

**FAMILY CAREGIVERS IN ARKANSAS:
A SURVEY OF REGISTERED VOTERS
40+**

April 2020

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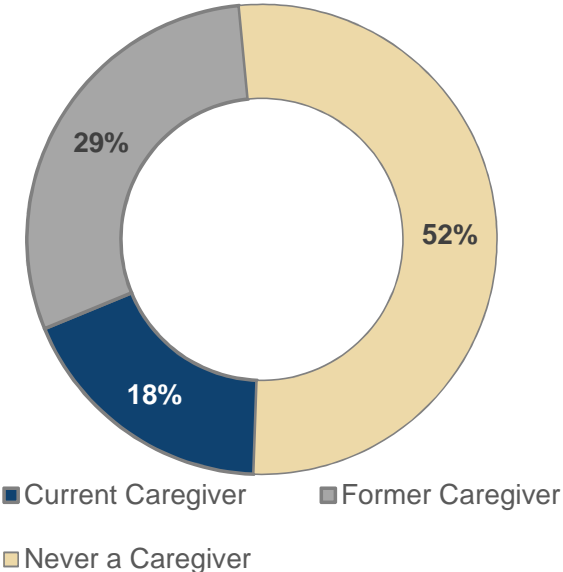




CAREGIVER CHARACTERISTICS AND EXPERIENCES

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

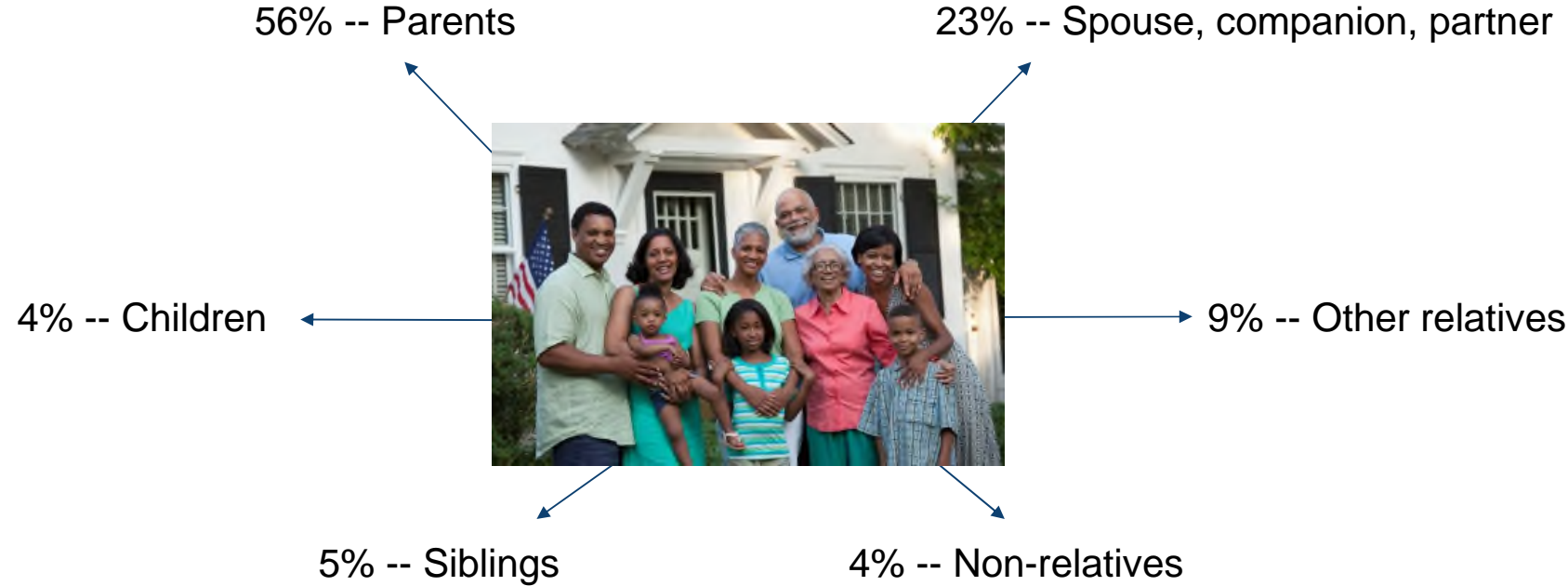
In our survey, the typical family caregiver in Arkansas, currently caring for an adult loved one, is a woman (68%), who is married (64%), is 62 years of age, owns her own home (80%), is in good health (69%), and lives in a household with income under \$60,000 (50%).



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? Q14. Have you ever been a family caregiver who provided UNPAID care to an adult loved one? Donut Base: All Respondents Chart Base: Current Caregivers (other surveys questions are listed in the Appendix)

Most caregivers (both current and former) are caring for or have cared for their parents.

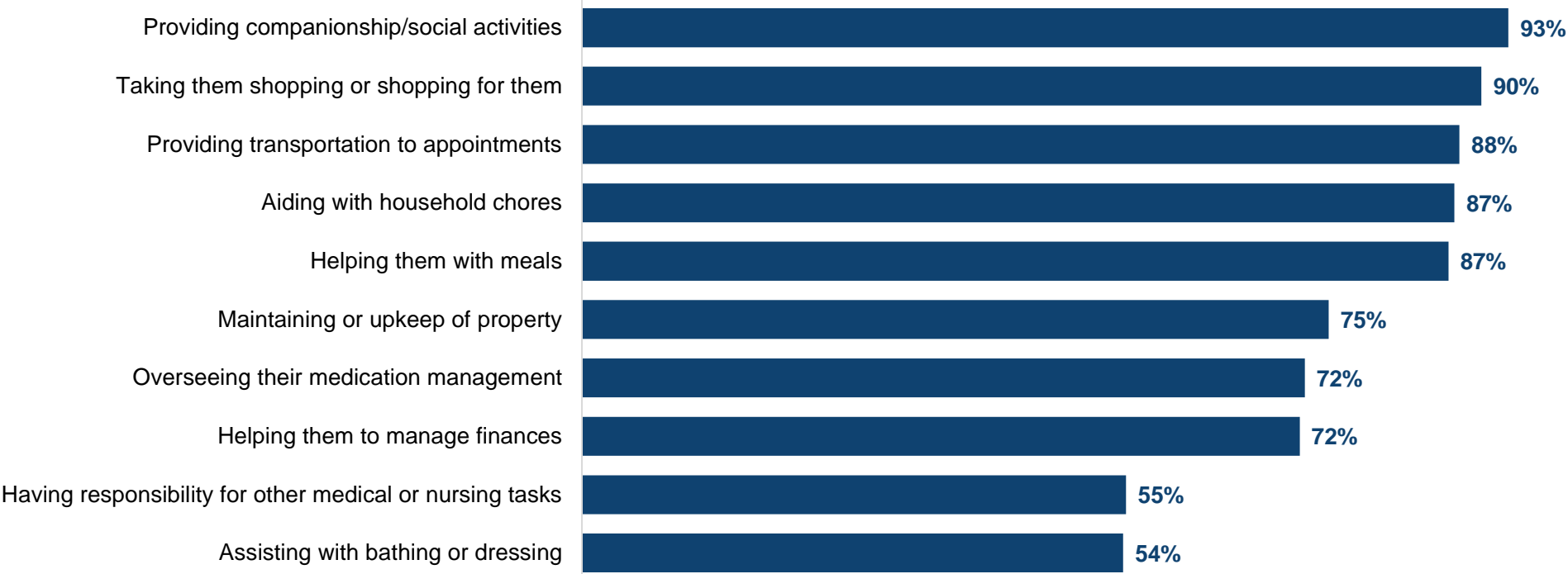
Over half of current and former caregivers in Arkansas are providing or have provided care to their parents – most likely their mother (34%). Two in ten is caring for or has cared for their spouse or significant others; and fewer are caring for or have cared for other relatives such as grandparents, uncles, or aunts. Very few care for or have cared for children who are 18 and older, siblings, or non-relatives such as neighbors or friends.



Q3. Who are you caring for? Q16. Who did you care for? Base: Current and former caregivers

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

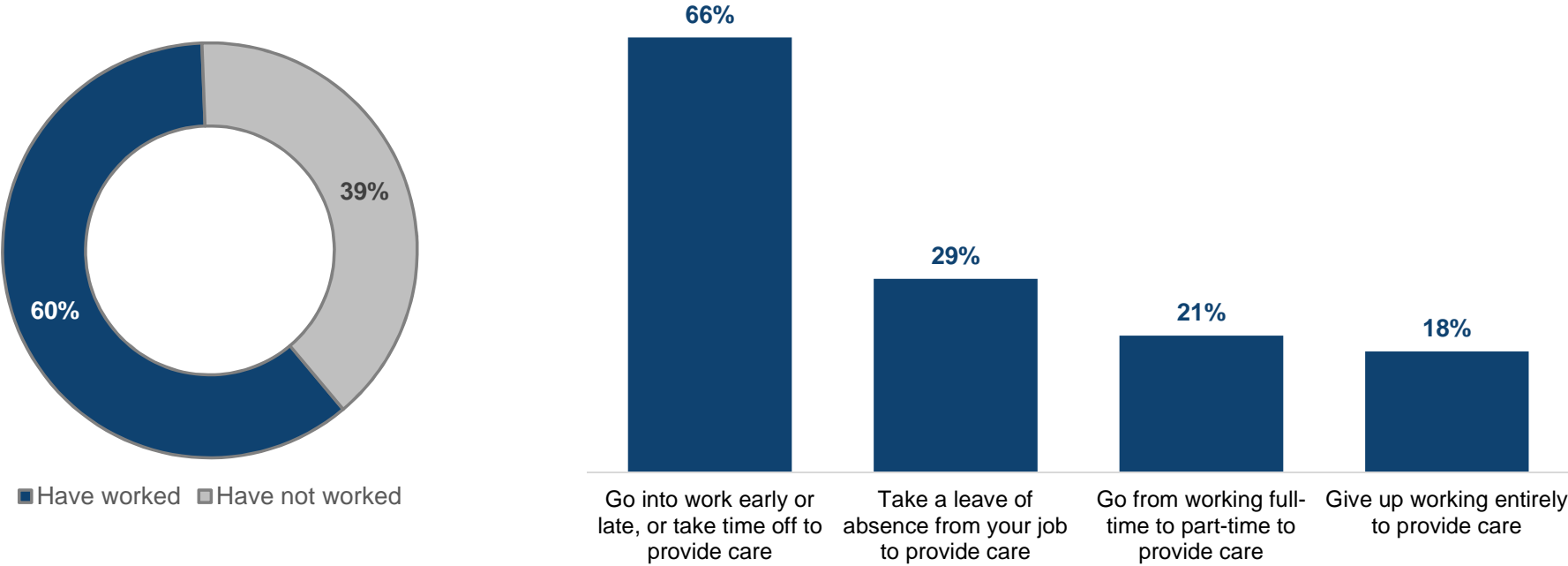
At least nine in ten family caregivers surveyed (both current and former caregivers) help with shopping and provide emotional support to their loved ones through companionship or social activities. About nine in ten help their loved one with meals, chores or transportation. About three in four help with finances, medications, and property upkeep. Over half help with medical/nursing tasks and bathing and dressing.



Q4. Still thinking about the person you are providing care to the most, which of the following activities are you providing? Are you ...? Q17. Thinking about the person you most recently provided care to, which of the following activities did you provide? Did you ...? Chart Base: Current and Former Caregivers

Most caregivers have worked while providing care.

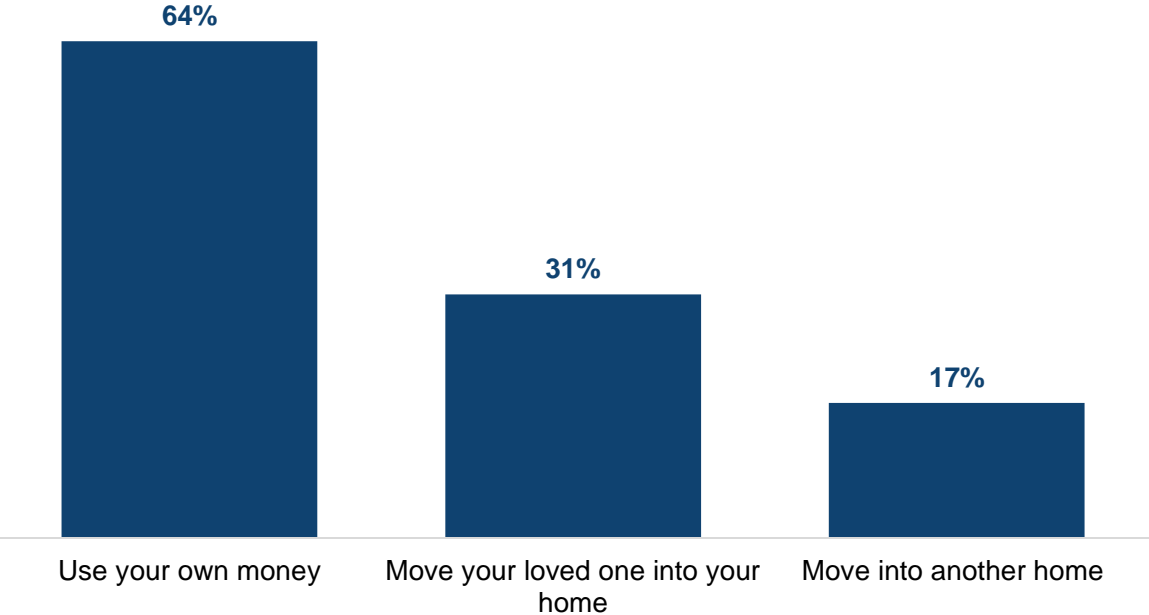
Six in ten family caregivers 40-plus held a job while providing care to their loved ones. And many of these caregivers needed to change how they worked as well. Two in three working caregivers adjusted their work schedules, either by going into work early or late, or taking time off to provide care – most needed to do so weekly (28%) or monthly (45%). About three in ten took a leave of absence to provide care; and about two in ten went from working full-time to part-time or stopped working entirely.



Q6. Q18. Have you ever been employed either full- or part-time while providing care to your adult loved one? Q7. Now thinking again about the adult loved one you are currently providing care to, did you ever have to ...? Q19. Now thinking again about the adult loved one you have most recently provided care to, did you ever have to ...? Q8. Q20. You mentioned that you had to go into work early or late, or take time off to provide care to an adult loved one. How often would you say you had to take time away from work or adjust your work schedule to provide care for someone. Would you say ...? Donut Base: Current and Former Caregivers Chart Base: Current and Former Working Caregivers

Caregivers spend money to provide care and change their homes.

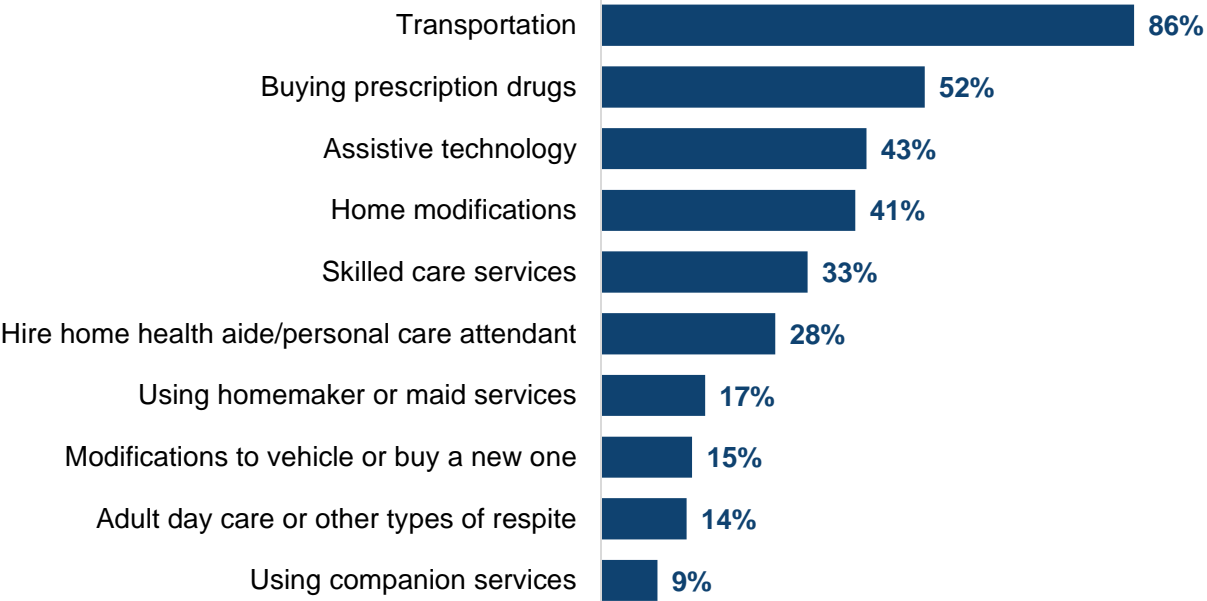
About two in three current and former caregivers 40-plus in Arkansas have used their own money to provide care to their loved ones. Three in ten have moved their loved one into their home, and one in six has moved into another home.



Q9. Now thinking again about the adult loved one you are currently providing care to, did you ever have to ...? Q21. 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

Most caregivers transport their loved ones where they need to go.

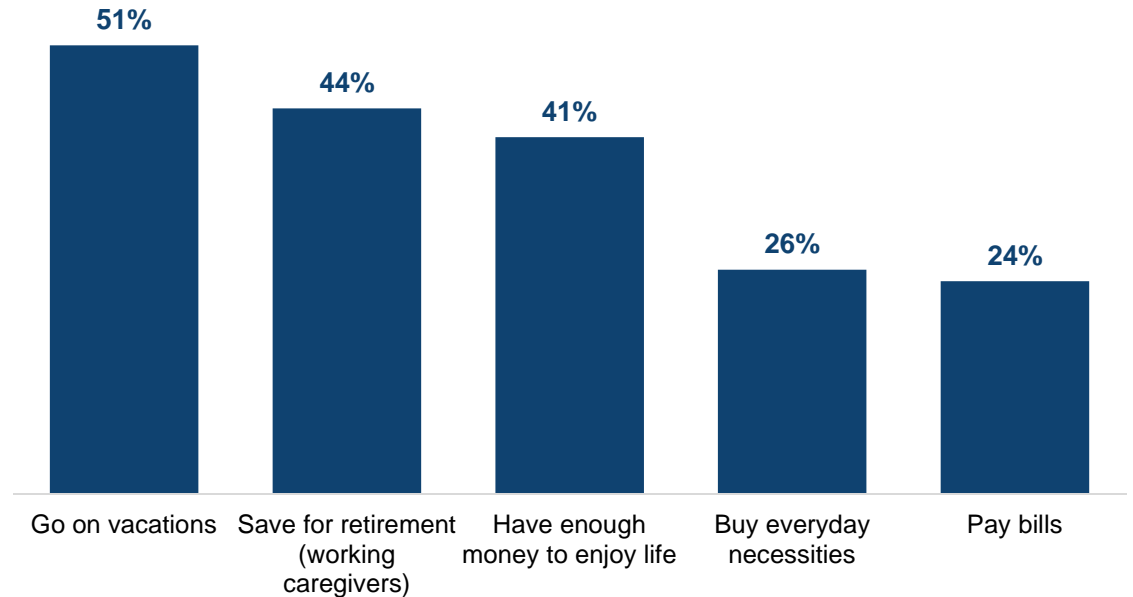
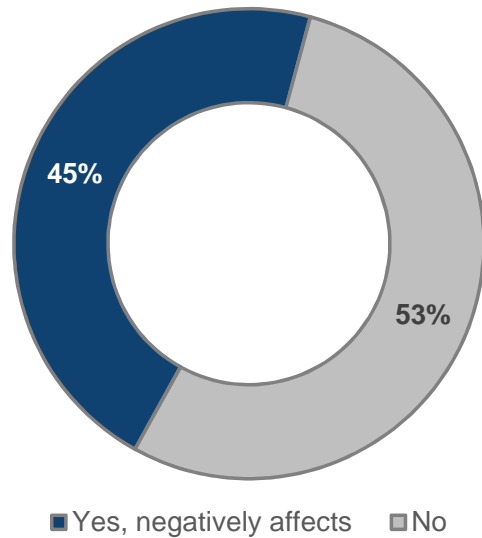
Over half of caregivers have purchased prescription drugs for their loved, and four in ten have spent money on assistive technology. Four in ten have also made modifications to their homes or their loved ones' home. Fewer have hired or used assistive services that could help caregivers care for their loved ones.



Q10. As a caregiver, have you ever? Q22. As a caregiver, did you ever? Chart Base: Current and Former Caregivers

For many caregivers, spending money on their loved one's care affects them financially.

Nearly half of caregivers (who have spent their own money to provide care – 64%) say spending their own money on the care of their loved ones negatively affects their own finances. And, for four in ten working caregivers, spending their money affects their ability to save for retirement. Half of caregivers say that spending their own money on the care of their loved ones affects their ability to go on vacations; and four in ten say it affects their ability to have enough money to enjoy their life. And a quarter of these caregivers, spending money on the care of their loved ones affects their ability to buy everyday necessities or pay their bills.



Q6. Q18.

Most caregivers experience some form of stress while providing care.

Over eight in ten family caregivers (88%) have experienced at least one of the stressors asked about in this survey. About two in three caregivers report feeling stressed out emotionally due to their caregiving responsibilities; and two in three working caregivers are stressed in trying to balance their job and family responsibilities.



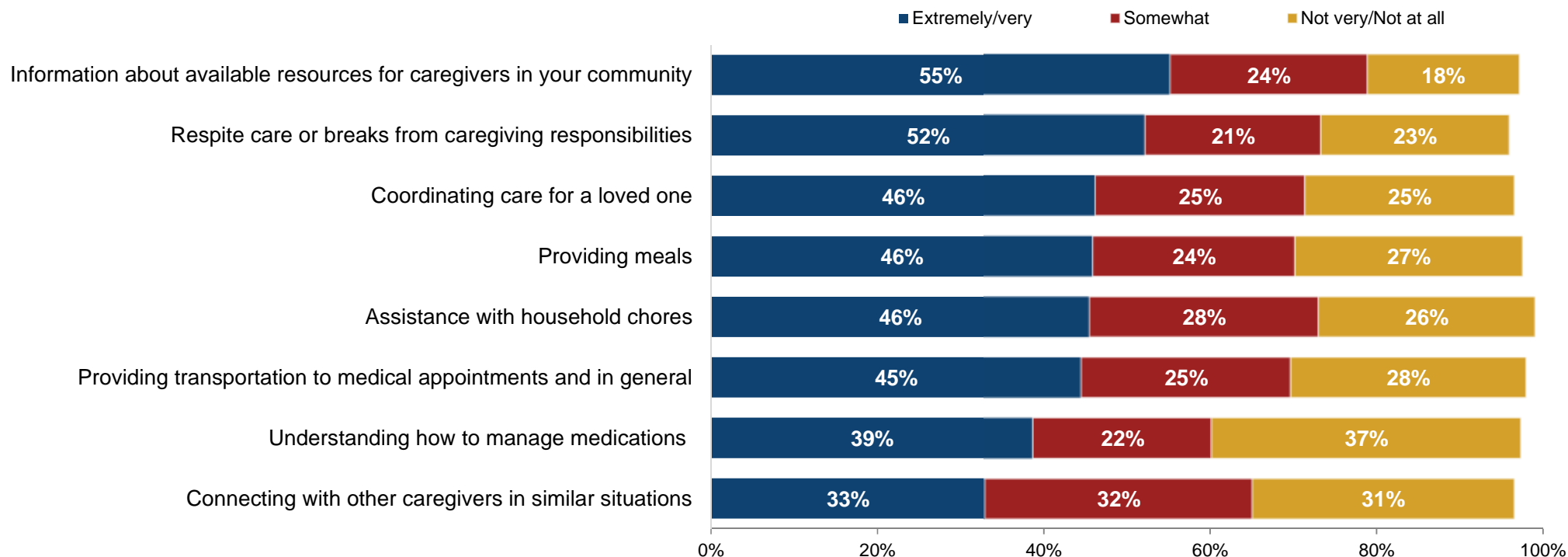
Q11. As a caregiver do you ever ...? Q23. As a caregiver did you ever ...? Chart Base: Current and Former Caregivers *Asked of working caregivers



COMMUNITY SERVICES AND SUPPORTS

The most helpful caregiver support is information about caregiving resources in community and respite care.

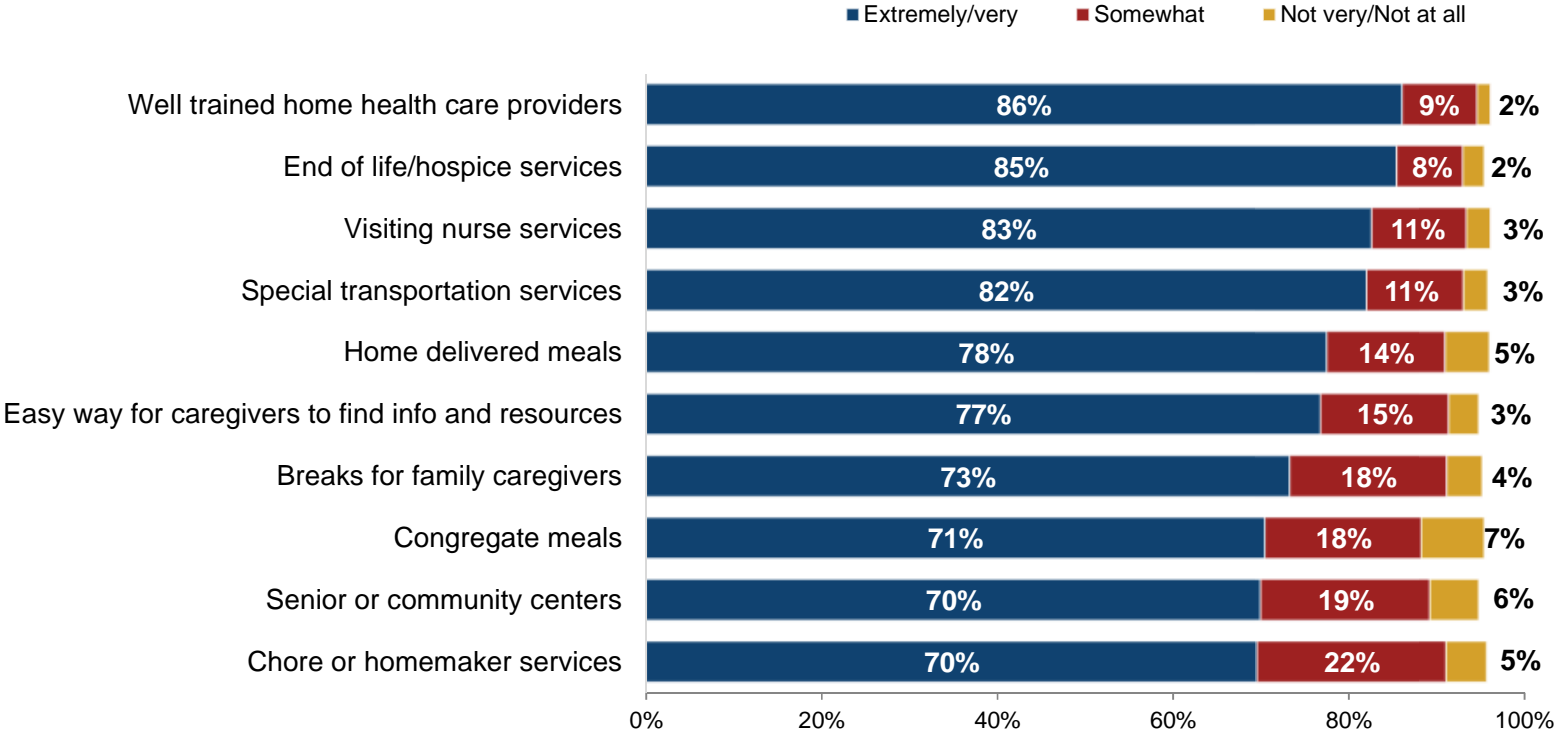
Nearly half of voters in Arkansas would also find transportation assistance helpful as well as help providing meals, chores, and coordination of care. At least one in three would find assistance with medication management and caregiver support groups helpful. In addition to these helpful supports, eight in ten voters (81%) say it is extremely or very important to have services that help older adults live independently in their communities.



Q27. 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? Q28. Family caregivers help older residents in Arkansas 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

Well trained home health care providers and end of life/hospice services top the list as the most important services to have in Arkansas communities.

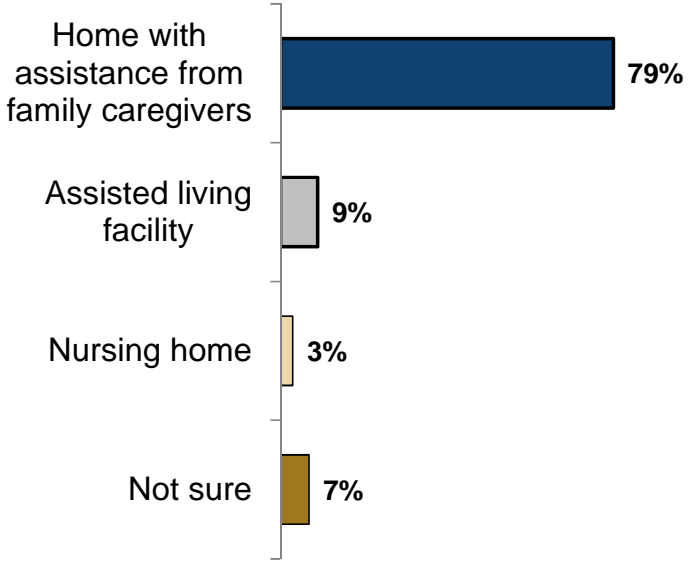
At least eight in ten voters also say that visiting nurses and special transportation services are extremely or very important services to have in their communities. It's important to note that very few voters find these services as somewhat, not very, or not at all important.



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.

Nearly 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 only three in a hundred would prefer a nursing home.



- Nine in ten current and former caregivers (91%) say it is extremely or very important to provide care so their loved ones can live independently in their homes.



Q35. 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? Q12. 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? Q24. 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



TAX CREDIT

There is overwhelming support by Arkansas voters 40-plus for a state income tax credit to family caregivers who incur expenses.

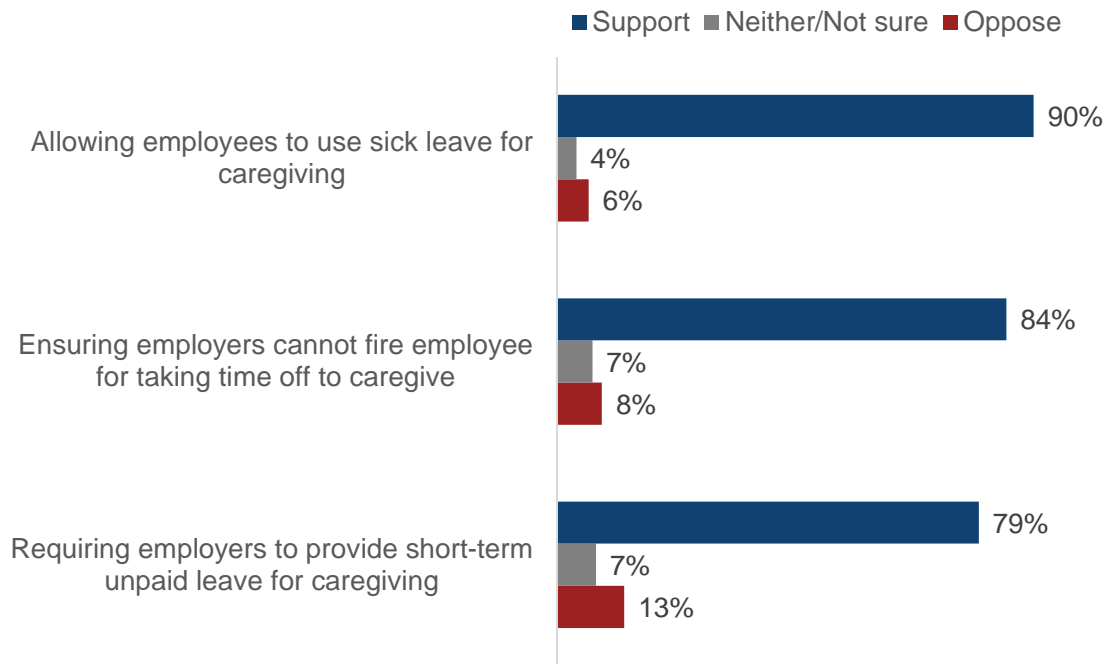
Over nine in ten voters support a state income tax credit for family caregivers who incur expenses while providing care to a family member living in Arkansas.

Q31. Do you support or oppose providing a limited state income tax credit to family caregivers who incur expenses for the care and support of a family member living in Arkansas? Q32. Is that strongly or somewhat?
Chart Base: All Respondents

WORKPLACE FLEXIBILITY

There is overwhelming support by Arkansas voters 40-plus for workplace flexibility for working caregivers.

Nine in ten voters support letting working caregivers use their personal sick leave to care for a loved one. Over eight in ten support ensuring that working caregivers cannot be fired for taking time off to care for a loved one. And, about eight in ten support providing working caregivers with short-term unpaid leave.

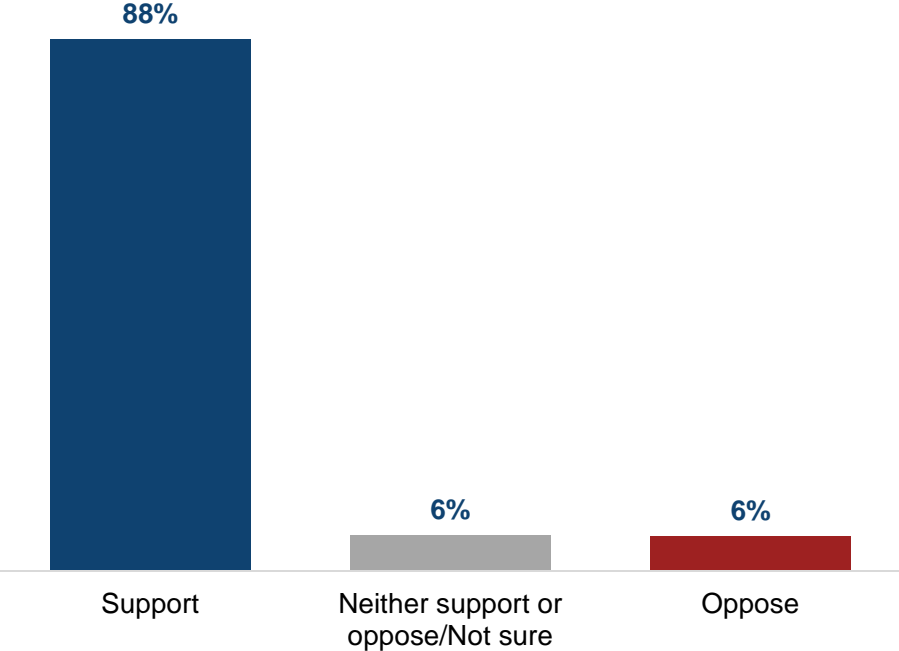


Q31. Do you support or oppose providing a limited state income tax credit to family caregivers who incur expenses for the care and support of a family member living in Arkansas? Q32. Is that strongly or somewhat?
Chart Base: All Respondents

RESPITE CARE

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

Over eight in ten voters support the provision of short-term help so family caregivers can take a break from their caregiving duties.



Q31. Do you support or oppose ...? Q32. Is that strongly or somewhat? Chart Base: All Respondents

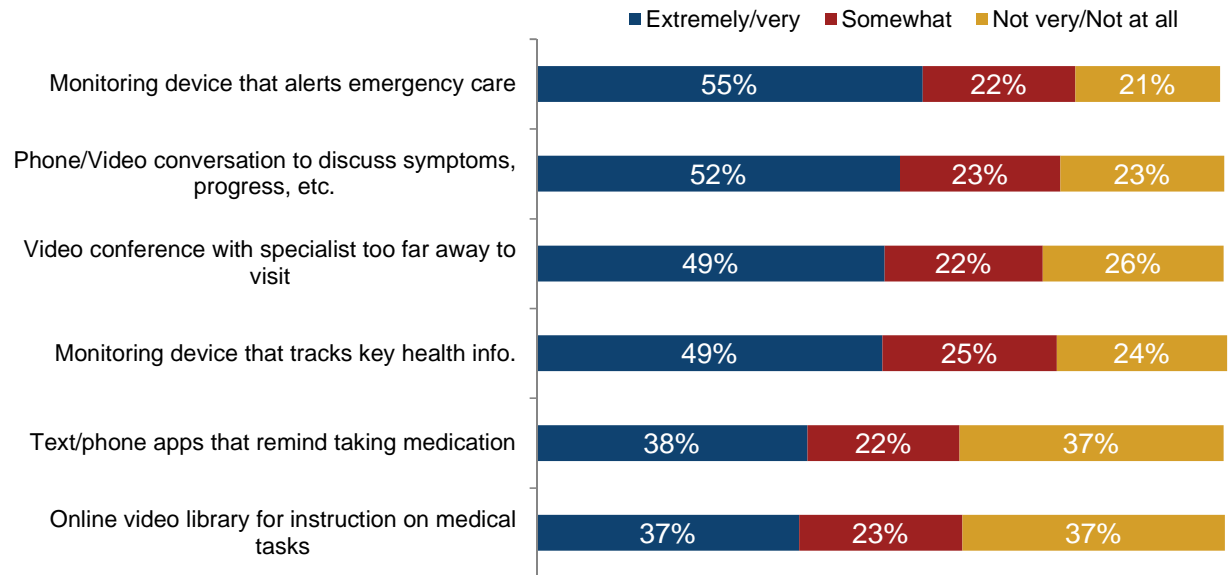
TELEHEALTH

The majority of Arkansas voters 40-plus are familiar with telehealth; and many would be interested in using specific telehealth services if needed.

Over six in ten say they have heard of the terms “telehealth” or “telemedicine.” And, about half at least **extremely or very interested** in using the four of the six examples of telehealth services asked about in our survey. In our survey, most voters 40+ have access to a device to use for telehealth and have Internet at home. However, over one in ten (13%) say they do not have access to the Internet at home.



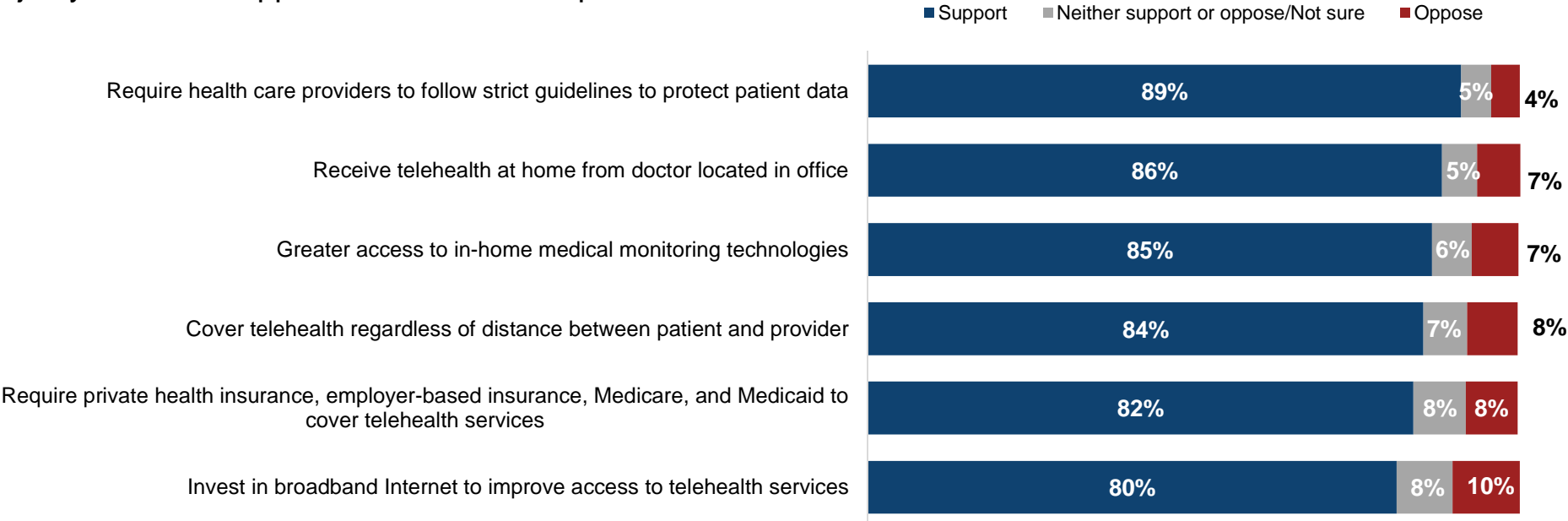
... have heard of terms telehealth or telemedicine



Q40. Have you heard of the terms telehealth or telemedicine? Q39. Telehealth offers patients more options for accessing health care. Telehealth is another way for people to have one-on-one interactions with their health care providers without having to be in the same location at the same time by using communications technologies like cell phones, computers, and tablets. Examples of how telehealth provides more connected care include a patient wearing a monitoring device that tracks vital signs or alerts a family caregiver if there is a serious injury, or an online conversation between patients and their doctors to get a diagnosis, get advice, get a prescription filled, or to get a second opinion. How interested are you in using telehealth services for yourself or a loved one if needed? Are you ...? Chart Base: All Respondents

There is overwhelming support for telehealth policies that require protection of patient data, investments in broadband, and how telehealth is paid for.

Nearly nine in ten voters 40-plus in Arkansas support a requirement that health care providers follow strict guidelines to protect patient information. And, over eight in ten support being able to receive telehealth at home from a provider located elsewhere, greater access to medical monitoring at home, the coverage of telehealth services regardless of the distance between a patient and provider, and the coverage of telehealth services by private and public insurance carriers. In fact, the majority of voters support all our telehealth policies.

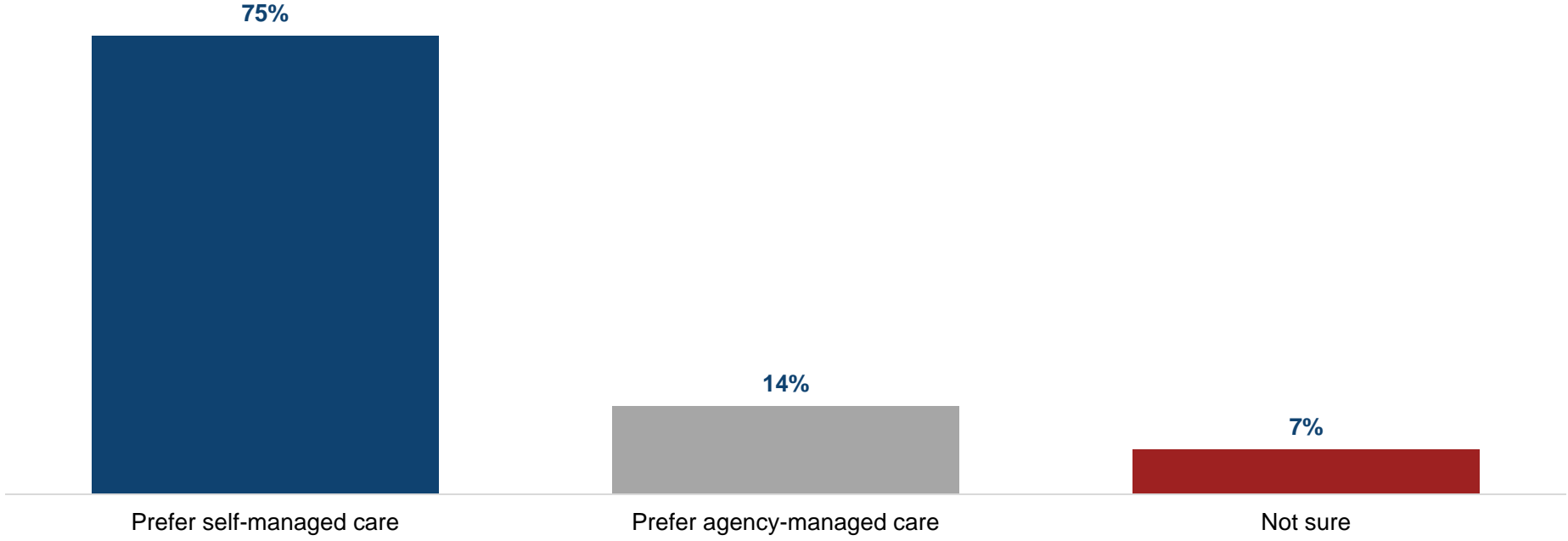


Q44. Q46. Do you support or oppose policies that would ...? Q45. Q47. Is that strongly or somewhat? Chart Base: All Respondents

SELF-MANAGED CARE

Most voters 40-plus would prefer to manage their own care if they or a family member needed help.

Three in four voters say they would rather have a budget from which they could hire caregivers and purchase goods and services to support their care or a family member's care (if needed) than have an agency or institution manage their care. Preference for self-managed care is equally high among current caregivers (76%), former caregivers (80%), and those that have never provided care (72%).



Q31. Chart Base: All Respondents



APPENDIX

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