

Real Choices

A Study of Rhode Islanders
Providing Care for Fellow Adults
Study Conducted April - May 2011

Objectives

- Estimate percentage of Rhode Islanders providing care to other adults
- Identify degree to which providing care creates difficulties
- Describe basic detail of care
- Preliminary *care giver* needs assessment

Survey Methodology

- Telephone methodology
- Statistically valid probability sampling
- Computer generated RDD sample
- Questionnaire developed by Ninigret Partners + Advantage Marketing Information
- Reviewed and approved
- Added Spanish

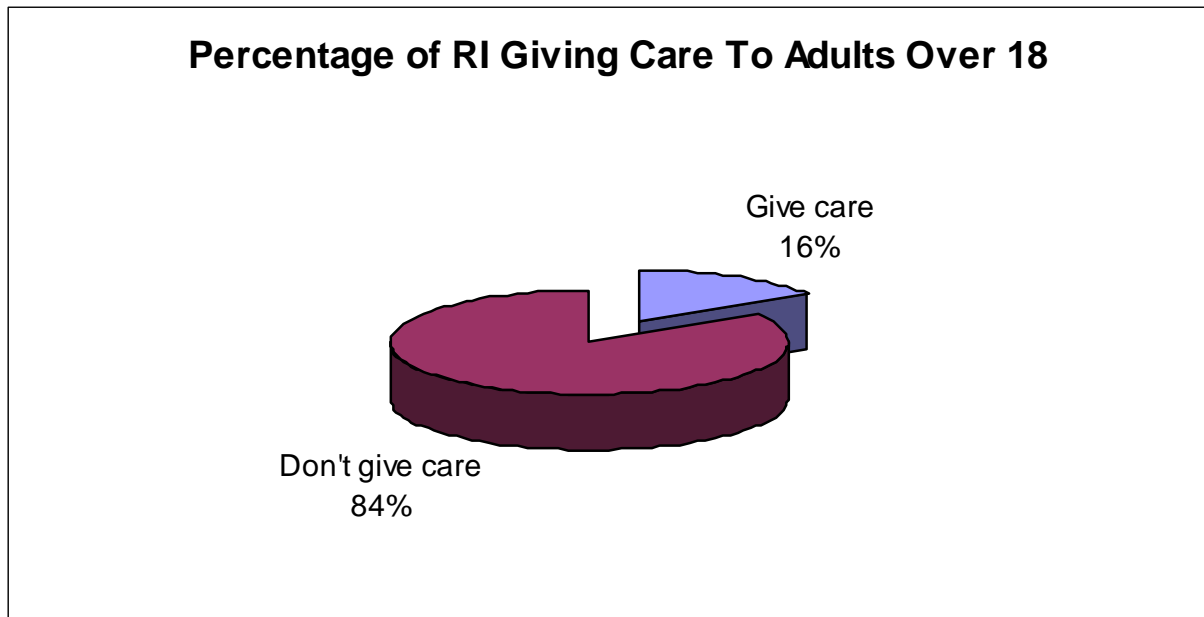
Estimate percentage of Rhode Islanders providing care to other adults

- 555 completed
 - Gives care
 - Partial completes – gives care
 - Refused to participate - gives care
- 404 completed with details about aid
- 2,881 completed short version of questionnaire – do NOT give aid to adults

Est. percentage of Rhode Islanders helping as non \$ care givers to other adults 12 mos.

* Sample data

* Unweighted



Error Margins

Percentage of adults giving care: +/- 1.26%
Details about respondents giving care: +/- 5%

- Calculation of error margins
- Calculation of confidence limits for percentages.
- $sp = \frac{\sqrt{pq}}{n}$
- Where:
- the 95% confidence interval includes $\pm 2 sp$
- sp = standard error of the percentage
- p = the percentage of items in the sample possessing a given characteristic (providing aid to other adults)
- q = percentage of items not possessing the characteristic
- n = sample size
- In this case:
- $p = 16.2\%$
- $q = (100\% - 16.2\%)$ or 83.8%
- $n = 3,436$
- Or $sp = \frac{\sqrt{16.2 \times 83.8}}{3,436}$
- $= \frac{\sqrt{1.35876}}{3,436} = \frac{1.16523}{3,436} = .3362$
- Or the confidence interval at 95% =
- $P \pm 2sp = 16.2 \pm 2(.6286) = 16.2 \pm 1.26$
- Or the estimated **percentage of people giving unpaid assistance** falls within the range of: **14.9% to 17.5%**

- Note 1: To achieve 400 completed surveys of care givers, 555 people identified themselves as giving care (of which 404 actually completed the survey and 151 answered that they gave care but refused to participate further); 2,881 respondents answered the first question in the negative – they did not provide care to another adult. Therefore the total sample was $555 + 2,881$ or 3,436.

Some Care Givers Have Help

83.2% currently providing care

Est. 13.5% currently giving care

Not all are respondents are primary care givers

72% of respondents report that more than 1 person assists in care giving

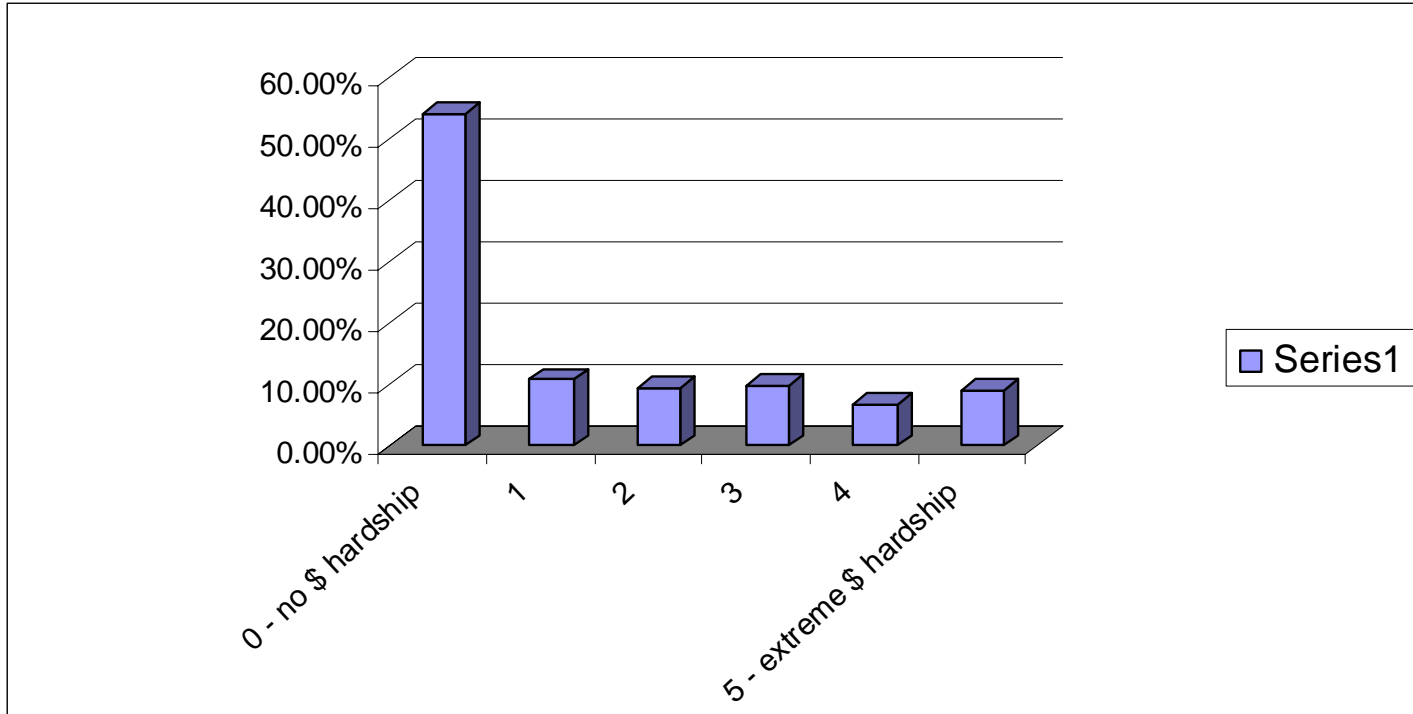
Median number of care givers is 2

- 'Mom' is the top recipient of care.
- Over half (62.5%) are elderly – that is, over 75 years of age.
- mean age = 74.7
- median age = 80.0
- $\frac{3}{4}$ live in the same household or less than 20 minutes away
- 26% same HH
- 51.5% less than 20 minutes away
- Just under 75% see their charges daily – either by visiting or because they're in the same household
- 90% see charges weekly or more
- Over 75% live on their own or with the respondents
- 51.7% in their own home
- 25.0% live with the respondents

Financial Hardship

Median = 0/ Mean=1.3

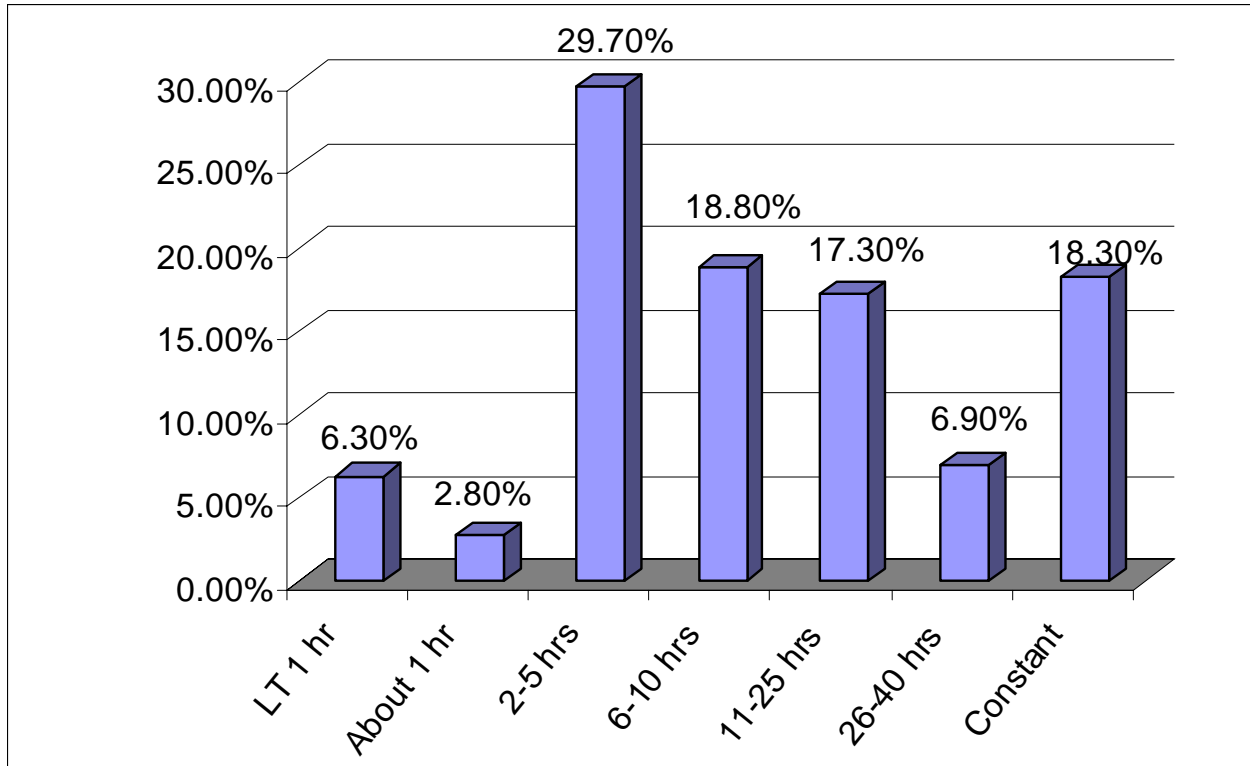
\$ Hardship is Low for Most



Time Invested in Helping

Preliminary assumptions: LT 1hr = .5

Constant care = 56



Help Provided

Types of help being provided:	
Medical	
g. Giving medicines, pills, or injections	44.00%
a. Getting in and out of beds and chairs	39.80%
d. Bathing or showering	29.80%
b. Getting dressed	29.30%
c. Getting to and from the toilet	24.90%
e. Dealing with incontinence or diapers	22.40%
f. Feeding this person	17.70%

Help Provided

Non medical	
e. Transportation, either by driving this person, or helping them get transportation	80.70%
b. Grocery shopping	75.50%
c. Housework, such as doing dishes, laundry, or straightening up	72.00%
d. Preparing meals	67.30%
a. Managing finances, such as paying bills, or filling out insurance claims	61.30%
f. Arranging or supervising services from an agency, such as nurses or aides	40.50%

Primary Problem

Frail	40.1%
Illness	38.4%
Physical disability	33.9%
Mental/emotional disability	22.5%
Accident	7.4%

Main Problems

Old age	18.1%
Alzheimer's /confusion etc	10.6%
Cancer	9.7%
Mental illness	7.4%
Mobility	6.4%
Heart disease	5.7%
Stroke	4.0%
Lung disease/emphysema	4.0%
Arthritis	3.7%
Diabetes	3.5%
Blind/vision problem	3.2%

Cognitive issues

- Primary + secondary
- 13.8% Alzheimer's
- 14.0% Other mental problems

Length of Time

- Median = 4
- Mean = 7.1
- (mean impacted by small percent (16.4%) caring for 10+ years)

Information

	Very useful	Somewhat useful	Not useful/ relevant	Have already
Keeping the person you care for safe at home	34.1%	15.4%	26.9%	23.6%
Finding time for yourself	28.6%	16.9%	41.0%	13.4%
Managing emotional and physical stress	24.5%	22.0%	34.5%	19.0%
Balancing work and family responsibilities	23.6%	17.1%	45.2%	14.1%
Easy activities you can do with the person you care for	21.8%	18.3%	43.5%	16.5%
How to talk with doctors and other healthcare professionals	19.7%	16.2%	33.3%	30.8%
Choosing a home care agency	18.2%	16.4%	46.0%	19.4%
Choosing an assisted living facility	17.1%	10.6%	45.0%	18.3%
Moving or lifting the person you care for	16.9%	14.4%	53.5%	15.2%
Making end-of-life decisions	15.4%	15.2%	40.3%	29.1%
Managing challenging behaviors, such as wandering	15.2%	8.5%	67.3%	9.0%
Choosing a nursing home	13.8%	10.8%	58.3%	17.1%
Managing incontinence or toileting problems	11.9%	10.7%	61.7%	15.7%
Finding non-English language educational materials	6.5%	3.0%	81.4%	9.0%

Where to go for info

Doctor	19.1%
Dept of Elderly Affairs	19.1%
Don't know	16.1%
INTERNET	14.9%
Nurse, other health professional	14.1%
Senior citizens center	9.4%
Home health care agency	4.7%
Government office	4.2%
Church	2.7%
Lawyer/financial planner	1.5%
Employer	1.2%
Insurance agent	1.0%
Books, magazines, library	0.5%
Other	29.5%
The top 'other' includes:	
Family	7.9%
Friends	3.0%
Social worker	2.5%
VNA	1.7%

Resources used

Requested information about how to get financial help for this person	28.7%
Had an outside service provide transportation for this person instead of you providing the transportation	21.8%
Had an outside service such as Meals on Wheels deliver meals to this person's home	12.2%
Helped enroll this person in a recreation program or camp	9.7%
Helped enroll this person in Adult Day Care	8.4%
Taken part in support groups for caregivers	7.7%
Used a respite service to take care of this person to free up your time	6.7%

Financial Awareness

- In order to probe on the awareness of care givers further, respondents were asked if they were familiar with the primary difference between Medicare and Medicaid.
- 56.5% responded that they were familiar
- Of this 56.5%:
 - 71.2% correctly identified Medicaid as income based
 - 71.7% correctly identified Medicare as available to all over 65
 - 59.3% identified both correctly
 - 15.5% said something else