20	5%
	DK-REF	5	1%
	Total	401	100%

MAR - Are you currently...

		Count	%
MAR	Married	206	51%
	Divorced	47	12%
	Widowed	37	9%
	Separated	3	1%
	Living with a partner	43	11%
	Never married	60	15%
	DK-REF	5	1%
	Total	401	100%

HSLDA - How many people are currently living in your household, including yourself?

		Count	%
hsl5	One	95	24%
	Two	155	39%
	3-4 people	116	29%
	5 and more	30	8%
	DK-REF	4	1%
	Total	401	100%

KIDSA - Of these people, how many are age 17 or younger?

		Count	%
kids5	No children	298	74%
	One	40	10%
	Two	45	11%
	3-4 children	14	4%
	Five and more	3	1%
	Total	400	100%

AARP

Knowledge Management

For more information please contact Katherine Bridges (202) 434-6329.