

**Characteristics of Kinship Caregivers and Care Recipients—Washington,
2007**

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Characteristics of Kinship Caregivers and Care Recipients—Washington, 2007

These data are from the 2007 Washington Behavioral Risk Factor surveillance System (BRFSS) and are designed to provide estimates of the adult, non-institutionalized population in Washington.

Caregiving and the Caregiver Module

America's 53.4 million caregivers form an integral and frequently unrecognized part of the health care team, providing an estimated \$257 to \$389 billion in unpaid care to individuals with disabilities and chronic disease.¹ These informal or family caregivers may be a family member, friend, or neighbor of a person with a disability or chronic health condition. Currently, the prevalence of caregiving and the health impacts of caregiving are not known at the state and local level. State and federal agencies, as well as private organizations are concerned about issues surrounding caregiving and could employ these data to design needed programs and interventions to address an increasingly important public health issue. Many community and public health groups also express interest in specific conditions as they relate to caregiving—notably cancer, Alzheimer's and dementia, and developmental disabilities. Thus, there is an emerging and increasing audience requiring this information. Learning more about caregivers and how their caregiving activities impact their risk of poor health outcomes will improve our understanding of how to provide support to them, in turn improving the ability of care recipients to maintain independence and experience an improved quality of life.

During the past four years, the National Center on Birth Defects and Development Disabilities (NCBDDD) at the Centers for Disease Control and Prevention (CDC) has made a systematic attempt to adequately identify and describe caregivers as part of the total health care system, and to identify public health dimensions of caregiving. One result of this work has been the development of the Caregiver Module, a series of questions about caregivers and their experiences that can be added to the Behavioral Risk Factor Surveillance System (BRFSS).² The BRFSS is a state-based, random-digit-dialed (RDD) telephone survey of non-institutionalized U.S. adults aged 18 and older. This survey is administered by state health agencies, territories, and in the District of Columbia with assistance from the CDC.³ The Caregiver Module is designed to collect information about a population-based sample of adult caregivers (age 18 and older) who care for individuals with a disability or chronic condition regardless of the individual's age, level of need, or diagnosis. Data are weighted so that people who respond to surveys represent the entire state of Washington based on age, gender, and race.

To study the characteristics and health of kinship caregivers and their care recipients in the state of Washington, the eighteen question Caregiver Module² was added to the 2007 Washington BRFSS (Appendix A, pages 13-15). The 2007 Washington BRFSS not only allows for the analysis of demographic differences among kinship caregivers and non-caregivers but also assesses health behaviors, such as exercise frequency, smoking status, and alcohol use. In addition, through the use of this module, kinship caregivers can be compared to non-caregivers on quality of life measures such as general life satisfaction, the amount of emotional and social support received, and self-reported general health status.

During 2007, 13,826 Washington BRFSS respondents were asked two screening questions, “People may provide regular care or assistance to someone who has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend?” and “During the past month, have you been raising a child under age 19 whose parents are unable to take care of them?” This caregiver report focuses solely on those respondents who answered “yes” to the second screening question regarding raising a child under age 19 whose parents are unable to take care of them. Originally, a total of 180 people responded “yes” to this question. However, 57 of these 180 respondents also answered “yes” to the first “informal caregiver” screening question as well, so these respondents were excluded from further analyses. Additionally, there was one respondent who was also excluded from analysis due to conflicting responses, leaving 122 respondents (1.0% weighted) who answered only “yes” to the second screening question. These respondents were classified as “kinship caregivers” and answered the remaining Caregiver Module questions about themselves and their care recipient. (Note: if the caregiver reported providing care to more than one recipient, the caregiver was asked to answer the remaining questions based on the recipient who required the most care).

Questions on the Caregiver Module included the age and gender of the care recipient and their relationship to the kinship caregiver. Module questions also assessed the major health problem of the care recipient, up to two areas in which the care recipient required the most assistance, and if the care recipient experienced memory loss. Other questions asked the kinship caregiver if they were the primary caregiver for the care recipient, whether they were paid for services, if they were injured in the past 12 months while providing care, how long they have provided care for the recipient, the average number of hours per week they provided care, how far they lived from their care recipient, their greatest difficulty faced as a kinship caregiver, and services they think could help them with their caregiving the most. The complete Caregiver Module used on the 2007 Washington BRFSS appears in Appendix A, pages 13-15.

Data Analysis:

In order to understand the best way to target and serve the needs of kinship caregivers, it is necessary to understand who they are. Demographic and health behavior characteristics of kinship caregivers and non-caregivers are presented in Table 1, pages 8-9. A significant majority of kinship caregivers identified in the survey were women (55.8%). The mean age of kinship caregivers was 43.9 years and the mean age of non-caregivers was 45.7 years. Kinship caregivers were less likely to have received a college degree or higher (20.6%) compared to non-caregivers (37.7%), and were also less slightly likely to be married or coupled compared to non-caregivers (65.5% and 66.7% respectively). Kinship caregivers and non-caregivers have similar employment status distributions, with approximately 75% of caregivers and non-caregivers being employed, a homemaker, or a student (Table 1). The most commonly reported race/ethnicity in Washington was White, non-Hispanic, regardless of caregiver status (82.5% of kinship caregivers and 82.9% of non-caregivers).

Respondents were categorized as having a disability according to the BRFSS definition of disability. If respondents answered “yes” to either of two questions: “Are you limited in any way in any activities because of physical, mental, or emotional problems,” or “Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a

special bed, or a special telephone,” they were classified as having a disability. The prevalence of disability was higher among kinship caregivers than non-caregivers (30.3% compared to 23.4%).

Health related quality of life (HRQOL) was assessed using the following variables: physical unhealthy days in the last 30 days, mental unhealthy days in the last 30 days, general life satisfaction, emotional support, and general health status. The number of physical unhealthy days was assessed in the question: “Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” Kinship caregivers reported more days per month of poor physical health (5.5 days) compared to non-caregivers, (3.6 days). Mentally unhealthy days were assessed as: “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?” Kinship caregivers also reported more days per month of poor mental health (4.9 days) than non-caregivers, (3.2 days). Kinship caregivers rated their general life satisfaction slightly lower than non-caregivers (91.4% compared to 94.4% report feeling very satisfied or satisfied with their life). Emotional support of the respondents was assessed by the question: “How often do you get the social or emotional support you need?” Kinship caregivers reported always or usually receiving the social and emotional support needed less frequently than non-caregivers (79.6% compared to 83.9%). Kinship caregivers reported that their general health was excellent, very good, or good less frequently than non-caregivers (76.7% and 87.2% respectively).

Kinship caregivers and non-caregivers reported similar levels of physical activity, (53.9% of kinship caregivers and 53.5% of non-caregivers report meeting physical activity recommendations). Kinship caregivers reported consuming five or more servings of fruits and vegetables less often than non-caregivers (23.3% compared to 26.2%), and were more likely to be obese than non-caregivers (47.9% of kinship caregivers versus 25.0% of non-caregivers had a body mass index (BMI) of 30 or higher).

The CDC defines heavy drinking as more than two drinks per day for men and more than one drink per day for women. Binge drinking is defined as men having five or more drinks on one occasion, and women having four or more drinks on one occasion. The prevalence of binge drinking in the last 30 days was slightly higher among kinship caregivers than non-caregivers (17.3% and 16.0% respectively). Nearly 4.5% of kinship caregivers reported heavy alcohol consumption compared to 6.5% of non-caregivers. Kinship caregivers were more likely to be current smokers than non-caregivers (27.5% compared to 16.5%).

Kinship caregivers age 65 and older were less likely than non-caregivers of the same age to have received a flu shot within the past year (49.2% compared to 72.2%) and also less likely than non-caregivers to have ever received the pneumonia vaccine (50.0% compared to 70.4%).

The results of the eighteen question Washington Caregiver Module based on the 122 identified kinship caregivers are found in Table 2, pages 10-12, and are discussed below. A majority of care recipients were male (55.4%) and between the ages of 6-17 (72.0%). Care recipients were most commonly a family member of the caregiver (52.0%). Another 22.4% of caregivers provided care for a friend, and 13.6% cared for a non-family member.

Kinship caregivers reported providing the most help in a variety of areas. When asked to choose up to two areas in which their care recipient needed the most help, 37.4% of kinship caregivers reported that their care recipient did not need any help or assistance, and 35.2% reported that the help they provide is related to caring for a minor child. When asked the greatest difficulty faced personally, kinship caregivers most often said that caregiving created a financial burden (25.3%) or that caregiving created stress (14.2%). However, 42.5% of kinship caregivers reported that caregiving created no difficulty for them.

Overall, 22.5% of kinship caregivers provided zero to eight hours of care in an average week, and 51.7% provided 40 hours of care or more in an average week. In an average week, 78.1% provided zero to eight hours of care specifically helping with activities of daily living (ADL's, such as eating, bathing, dressing, toileting or helping with their medication). Additionally, 20.4% of kinship caregivers had provided care for more than 5 years. These caregivers tended to live in the same house as him/her (69.8%) or within 20 minutes of the care recipient (26.2%). Among kinship caregivers, 71.5% stated that they were the primary caregiver for the recipient about whom they answered the survey, and only 15.1% reported receiving compensation for their services. In the past 12 months 3.9% of kinship caregivers also reported sustaining an injury.

When kinship caregivers were asked what two services they would find most helpful with the caregiving they provide, 46.5% reported needing money to pay for additional resources (such as supplies, equipment, etc.), 27.9% needed information about local services and programs, 14.8% reported needing family consultation/counseling to address stress or family dynamics, 13.4% reported needing respite care (breaks from caregiving), and 7.7% reported needing education about caregiving skills or health conditions.

References

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Table 1

Table 1: Weighted demographic and health behavior characteristics of caregivers and non-caregivers, Washington Behavioral Risk Factor Surveillance System (BRFSS), 2007.

Variable	Categories	Caregivers (n=2,131)	Non-caregivers (n=11,145)
		Percent (95% CI)	Percent (95% CI)
Age	18-24	13.6% (4.9- 32.7)	13.0% (11.8- 14.4)
	25-34	13.2% (6.5- 25.2)	17.6% (16.6- 18.6)
	35-44	25.5% (16.8- 36.7)	18.9% (18.1- 19.8)
	45-54	23.4% (15.6- 33.5)	19.8% (19.0- 20.6)
	55-64	16.2% (10.3- 24.6)	15.2% (14.6- 15.9)
	65 and older	8.0% (4.2- 14.8)	15.4% (14.8- 16.1)
Gender (% Female)	Female	55.8% (43.2- 67.7)	50.9% (49.7- 52.1)
Education status	Less than or graduated high School	50.5% (38.4- 62.5)	31.1% (29.9- 32.4)
	Some college or technical School	29.0% (20.4- 39.3)	31.1% (30.0- 32.3)
	College degree or higher	20.6% (12.9- 31.2)	37.7% (36.6- 38.9)
Employment status	Employed/Homemaker/Student	74.7% (64.4- 82.9)	75.0% (74.0-75.9)
	Unemployed/Unable to work/Retired	25.3% (17.1- 35.6)	25.0% (24.1- 26.0)
Race/ethnicity	White only, non-Hispanic	82.5% (71.9- 89.7)	82.9% (81.8- 83.9)
	Black only, non-Hispanic	2.0% (0.6- 6.4)	1.7% (1.4- 2.1)
	Other only, non-Hispanic	3.9% (1.6- 9.6)	4.9% (4.3- 5.4)
	Multiracial, non-Hispanic	4.1% (1.8- 9.0)	3.1% (2.7- 3.7)
	Hispanic	7.5% (2.7- 19.3)	7.4% (6.6- 8.2)
Marital status	Married/Coupled	65.5% (51.7- 77.0)	66.7% (65.5- 68.0)
	Divorced/Widowed/Separated	14.7% (9.3- 22.4)	15.4% (14.7- 16.1)
	Never married	19.8% (9.5- 36.6)	17.9% (16.7- 19.2)
Disability status	Respondent has a disability	30.3% (21.2- 41.2)	23.4% (22.5- 24.4)

Table 1: Continued			
General life satisfaction	Very Satisfied/Satisfied	91.4% (82.8- 95.9)	94.4% (93.7- 95.0)
Emotional support	Always or usually receive support needed	79.6% (69.8- 86.8)	83.9% (83.0- 84.7)
General health	Excellent, very good, or good	76.7% (64.2- 85.8)	87.2% (86.5- 88.0)
Physical activity	Meet physical activity recommendations	53.9% (41.5- 65.9)	53.5% (52.3- 54.7)
	Insufficient physical activity	36.6% (26.0- 48.8)	37.0% (35.8- 38.2)
	No physical activity	9.5% (4.6- 18.6)	9.5% (8.8- 10.2)
Fruit and vegetable consumption	5 or more servings per day	23.3% (14.1- 35.9)	26.2% (25.1- 27.2)
Body Mass Index (BMI)	Neither overweight nor obese	16.4% (9.6- 26.5)	38.6% (37.4- 39.9)
	Overweight	35.7% (24.3- 49.0)	36.4% (35.2- 37.6)
	Obese	47.9% (35.5- 60.5)	25.0% (24.0- 26.1)
Smoking status	Current Smoker	27.5% (17.3- 40.9)	16.5% (15.6- 17.6)
	Former Smoker	32.0% (22.6- 43.1)	25.9% (25.0- 26.9)
	Never Smoked	40.5% (28.9- 53.2)	57.5% (56.3- 58.7)
Alcohol consumption	Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)	4.5% (1.4- 13.5)	6.5% (5.8- 7.2)
Binge drinking	Binge drinkers (Men having five or more drinks on one occasion, women having four or more drinks on one occasion)	17.3% (9.8- 28.9)	16.0% (15.0- 17.1)
Flu shot	Adults age 65+ who have had flu shot within the past year	49.2% (21.3- 77.6)	72.2% (70.4- 74.0)
Pneumonia vaccine	Adults age 65+ who have ever had a pneumonia vaccination	50.0% (21.6- 78.4)	70.4% (68.5- 72.2)

Table 2

Table 2: Weighted caregiving experience characteristics, Washington Behavioral Risk Factor Surveillance System (BRFSS), 2007.

Variable	Category	Prevalence (95% CI)
Care recipient gender	Female	44.6% (33.0- 56.8)
Care recipient age	0-5	16.2% (9.9- 25.4)
	6-17	72.0% (60.8- 81.0)
	18-34	11.8% (6.1- 21.6)
Care recipient's relationship to caregiver	Friend	22.4% (12.6- 36.5)
	Child or Child-in-law	4.4% (1.6- 11.7)
	Sibling or Sibling-in-law	6.6% (1.4- 26.6)
	Neighbor	0.6% (0.1- 4.3)
	Other family member	52.4% (39.8- 64.6)
	Other, non-family member	13.6% (8.0- 22.3)
Areas in which care recipient needs most help (respondent could choose up to 2)	Learning, remembering, confusion	6.9% (3.3- 14.0)
	Seeing or hearing	0.0%
	Self-care	12.2% (4.7- 28.3)
	Communicating with others	6.7% (2.8- 15.3)
	Moving around	0.0%
	Getting along with people	5.3% (1.9- 14.1)
	Feeling anxious or depressed	5.7% (2.8- 11.3)
	Minor child who needs care	35.2% (23.6- 48.9)
	Other	1.2% (0.3- 4.9)
	No problem or condition**	37.4% (26.5- 49.8)
Greatest difficulty faced by caregiver (respondent could choose up to 2)	Financial burden	25.3% (15.3- 38.8)
	Not enough time for him/herself	13.3% (7.9- 21.4)
	Not enough time for family	12.3% (4.6- 28.7)
	Interferes with work	9.5% (4.6- 18.5)

	Creates or aggravates health problems	4.5% (2.1- 9.5)
	Affects family relationships	9.0% (4.4- 17.4)
	Creates stress	14.2% (8.7- 22.2)
	Other	1.5% (0.4- 6.1)
	No difficulties **	42.5% (30.3- 55.8)
Caregiver sustained an injury	Yes, in the past 12 months	3.9% (1.3- 11.5)
Care recipient's distance from caregiver	Same house	69.8% (55.7- 81.0)
	Less than 20 minutes away	26.2% (15.5- 40.7)
	20-60 minutes away	0.5% (0.1- 3.7)
	1-2 hours away	1.1% (0.3- 4.5)
	More than 2 hours away	2.4% (0.5- 10.7)
Respondent is primary caregiver	Yes	71.5% (58.0- 82.0)
Hours of care provided per week	0-8	22.5% (9.1- 45.6)
	9-19	6.2% (1.7- 19.9)
	20-39	19.5% (5.4- 50.9)
	40+	51.7% (31.3- 71.6)
Hours of care per week helping with Activities of Daily Living (ADL's)	0-8	78.1% (57.8- 90.3)
	9-19	10.7% (2.6- 35.4)
	20-39	0.0%
	40+	11.2% (4.8- 23.9)
Length of care	0-3 months	27.6% (16.6- 42.1)
	4-12 months	28.6% (19.8- 39.4)
	13-24 months	17.2% (8.6- 31.4)
	25-60 months	6.2% (2.8- 13.4)
	More than 5 years	20.4% (12.6- 31.2)
Care recipient has problem with memory loss	Yes (Alzheimer's or dementia)	0.0%
Services that would be helpful for caregivers	Education	7.7% (3.2- 17.1)

Services that would be helpful for caregivers continued....	Family consultation/counseling	14.8% (7.3- 27.9)
	Respite care (breaks from caregiving)	13.4% (7.1- 24.0)
	Money to pay for additional resources	46.5% (30.1- 63.6)
	Information about local services/programs	27.9% (16.6- 42.9)
	Other service	11.2% (5.1- 22.8)
Caregiver paid for services	Yes	15.1% (8.5- 25.3)

** These data are from respondents who responded that 'no help' was needed for their care recipient or that caregiving created 'no difficulties' as their first option only.

Appendix A Caregiver Module

1. People may provide regular care or assistance to a friend or family member who has a health problem or disability. During the past month, did you provide any such care or assistance to a family member or friend?
 - 1 Yes
 - 2 No go to the closing
 - 3 Yes, but family member or friend died in past 30 days
 - 7 Don't know / Not sure go to the closing
 - 9 Refused go to the closing

2. During the past month, have you been raising a child under age 19 whose parents are unable to take care of them? This does not refer to your own biological or adopted children.
 - 1 Yes
 - 2 No
 - 7 Don't know/ Not sure
 - 9 Refused

3. What age is the person to whom you are/were giving care?
(If caring for more than one, ask, "What is the age of the person to whom you are/were giving the most care?")

--	Code age in years [0-115]
777	Don't know / Not sure
999	Refused

4. Does/Did that person have a problem with memory loss or have a disorder like Alzheimer's disease or a related dementia?
 - 1 Yes
 - 2 No
 - 7 Don't know/ Not sure
 - 9 Refused

5. What is the gender of the person you are/were caring for?
 - 1 Male
 - 2 Female
 - 7 Don't know / Not sure
 - 9 Refused

6. What is his/her/that person's relationship to you? For example is he/she your (mother/daughter or father/son)?
DO NOT READ. (Program for gender)
(PROBE for relationship – If more than one, ask "Which is the person you take care of the most often?")

1 Aunt	9 Grandfather	17 Nephew	25 Uncle
2 Brother	10 Grandmother	18 Niece	26 Wife
3 Daughter	11 Grandparent-in-law	19 Other Relative	
4 Daughter-in-law	12 Grandson	20 Client or Patient	27 Other non-
5 Father	13 Husband	21 Partner	relative
6 Father-in-law	14 Mother	22 Sister	77 Don't know/
7 Friend	15 Mother-in-law	23 Son	Not sure
8 Granddaughter	16 Neighbor	24 Son-in-law	99 Refused

7. Are/Were you the primary person caring for this person?
 - 1 Yes
 - 2 No
 - 7 Don't know / Not sure
 - 9 Refused

8. What do you think or what has a doctor said is the major health problem that [your (Code relationship)/that person] has? CHECK ONE CONDITION ONLY. DO NOT READ.

1 (ADD/ADHD)	18 Lung disease/emphysema
2 AIDS/HIV	19 Multiple Sclerosis
3 Arthritis/rheumatism	20 Muscular Dystrophy
4 Asthma	21 Osteoporosis
5 Cancer	22 Parkinson's
6 Cerebral Palsy	23 Spinal Cord Injury (SCI)
7 Chromosomal anomaly	24 Stroke
8 Dementia	25 Traumatic Brain Injury (TBI)

- | | |
|---|------------------------------------|
| 9 Depression | 26 Other (_____) |
| 10 Down's syndrome | 27 Alzheimer's Disease |
| 11 Anxiety and/or other emotional problem | 28 Obesity |
| 12 Developmental delays | 88 No (other) problem or condition |
| 13 Diabetes | 77 Don't know / Not sure |
| 14 Eye/vision problem (blindness) | 99 Refused |
| 15 Hearing problems (deafness) | |
| 16 Heart disease | |
| 17 Hypertension/high blood pressure | |

9. Given this condition, with which TWO of the following areas does/did [your (Code relationship)/that person] most need your help? CHECK UP TO TWO

- 1 Learning, remembering, & confusion
- 2 Seeing or hearing
- 3 Taking care of oneself, such as eating, dressing, bathing, or toileting
- 4 Communicating with others
- 5 Moving around
- 6 Getting along with people
- 7 Feeling anxious or depressed
- 87 Minor child who needs care
- 8 Other (Specify: _____)
- 77 Don't know / Not sure
- 88 No (other) problem or condition
- 99 Refused

10. In addition to [Code condition from question 8/ the major health problem], does/did he/she/that person have any other health conditions that require/required your care, including those that may have resulted from his/her/their [Code condition from question 8]? CHECK UP TO SIX REPONSESES

- | | |
|---|------------------------------------|
| 1 (ADD/ADHD) | 18 Lung disease/emphysema |
| 2 AIDS/HIV | 19 Multiple Sclerosis |
| 3 Arthritis/rheumatism | 20 Muscular Dystrophy |
| 4 Asthma | 21 Osteoporosis |
| 5 Cancer | 22 Parkinson's |
| 6 Cerebral Palsy | 23 Spinal Cord Injury (SCI) |
| 7 Chromosomal anomaly | 24 Stroke |
| 8 Dementia | 25 Traumatic Brain Injury (TBI) |
| 9 Depression | 26 Other (_____) |
| 10 Down's syndrome | 27 Alzheimer's Disease |
| 11 Anxiety and/or other emotional problem | 28 Obesity |
| 12 Developmental delays | 77 Don't know / Not sure |
| 13 Diabetes | 88 No (other) problem or condition |
| 14 Eye/vision problem (blindness) | 99 Refused |
| 15 Hearing problems (deafness) | |
| 16 Heart disease | |
| 17 Hypertension/high blood pressure | |

11. For how long have/did you provided/provide care for your [(Code relationship)/that person]? DO NOT READ. Code using respondent's unit of time

- 1 __ Days
- 2 __ Weeks
- 3 __ Months
- 4 __ Years
- 777 Don't know / Not sure
- 999 Refused

12. In an average week, how many hours do/did you provide care for [your (Code relationship)/that person] because of his/her/that person's long-term illness or disability? DO NOT READ

- ____ Hours per week
- 168 24 hours care/168 hours or more
- 777 Don't know / Not sure
- 999 Refused

13. Approximately how many of the hours that you just mentioned in an average week were for helping your Q4 code/that person] with activities such as eating, dressing, bathing, toileting or helping with their medication?
- _____ Hours per week
 168 24 hours care/168 hours or more
 777 Don't know / Not sure
 999 Refused
14. I am going to read a list of difficulties you may have faced as a caregiver. Please indicate which TWO of the following is the greatest difficulty you have faced in your caregiving: CHECK UP TO TWO
- 1 Caregiving creates a financial burden
 2 Caregiving doesn't leave enough time for yourself
 3 Caregiving doesn't leave enough time for your family
 4 Caregiving interferes with your work
 5 Caregiving creates or aggravates health problems
 6 Caregiving affects your family relationship;
 7 Caregiving creates stress
 8 Or some other difficulty (SPECIFY: _____)
 9 No difficulty
 77 Don't know / Not sure
 88 No (other) difficulties
 99 Refused
15. In the past 12 months have you sustained an injury while helping [your (Code relationship)/that person]?
- 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused
16. How far away do/did you live from [your (Code relationship)/that person]?
- 1 In the same house
 2 Less than 20 minutes away
 3 Between 20 & 60 minutes away
 4 Between 1 & 2 hours away
 5 More than 2 hours away
 7 Don't know / Not sure
 9 Refused
17. If you need help with the caregiving you provide/provided, which TWO of the following services could help you most? CHOOSE UP TO TWO RESPONSES.
- 1 Education about caregiving skills or health conditions
 2 Family consultation or counseling to address stress or family dynamics
 3 Breaks from caregiving (e.g. Respite Care)
 4 Money to pay for additional resources (i.e. supplies, equipment, etc.)
 5 Information about local programs or services
 6 Or some other service (SPECIFY: _____)
 7 Don't know/ Not sure
 9 Refused
18. Are/Were you paid for the care you provide/provided?
- 1 Yes (specify source _____)
 2 No
 7 Don't know/Not sure
 9 Refused

Appendix B: Figures Washington BRFSS, 2007

Figure 1: Gender of Caregivers and Non-caregivers, Washington BRFSS, 2007

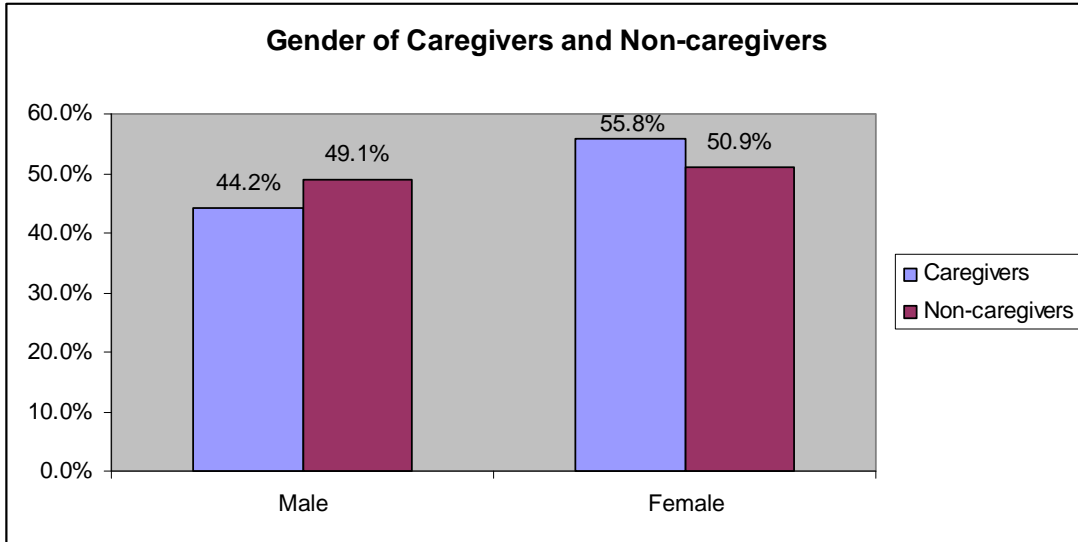


Figure 2: Age Distribution of Caregivers and Non-caregivers, Washington BRFSS, 2007

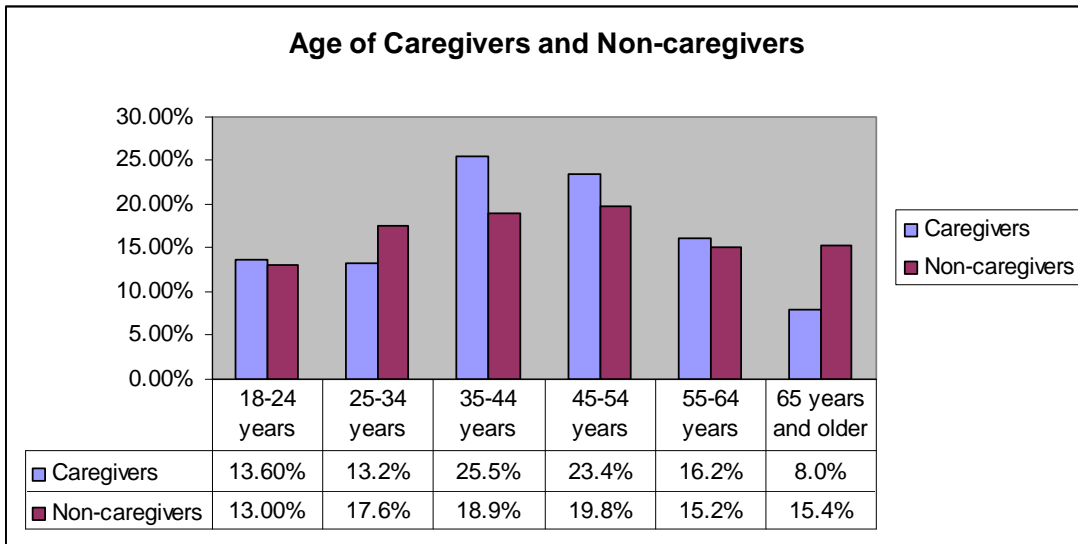


Figure 3: Race/Ethnicity of Caregivers and Non-Caregivers, Washington BRFSS, 2007

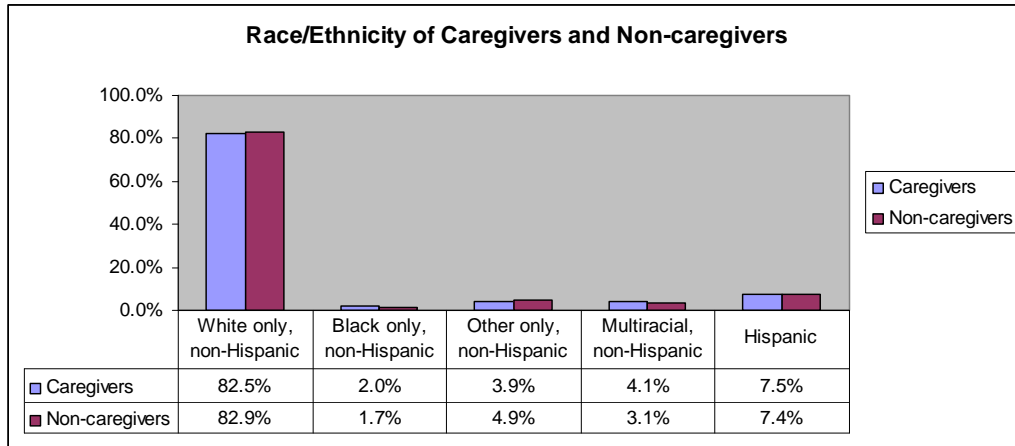


Figure 4: Education Status among Caregivers and Non-caregivers, Washington BRFSS, 2007

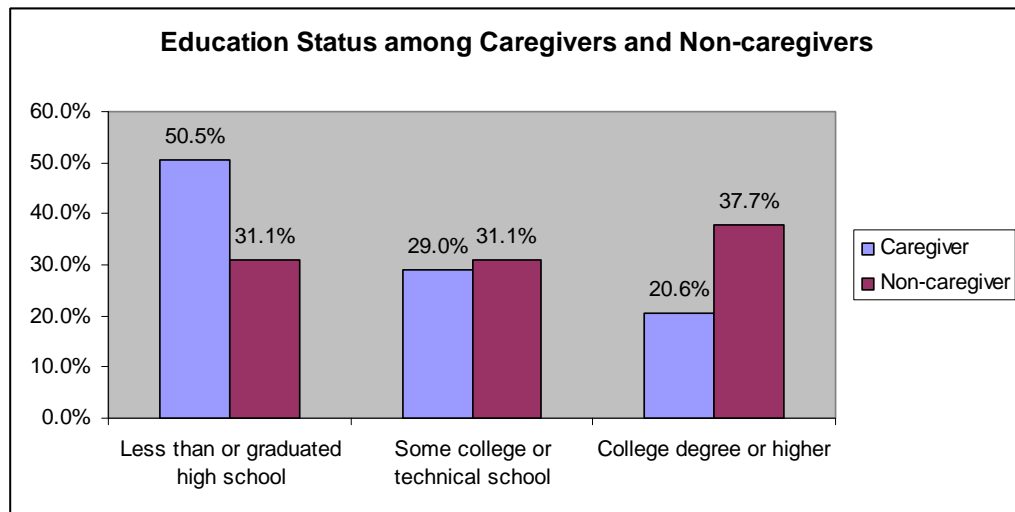


Figure 5: Marital Status of Caregivers and Non-caregivers, Washington BRFSS, 2007

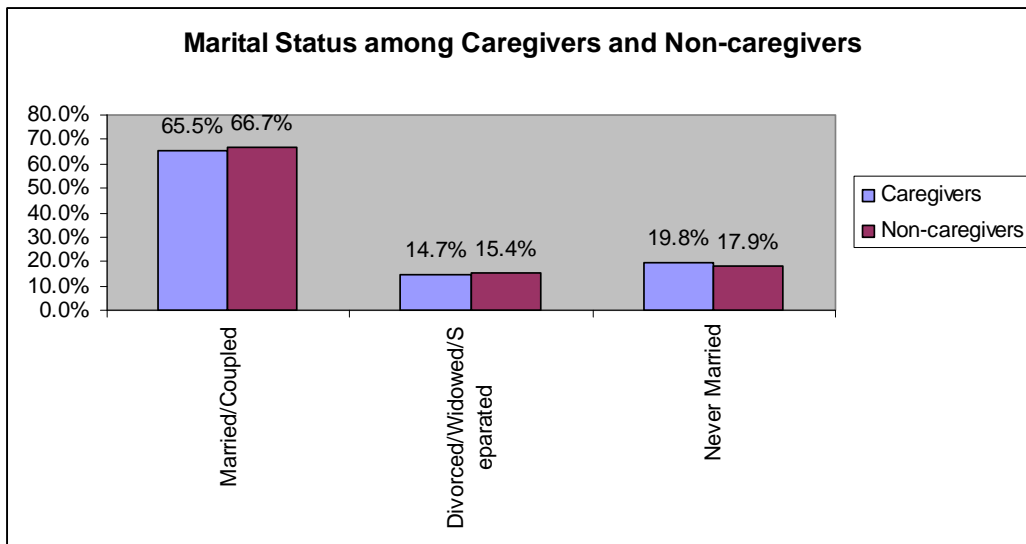


Figure 6: Employment Status of Caregivers and Non-caregivers, Washington BRFSS, 2007

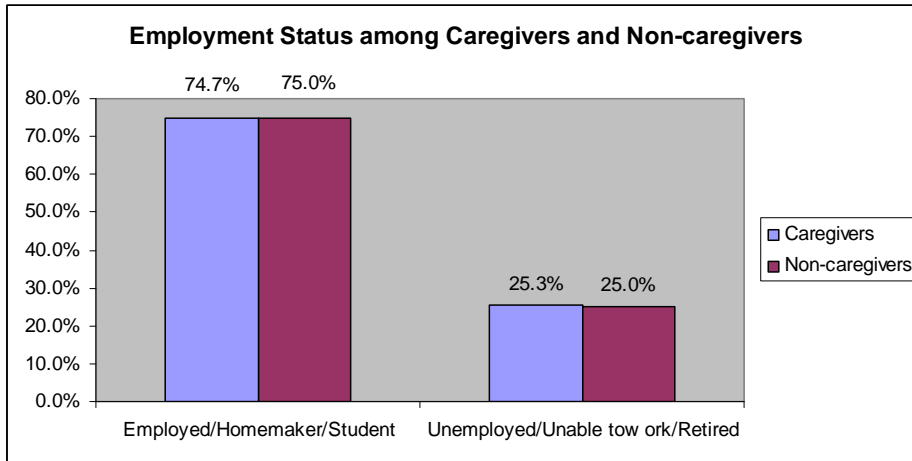


Figure 7: Disability Status of Caregivers and Non-caregivers, Washington BRFSS, 2007

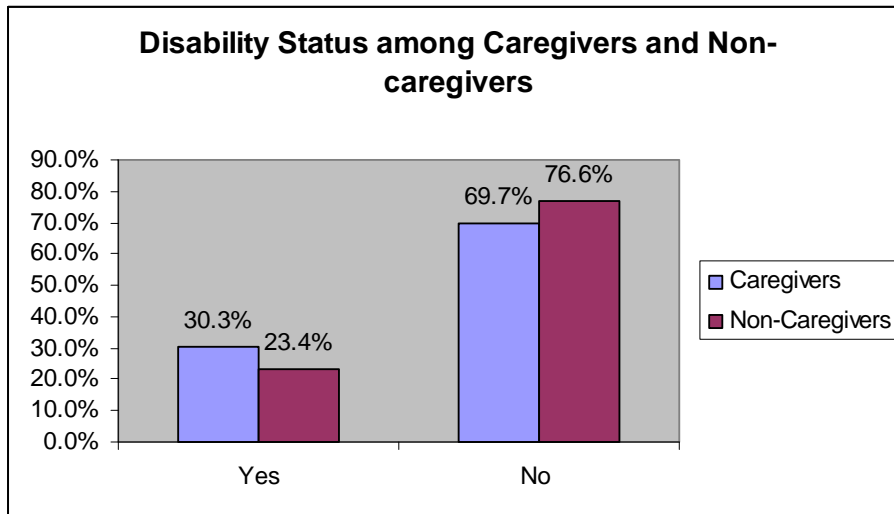


Figure 8: Life Satisfaction Levels of Caregivers and Non-caregivers, Washington BRFSS, 2007

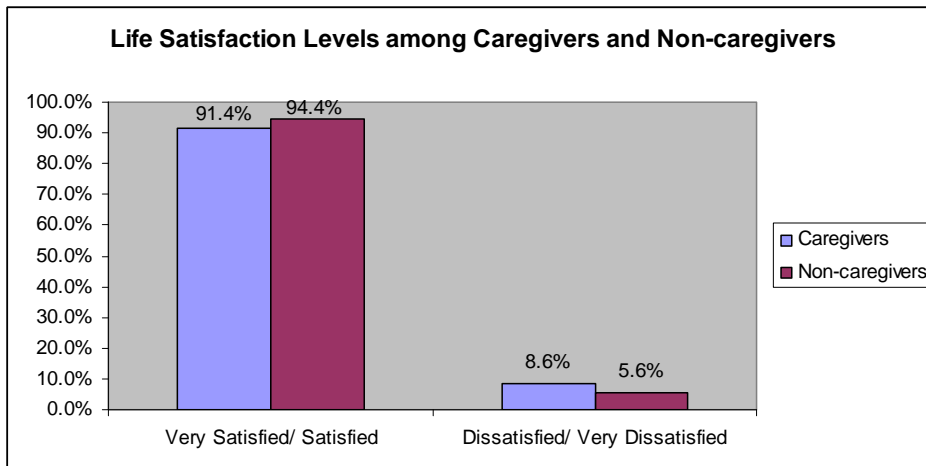


Figure 9: How Often Caregivers and Non-caregivers Receive Emotional Support, Washington BRFSS, 2007

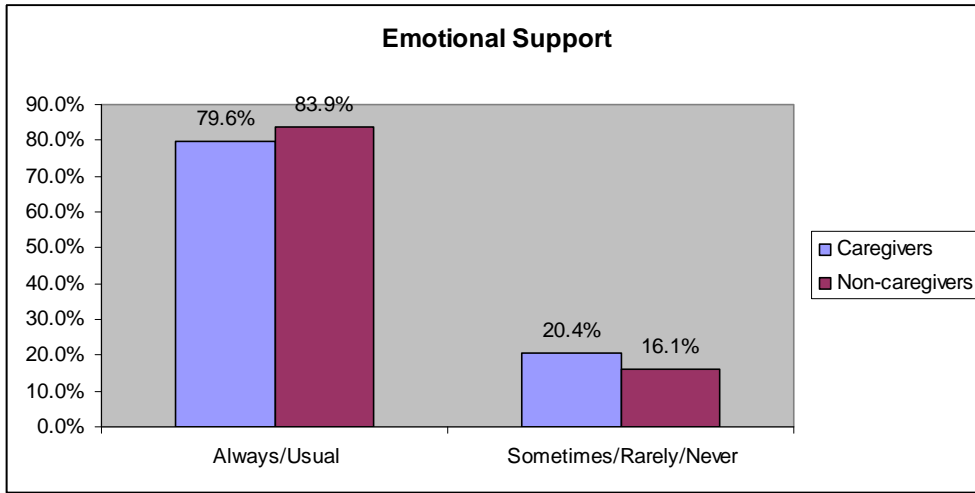


Figure 10: General Health among Caregivers and Non-caregivers, Washington BRFSS, 2007

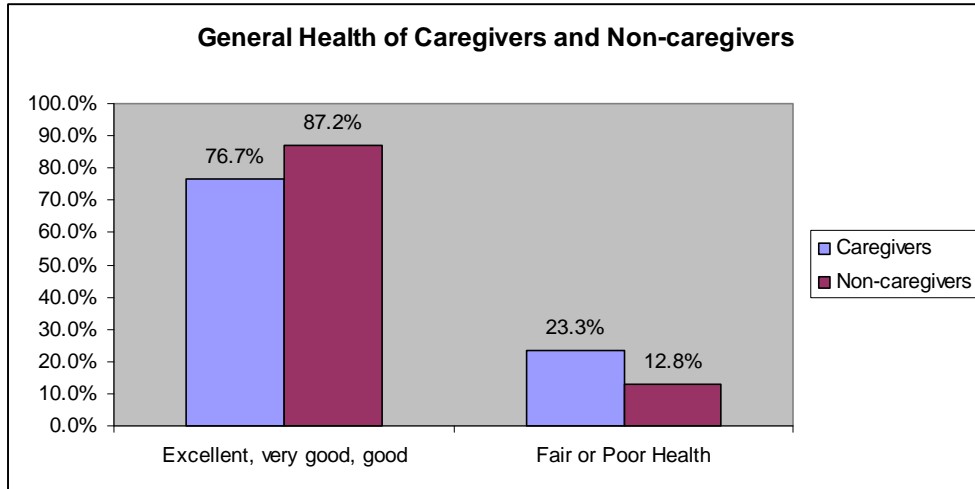


Figure 11: Physical Activity among Caregivers and Non-caregivers, Washington BRFSS, 2007

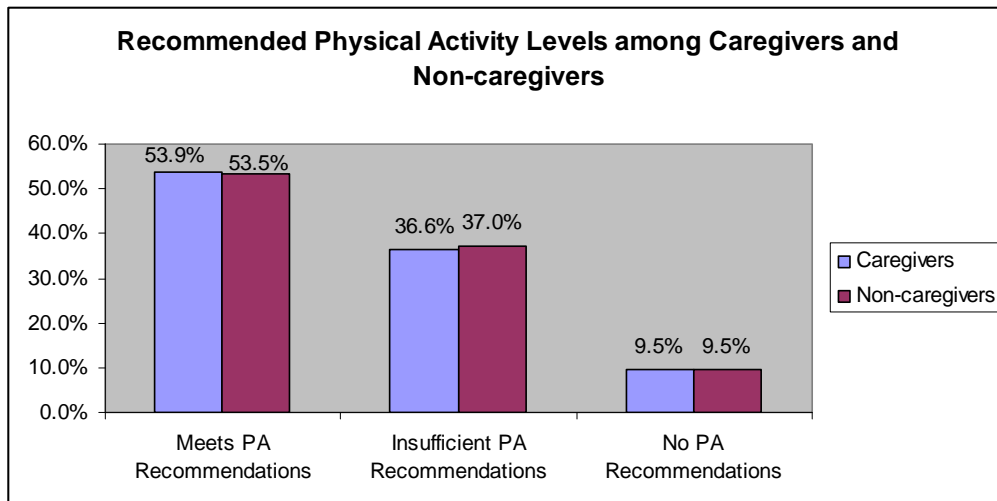


Figure 12: Fruit and Vegetable Consumption among Caregivers and Non-caregivers, Washington BRFSS, 2007

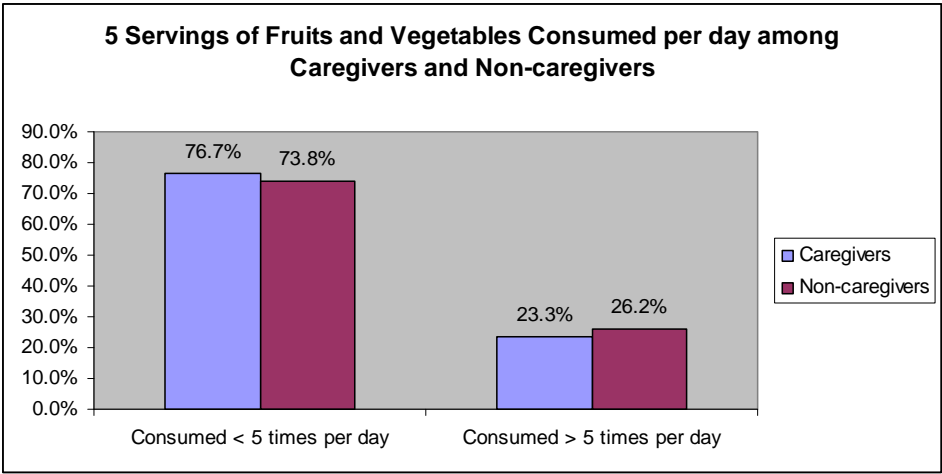


Figure 13: Body Mass Index (BMI) of Caregivers and Non-caregivers, Washington BRFSS, 2007

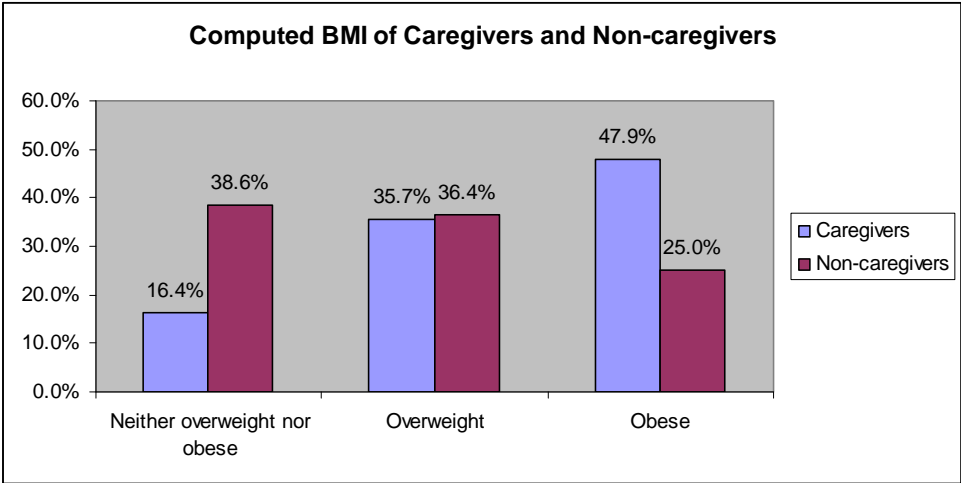


Figure 14: Alcohol Consumption among Caregivers and Non-caregivers, Washington BRFSS, 2007

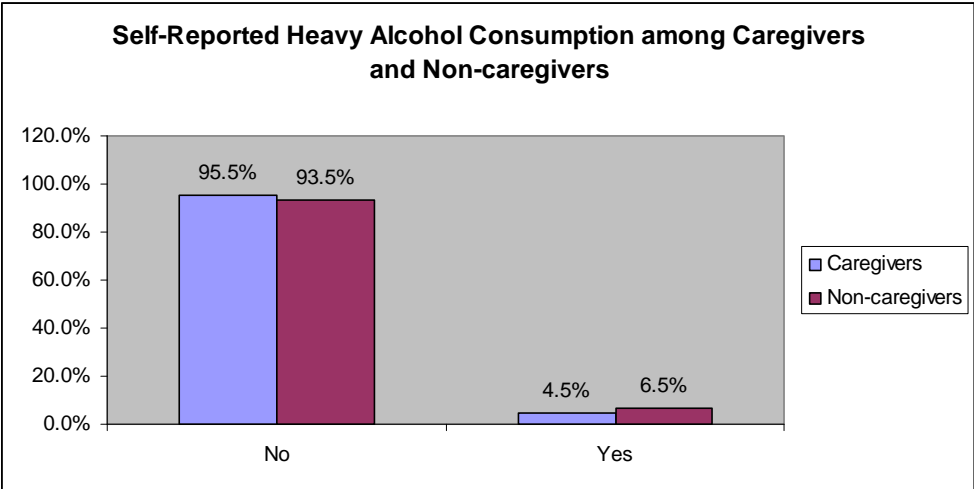


Figure 15: Smoking Status among Caregivers and Non-caregivers, Washington BRFSS, 2007

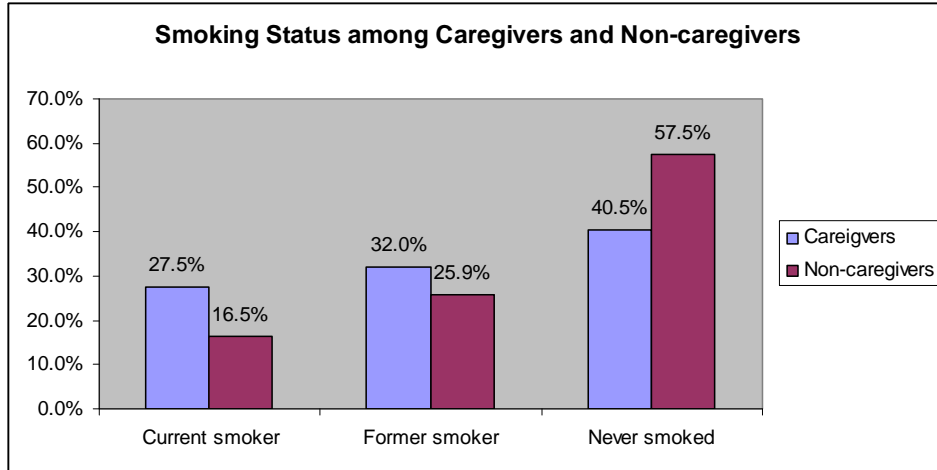


Figure 16: Binge Drinking among Caregivers and Non-caregivers, Washington BRFSS, 2007

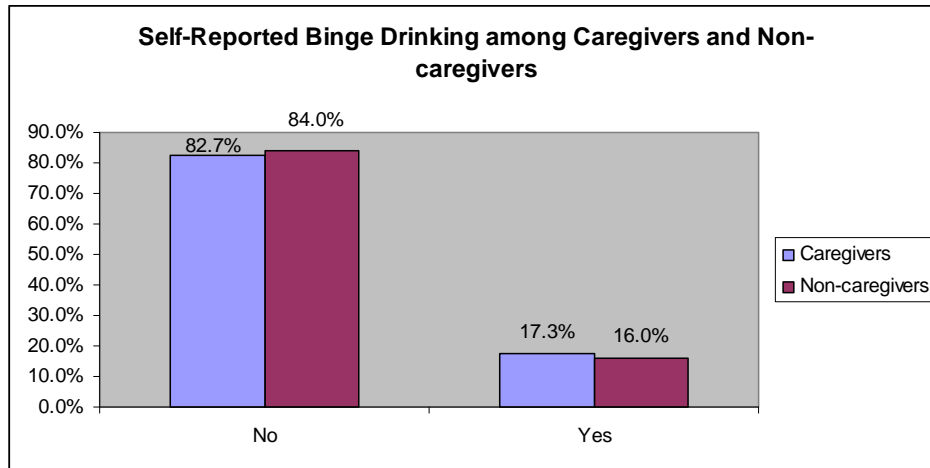


Figure 17: Flu Shot within the Past Year among Caregivers and Non-caregivers Age 65 and Older, Washington BRFSS, 2007

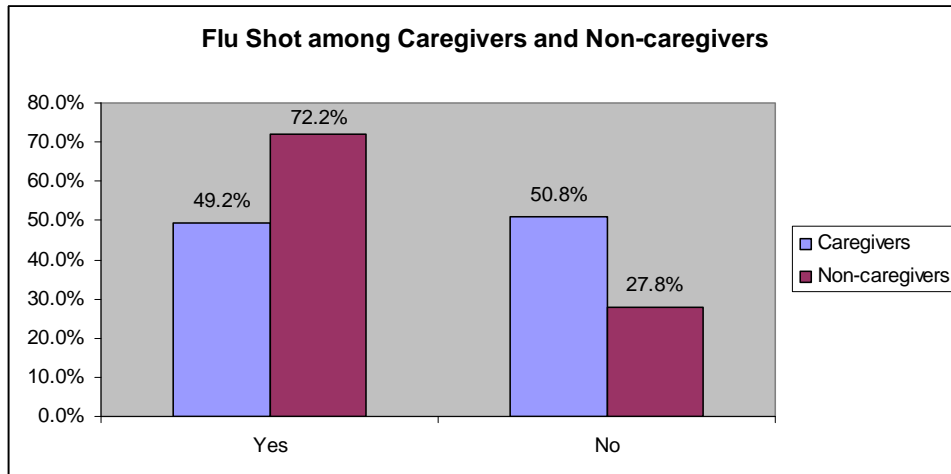
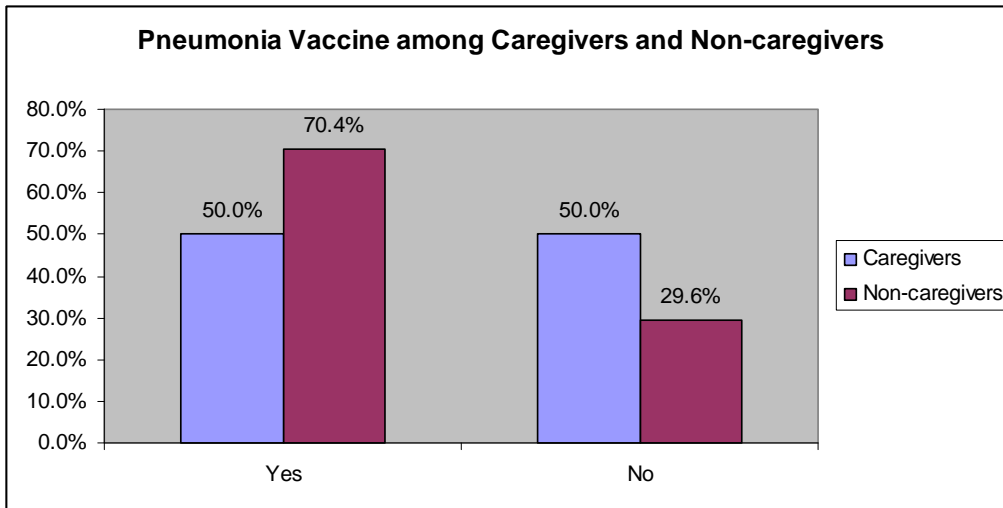


Figure 18: Pneumonia Vaccine among Caregivers and Non-caregivers Age 65 and Older, Washington BRFSS, 2007



Profile of Care Recipients:

Figure 19: Care Recipient Gender, Washington BRFSS, 2007

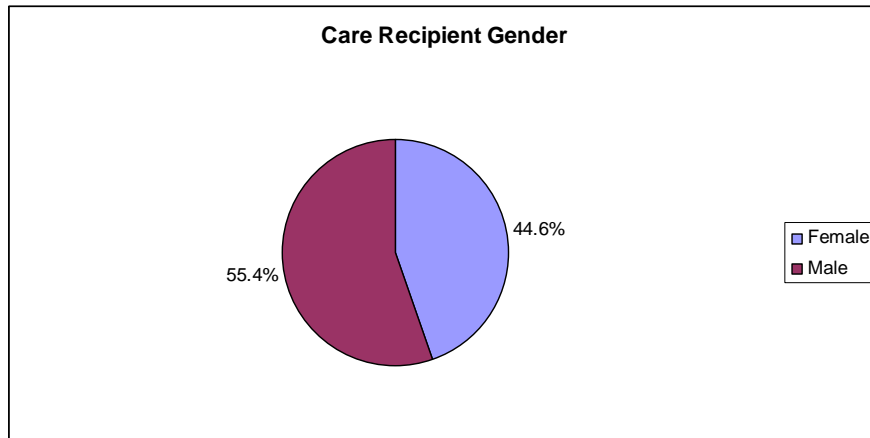


Figure 20: Age of Care Recipient, Washington BRFSS, 2007

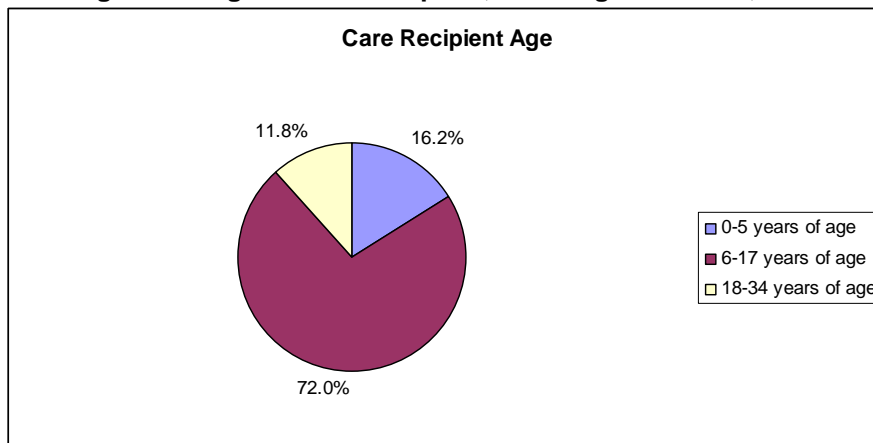


Figure 21: Relationship between Caregiver and Care Recipient, Washington BRFSS, 2007

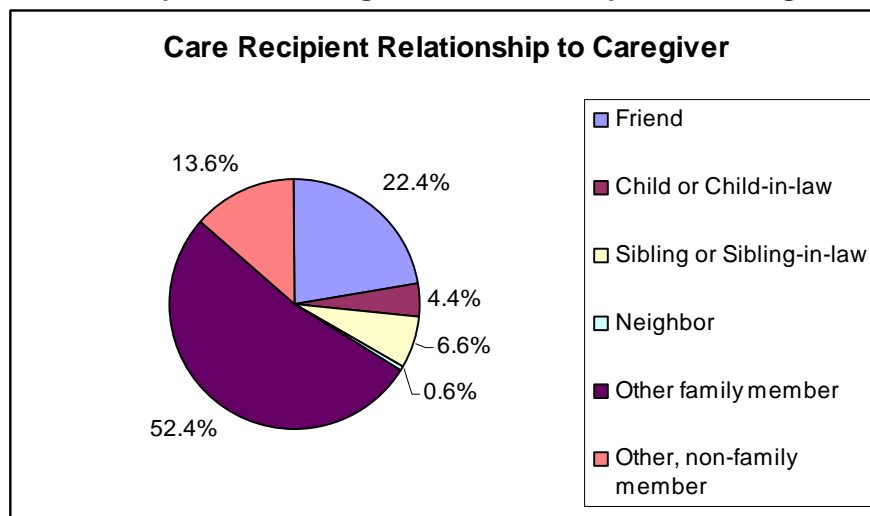


Figure 22: Areas in which Care Recipient Requires the Most Assistance, Washington BRFSS, 2007

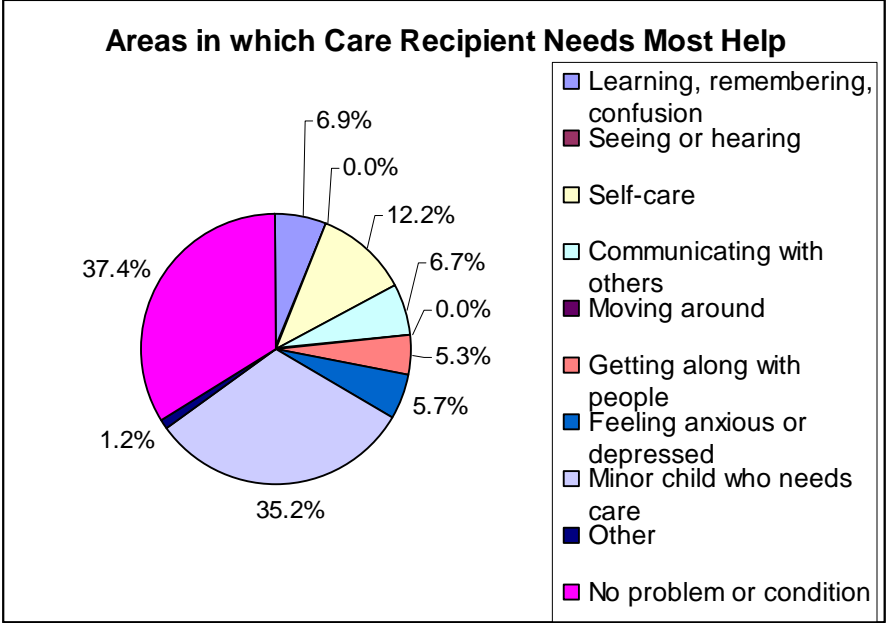


Figure 23: Caregivers Greatest Difficulty in Providing Care, Washington BRFSS, 2007

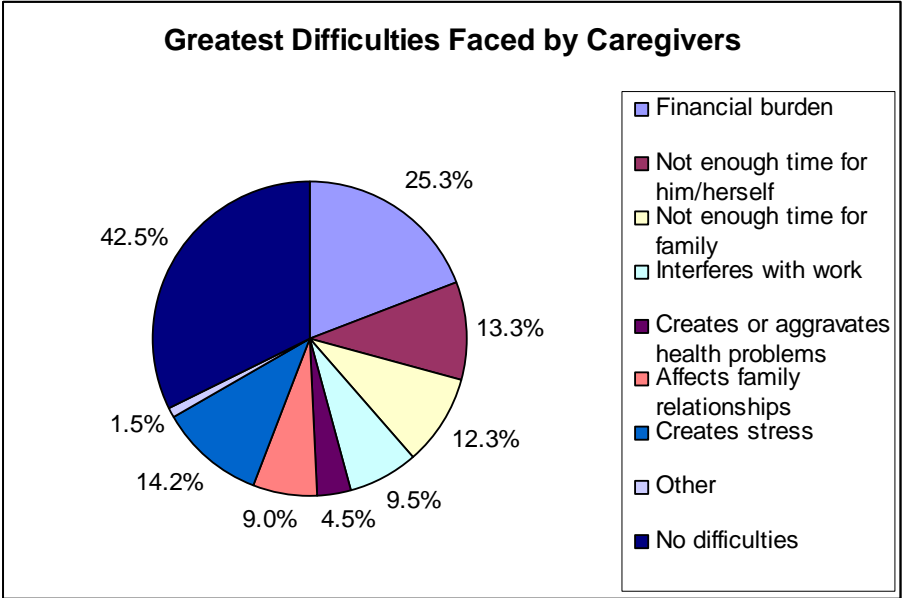


Figure 24: Hours per Week Caregiver Provides for Care Recipient, Washington BRFSS, 2007

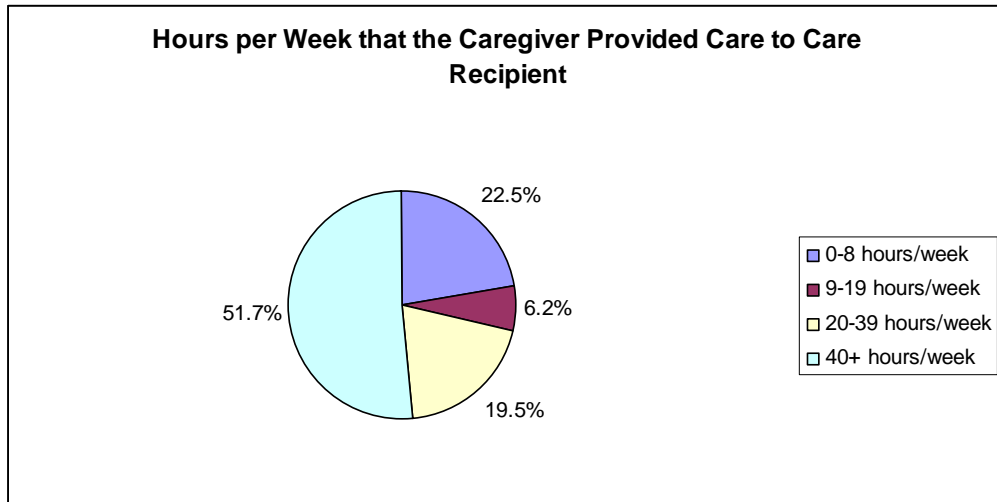


Figure 25: Duration of Care for Care Recipient, Washington BRFSS, 2007

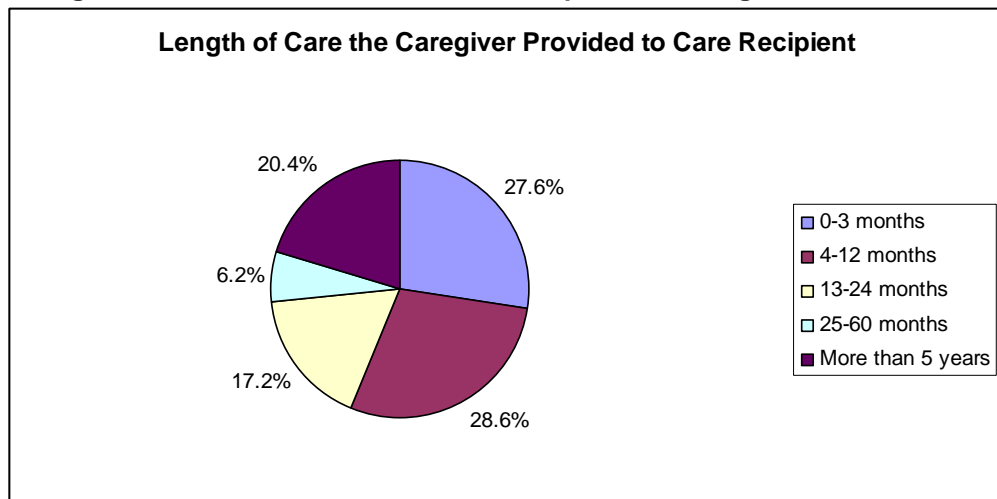


Figure 26: Distance of Caregiver to Care Recipient, Washington BRFSS, 2007

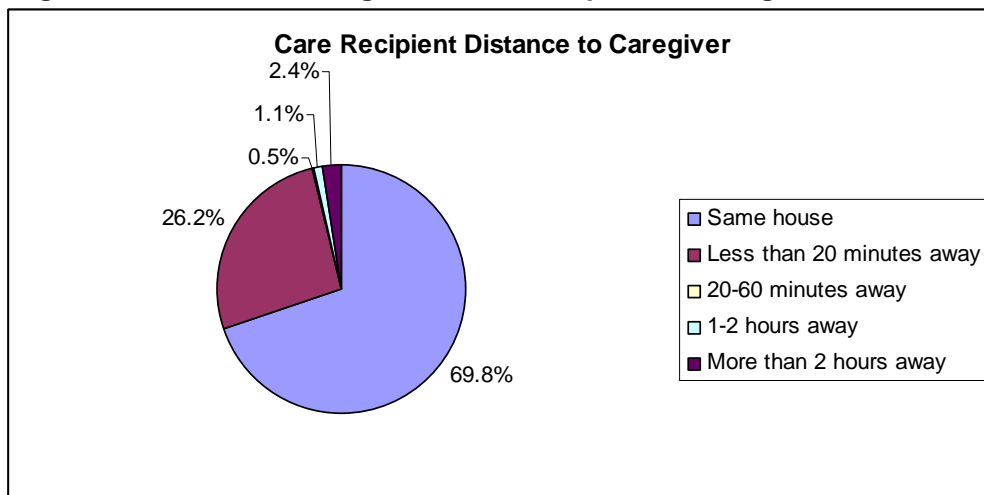


Figure 27: Caregiver is the Primary Caregiver for Care Recipient, Washington BRFSS, 2007

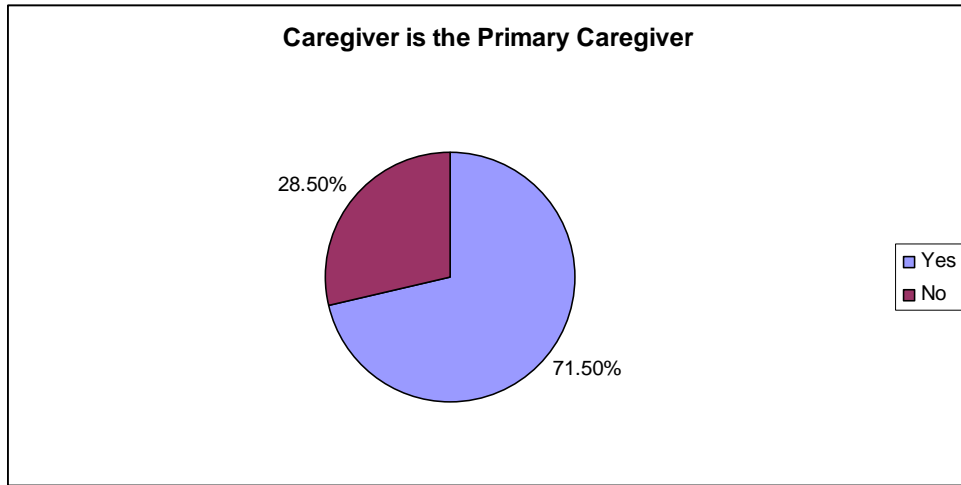


Figure 28: Caregiver is Paid for Services, Washington BRFSS, 2007

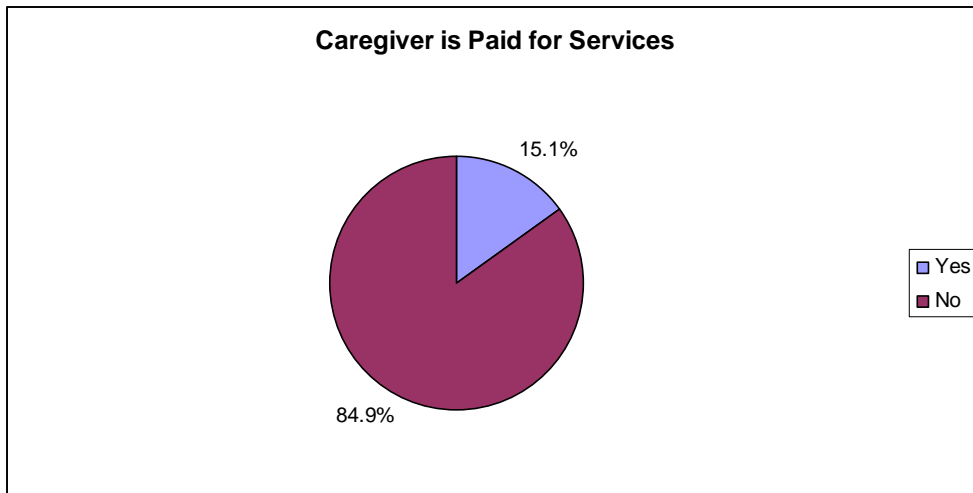


Figure 29: Caregiver Sustained an Injury while Providing Care, Washington BRFSS, 2007

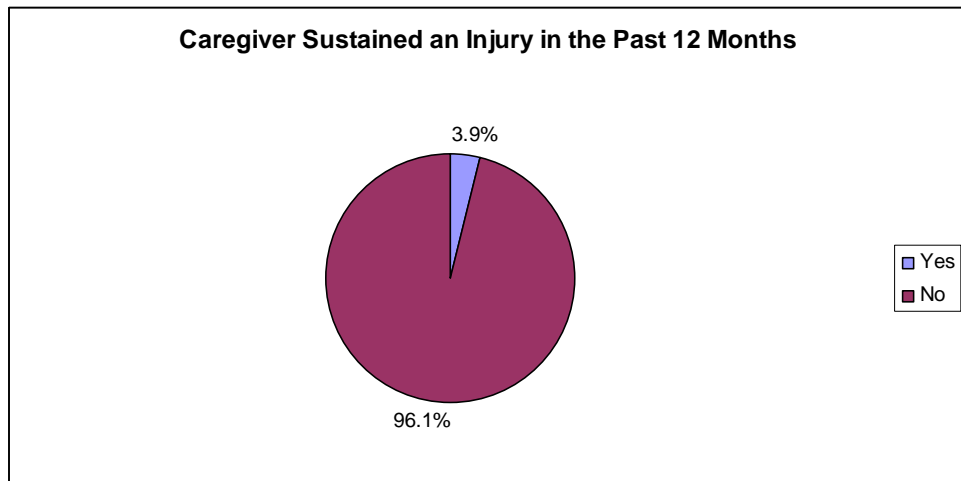


Figure 30: Average Hours per Week Spent Providing ADL Care, Washington BRFSS, 2007

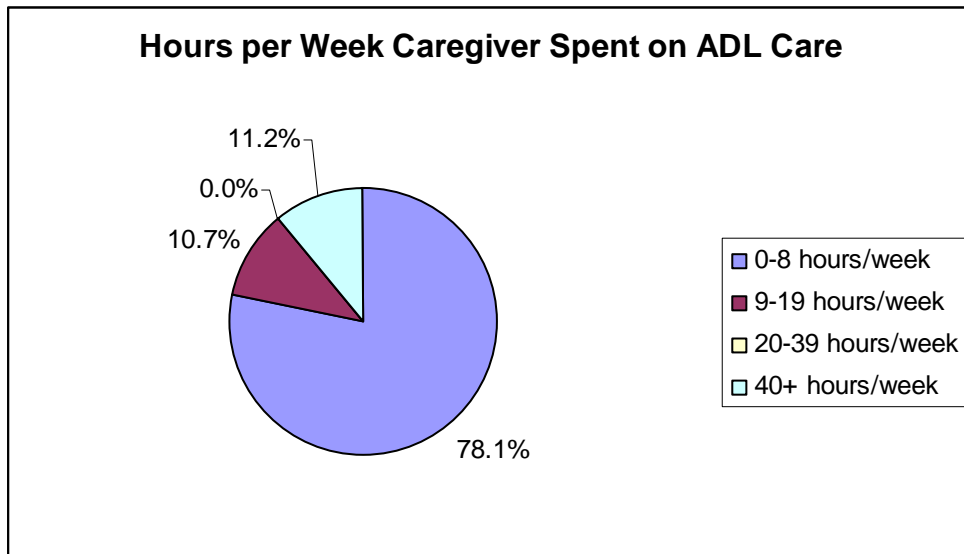


Figure 31: Services That Could Help Caregivers Most, Washington BRFSS, 2007

