

# Characteristics of Caregivers and Care Recipients – Washington, 2007

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## **Characteristics of 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.<sup>1</sup> 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).<sup>2</sup> 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.<sup>3</sup> 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 caregivers and their care recipients in the state of Washington, the eighteen question Caregiver Module<sup>2</sup> 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 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, 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 first screening question regarding providing care to someone with a long term illness or disability. A total of 2,188 of these respondents answered “yes” to this question. However, 57 of these respondents also answered “yes” to the second “kinship caregiver” screening question as well, so these respondents were excluded from further analyses, leaving 2,131 respondents (14.7% weighted) who answered only “yes” to the informal caregiver screening question. These respondents were classified as informal 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 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 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 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 caregivers, it is necessary to understand who they are. Demographic and health behavior characteristics of caregivers and non-caregivers are presented in Table 1, pages 8-9. A significant majority of caregivers identified in the survey were women (57.5%). The mean age of caregivers was 48.7 years and the mean age of non-caregivers was 45.1 years. Caregivers were slightly more likely to have received a college degree or higher (38.4%) compared to non-caregivers (37.6%). Caregivers were less likely to be employed, a homemaker, or a student compared to non-caregivers (72.0% to 75.5%, respectively). Caregivers are more likely than non-caregivers to be married or coupled (69.2% compared to 66.3%). The most commonly reported race/ethnicity in Washington was White, non-Hispanic, regardless of caregiver status (87.2% of caregivers and 82.3% 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 caregivers than non-caregivers (30.2% compared to 22.4%).

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?” Caregivers and non-caregivers reported a similar average number of days in the past month that their physical health was not good; 4.1 and 3.5 respectively. 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?” Caregivers reported more days per month of poor mental health (4.4 days) than non-caregivers, (3.0 days). Caregivers rated their general life satisfaction slightly lower than non-caregivers (92.8% compared to 94.6% 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?” Caregivers reported always or usually receiving the social and emotional support needed less frequently than non-caregivers (81.9% compared to 84.2%). Ratings of general health among caregivers and non-caregivers were nearly identical (86.9% and 87.3% report their general health was excellent, very good, or good).

Caregivers reported meeting physical activity recommendations more often than non-caregivers (56.7% compared to 52.9%), and were less likely to report no physical activity (7.6% compared to 9.7%). Caregivers also reported consuming five or more servings of fruits and vegetables more often than non-caregivers (30.3% compared to 25.3%). Although caregivers reported meeting physical activity recommendations and consuming the recommended amounts of fruits and vegetables more often than non-caregivers, caregivers were more likely to be obese (27.3% of caregivers versus 24.9% 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 13.6% among caregivers and 16.5% among non-caregivers. Nearly 7.0% of caregivers reported heavy alcohol consumption compared to 6.3% of non-caregivers. Caregivers were more likely to be current smokers than non-caregivers (19.8% compared to 16.1%).

Caregivers age 65 and older were about as likely as non-caregivers of the same age to have received a flu shot within the past year (72.3% compared to 72.2%) but less likely than non-caregivers to have ever received the pneumonia vaccine (68.0% compared to 70.8%).

The results of the eighteen question Washington Caregiver Module based on the 2,131 identified caregivers are found in Table 2, pages 10-12, and are discussed below. A majority of care recipients were women (63.8%) and age 65 and older (54.4%). Care recipients were most commonly a family member of the caregiver, with a parent or parent-in-law being the most frequently reported relationship (35.6%). Another 11.9% of caregivers provided care for a spouse or a partner, and 20.6% cared for a friend. Almost one third of care-recipients experienced a problem with memory loss or had a disorder like Alzheimer’s disease or a related

dementia (31.4%). The most common care recipient diagnosis as reported by the caregiver was Alzheimer's disease or dementia (10.9%), cancer (8.9%), heart disease (5.3%), stroke (4.4%), and Arthritis/rheumatism (3.7%), completed the list of the five most common diagnoses reported. The most common comorbid conditions reported in addition to the care recipient's major health problem include diabetes (5.0%), arthritis/rheumatism (4.4%), heart disease (4.2%), hypertension (4.1%) and vision problems (4.1%). However, 68.4% of caregivers report that their care recipient had no comorbid conditions in addition to the major health problem

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, caregivers reported moving around (34.4%), and self care (32.1%), both representing activities of daily living, most frequently. When asked the greatest difficulty faced personally, caregivers most often said that caregiving created stress (40.1%) or caregiving did not leave enough time for him/herself (16.8%). However 30.7% of caregivers said that caregiving created no other difficulty for them.

Overall, 48.1% of caregivers provided zero to eight hours of care in an average week, and 24.7% provided 40 hours of care or more in an average week. In an average week, 69.7% of caregivers reported provided zero to eight hours of care specifically for helping their care recipient with activities of daily living (ADL's, such as eating, bathing, dressing, toileting or helping with their medication). Nearly a quarter, (26.9%) of caregivers had provided care for more than 5 years. These caregivers tended to live within 20 minutes of the care recipient (42.0%) or in the same house as him/her (30.2%) Among caregivers, 36.6% stated that they were the primary caregiver for the recipient about whom they answered the survey, and only 8.2% reported receiving compensation for their services. In the past 12 months 3.9% of caregivers also reported sustaining an injury.

When caregivers were asked what two services they would find most helpful with the caregiving they provide, 37.6% reported needing information about local services and programs, 30.0% needed money to pay for additional resources (such as supplies, equipment, etc.), 20.5% reported needing respite care (breaks from caregiving), 19.7% reported needing family consultation/counseling to address stress or family dynamics, and 15.5% 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	9.6% (7.2- 12.8)	13.6% (12.2- 15.2)
	25-34	10.8% (8.8- 13.1)	18.7% (17.6- 19.8)
	35-44	16.4% (14.4- 18.6)	19.6% (18.7- 20.6)
	45-54	24.9% (22.6- 27.4)	18.9% (18.0- 19.9)
	55-64	22.0% (20.0- 24.2)	14.0% (13.3- 14.7)
	65 and older	16.2% (14.6- 18.0)	15.1% (14.5- 15.8)
Gender (% Female)	Female	57.5% (54.5- 60.5)	49.7% (48.4- 51.1)
Education status	Less than or graduated high School	27.6% (24.9- 30.5)	31.9% (30.5- 33.2)
	Some college or technical School	34.0% (31.2- 36.9)	30.6% (29.3- 31.9)
	College degree or higher	38.4% (35.7- 41.2)	37.6% (36.3- 38.8)
Employment status	Employed/Homemaker/Student	72.0% (69.5- 74.4)	75.5% (74.5- 76.5)
	Unemployed/Unable to work/Retired	28.0% (25.6- 30.5)	24.5% (23.5- 25.5)
Race/ethnicity	White only, non-Hispanic	87.2% (84.8- 89.3)	82.3% (81.1- 83.4)
	Black only, non-Hispanic	1.7% (1.0- 2.6)	1.7% (1.4- 2.1)
	Other only, non-Hispanic	3.5% (2.5- 5.0)	5.1% (4.5- 5.8)
	Multiracial, non-Hispanic	3.3% (2.3- 4.6)	3.2% (2.7- 3.7)
	Hispanic	4.3% (3.0- 6.3)	7.7% (6.9- 8.7)
Marital status	Married/Coupled	69.2% (66.2- 71.9)	66.3% (64.9- 67.6)
	Divorced/Widowed/Separated	15.2% (13.6- 16.9)	15.3% (14.6- 16.1)
	Never married	15.7% (13.1- 18.6)	18.4% (17.0- 19.8)
Disability status	Respondent has a disability	30.2% (27.6- 33.0)	22.4% (21.4- 23.4)

<b>Table 1: Continued</b>			
General life satisfaction	Very Satisfied/Satisfied	92.8% (90.8- 94.4)	94.6% (93.9- 95.3)
Emotional support	Always or usually receive support needed	81.9% (79.5- 84.1)	84.2% (83.2- 85.1)
General health	Excellent, very good, or good	86.9% (84.8- 88.7)	87.3% (86.5- 88.1)
Physical activity	Meet physical activity recommendations	56.7% (53.7- 59.7)	52.9% (51.6- 54.3)
	Insufficient physical activity	35.7% (33.0- 38.6)	37.3% (36.0- 38.6)
	No physical activity	7.6% (5.8- 9.8)	9.7% (9.0- 10.5)
Fruit and vegetable consumption	5 or more servings per day	30.3% (27.7- 33.1)	25.3% (24.1- 26.5)
Body Mass Index (BMI)	Neither overweight nor obese	34.8% (32.1- 37.7)	39.0% (37.6- 40.4)
	Overweight	37.9% (35.1- 40.8)	36.1% (34.8- 37.4)
	Obese	27.3% (24.6- 30.1)	24.9% (23.8- 26.1)
Smoking status	Current Smoker	19.8% (17.4%- 22.4%)	16.1% (15.1- 17.3)
	Former Smoker	29.5% (27.1- 32.1)	25.4% (24.4- 26.5)
	Never Smoked	50.7% (47.7- 53.6)	58.4% (57.1- 59.7)
Alcohol consumption	Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)	7.0% (5.7- 8.6)	6.3% (5.6- 7.1)
Binge drinking	Binge drinkers (Men having five or more drinks on one occasion, women having four or more drinks on one occasion)	13.6% (11.6- 15.9)	16.5% (15.4- 17.6)
Flu shot	Adults age 65+ who have had flu shot within the past year	72.3% (67.4- 76.8)	72.2% (70.2- 74.0)
Pneumonia vaccine	Adults age 65+ who have ever had a pneumonia vaccination	68.0% (62.9- 72.7)	70.8% (68.7- 72.7)

## 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	63.8% (60.9- 66.6)
Care recipient age	0-5	1.2% (0.7- 1.9)
	6-17	4.7% (3.5- 6.4)
	18-34	11.6% (9.5- 14.1)
	35-44	6.0% (4.8- 7.5)
	45-54	11.3% (9.4- 13.6)
	55-64	10.7% (9.0- 12.7)
	65-74	13.7% (12.0- 15.7)
	75-84	21.4% (19.1- 24.0)
	85+	19.3% (17.4- 21.4)
Care recipient's relationship to caregiver	Parent or Parent-in-law	35.6% (32.8- 38.4)
	Friend	20.6% (18.3- 23.0)
	Spouse or Partner	11.9% (10.2- 13.9)
	Child or Child-in-law	8.8% (7.4- 10.4)
	Sibling or Sibling-in-law	5.3% (4.1- 6.7)
	Grandparent	6.6% (4.9- 8.9)
	Neighbor	1.3% (0.9- 1.9)
	Client or patient	0.6% (0.3- 1.3)
	Other family member	6.5% (5.3- 8.0)
	Other, non-family member	2.9% (1.9- 4.3)
* Care recipient's major health problem	Alzheimer's/Dementia	10.9% (9.3- 12.8)
	Cancer	8.9% (7.5- 10.5)
	Heart disease	5.3% (4.4- 6.5)
	Diabetes	4.4% (3.4- 5.7)
	Arthritis/Rheumatism	3.7% (2.8- 4.9)

**Table 2: Continued**

Areas in which care recipient needs most help (respondent could choose up to 2)	Learning, remembering, confusion	18.4% (16.4- 20.7)
	Seeing or hearing	6.1% (4.8- 7.7)
	Self-care	32.1% (29.3- 35.0)
	Communicating with others	10.8% (9.0- 12.9)
	Moving around	34.4% (31.6- 37.3)
	Getting along with people	7.6% (5.9- 9.6)
	Feeling anxious or depressed	24.5% (21.9- 27.2)
	Minor child who needs care	1.1% (0.6-2.0)
	Other	9.3% (7.8-11.1)
	No problem or condition**	5.2% n=120 (4.2- 6.4)
Greatest difficulty faced by caregiver (respondent could choose up to 2)	Financial burden	13.8% (11.8-16.1)
	Not enough time for him/herself	16.8% (14.6- 19.2)
	Not enough time for family	11.0% (9.3- 12.8)
	Interferes with work	10.0% (8.2- 12.1)
	Creates or aggravates health problems	4.2% (3.2- 5.5)
	Affects family relationships	10.1% (8.4- 12.1)
	Creates stress	40.1% (37.2- 43.1)
	Other	3.4% (2.5- 4.6)
	No difficulties**	30.7% n=638 (28.0- 33.5)
Caregiver sustained an injury	Yes, in the past 12 months	3.9% (3.0- 5.1)
Care recipient's distance from caregiver	Same house	30.2% (27.5- 33.2)
	Less than 20 minutes away	42.0% (39.1- 45.0)
	20-60 minutes away	15.6% (13.7- 17.6)
	1-2 hours away	5.3% (4.2- 6.5)
	More than 2 hours away	6.9% (5.7- 8.4)
Respondent is primary caregiver	Yes	36.6% (33.8- 39.5)

Hours of care provided per week	0-8	48.1% (44.9- 51.2)
	9-19	13.8% (11.7- 16.0)
	20-39	13.5% (11.5- 15.8)
	40+	24.7% (22.0- 27.6)
Hours of care per week helping with Activities of Daily Living (ADL's)	0-8	69.7% (66.5- 72.7)
	9-19	8.5% (6.7- 10.7)
	20-39	10.5% (8.6- 12.8)
	40+	11.4% (9.4- 13.6)
Length of care	0-3 months	24.4% (21.8- 27.1)
	4-12 months	22.4% (19.9- 25.2)
	13-24 months	13.4% (11.6- 15.5)
	25-60 months	12.9% (11.0-15.0)
	More than 5 years	26.9% (24.4- 29.6)
Care recipient has problem with memory loss	Yes (Alzheimer's or dementia)	31.4% (28.7- 34.2)
Services that would be helpful for caregivers	Education	15.5% (13.0- 18.3)
	Family consultation/counseling	19.7% (16.9- 22.8)
	Respite care (breaks from caregiving)	20.5% (18.0- 23.3)
	Money to pay for additional resources	30.0% (26.8- 33.4)
	Information about local services/programs	37.6% (34.4- 40.9)
	Other service	11.2% (9.3- 13.4)
Caregiver paid for services	Yes	8.2% (6.2- 10.7)
Comorbid conditions associated with major health problem reported	Diabetes	5.0% (3.6- 6.9)
	Arthritis/Rheumatism	4.4% (3.3- 5.8)
	Heart disease	4.2% (2.9- 6.1)
	Hypertension	4.1% (2.8- 6.0)
	Vision problems	4.1% (3.1- 5.4)

\* Note: 31.4% of respondents (n=654) of responses were classified as "other" for this question. The results presented here are based only on the respondents with categorized responses.

\*\* Note: These data are from respondents who reported 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 REPONSES

- |   |                                    |
|---|------------------------------------|
| 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

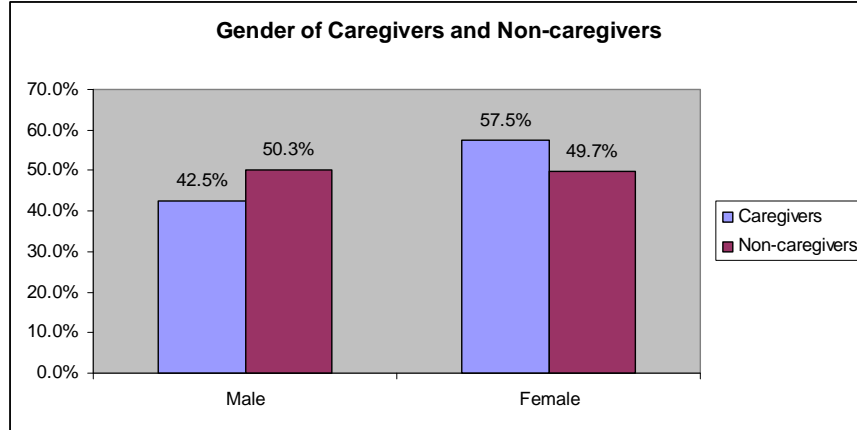
12. In an average week, how many hours do/did you provide care for [your (Code relationship)/that person] because of his/her/that person's long-term illness or disability? DO NOT READ

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

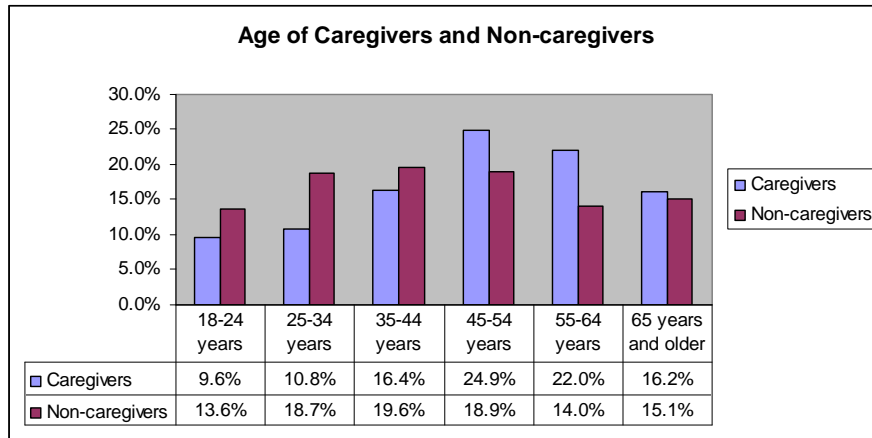
13. Approximately how many of the hours that you just mentioned in an average week were for helping your Q4 code/that person] with activities such as eating, dressing, bathing, toileting or helping with their medication?
- \_\_\_\_\_ Hours per week  
 168 24 hours care/168 hours or more  
 777 Don't 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

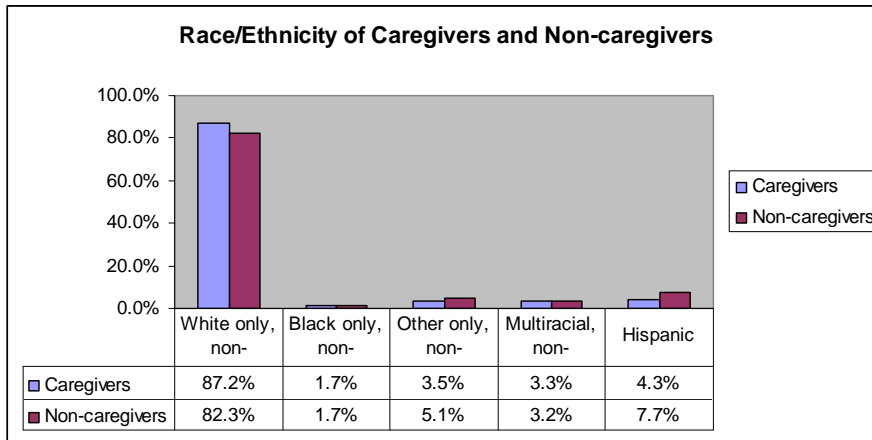
**Figure 1: Gender of Caregivers and Non-caregivers, Washington BRFSS, 2007**



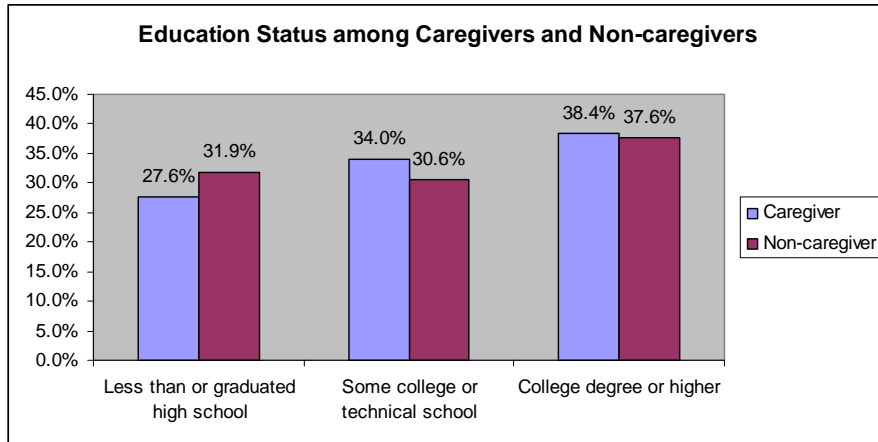
**Figure 2: Age Distribution of Caregivers and Non-caregivers, Washington BRFSS, 2007**



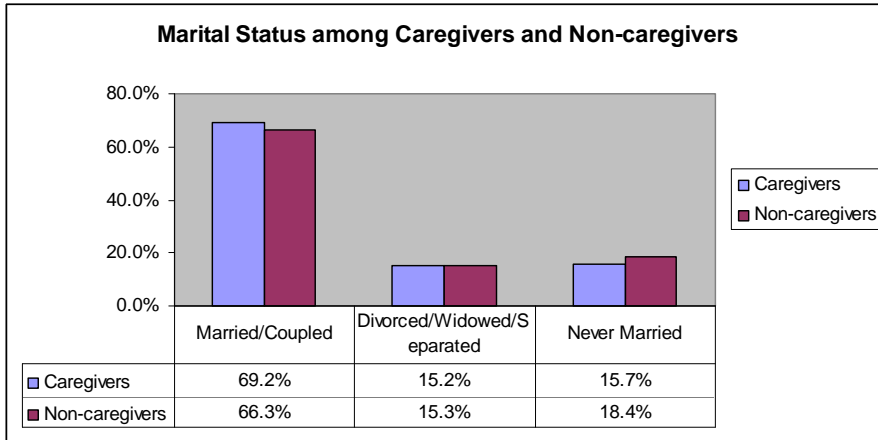
**Figure 3: Race/Ethnicity of Caregivers and Non-Caregivers, Washington BRFSS, 2007**



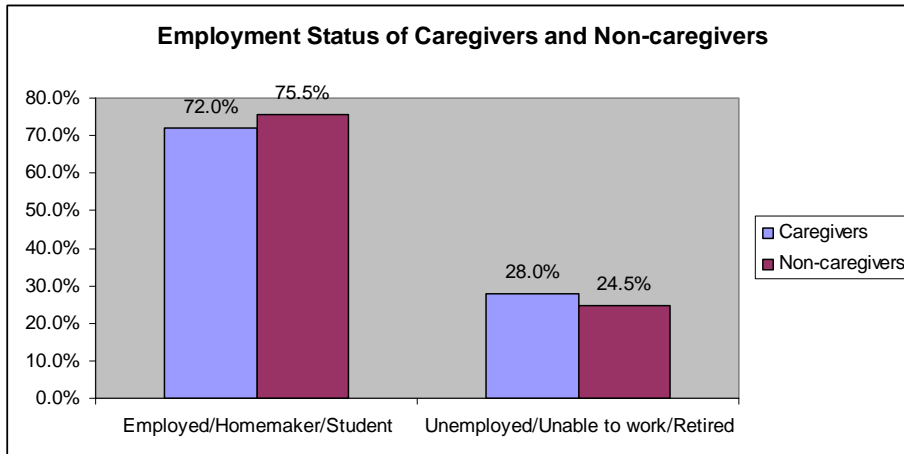
**Figure 4: Education Status among Caregivers and Non-caregivers, Washington BRFSS, 2007**



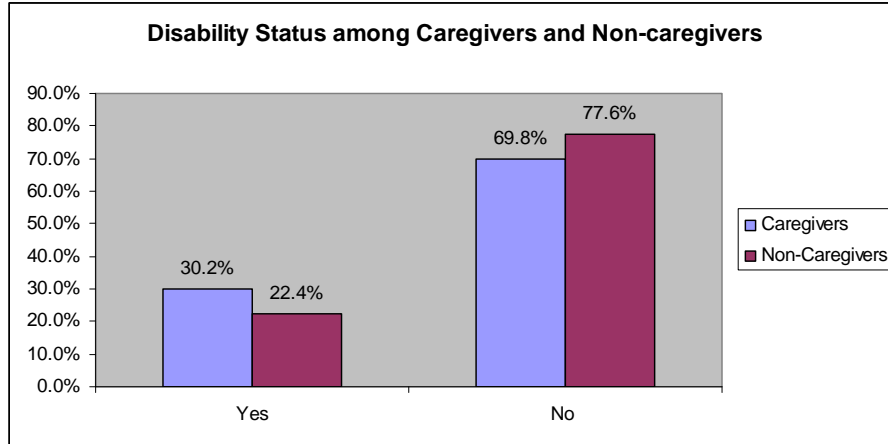
**Figure 5: Marital Status of Caregivers and Non-caregivers, Washington BRFSS, 2007**



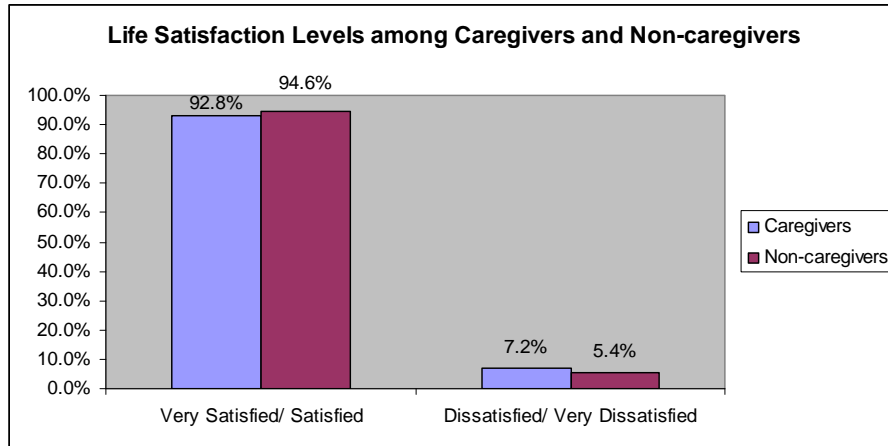
**Figure 6: Employment Status of Caregivers and Non-caregivers, Washington BRFSS, 2007**



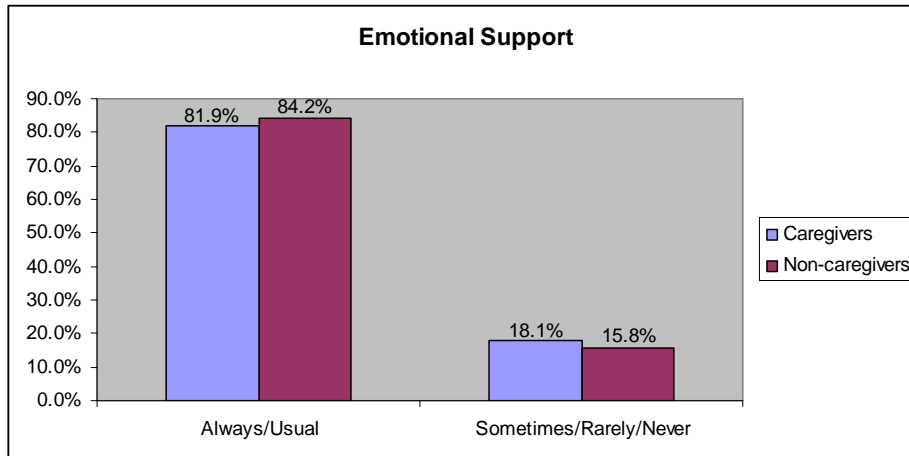
**Figure 7: Disability Status of Caregivers and Non-caregivers, Washington BRFSS, 2007**



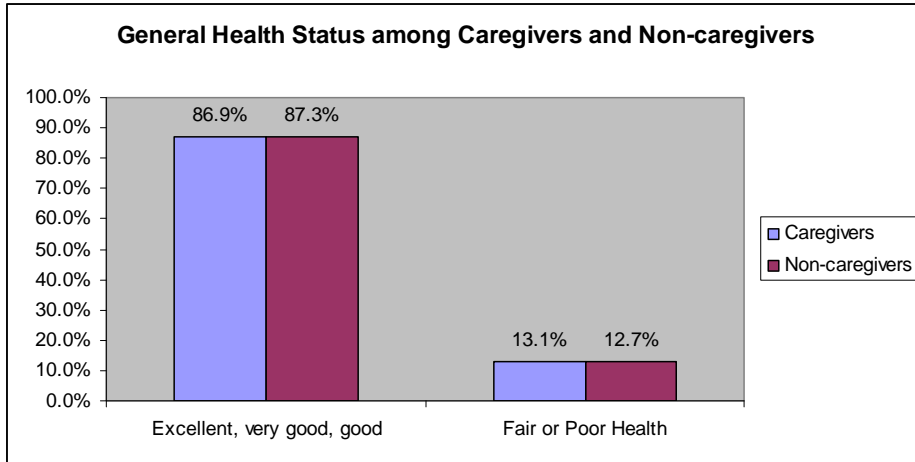
**Figure 8: Life Satisfaction Levels of Caregivers and Non-caregivers, Washington BRFSS, 2007**



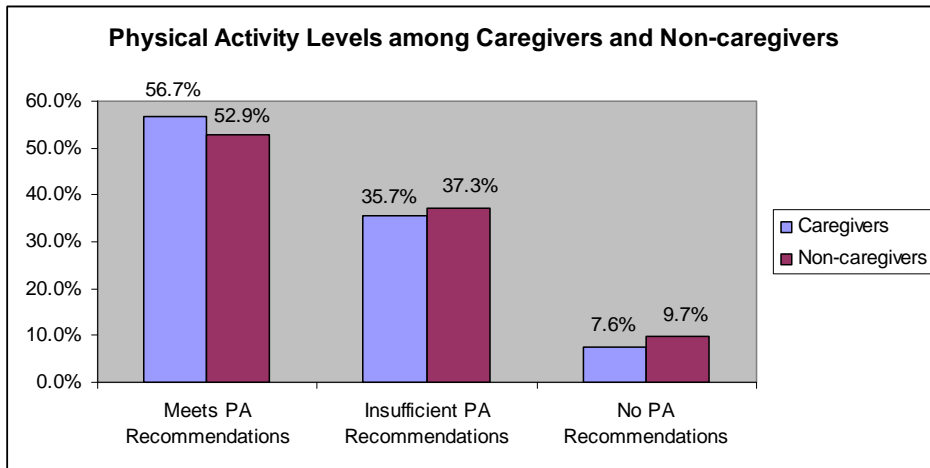
**Figure 9: How Often Caregivers and Non-caregivers Receive Emotional Support, Washington BRFSS, 2007**



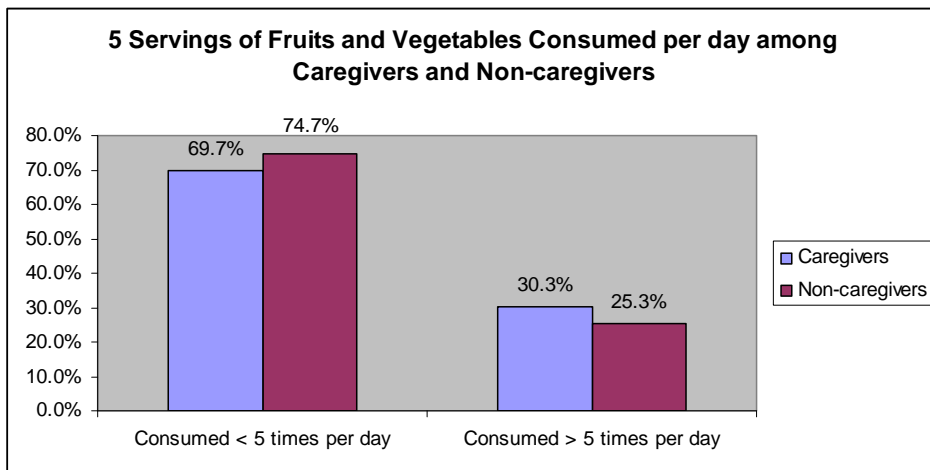
**Figure 10: General Health among Caregivers and Non-caregivers, Washington BRFSS, 2007**



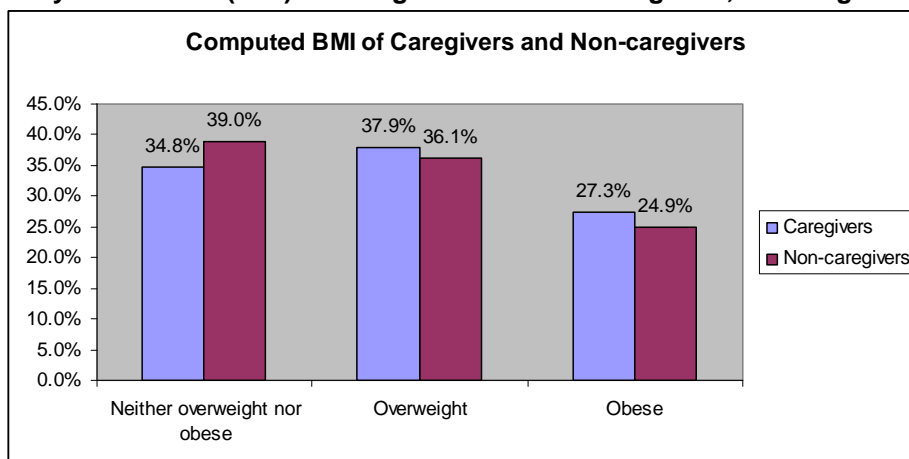
**Figure 11: Physical Activity among Caregivers and Non-caregivers, Washington BRFSS, 2007**



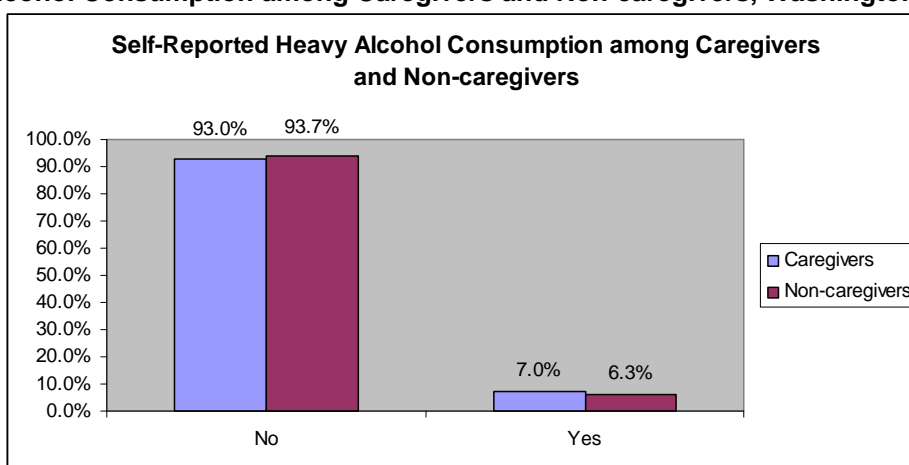
**Figure 12: Fruit and Vegetable Consumption among Caregivers and Non-caregivers, Washington BRFSS, 2007**



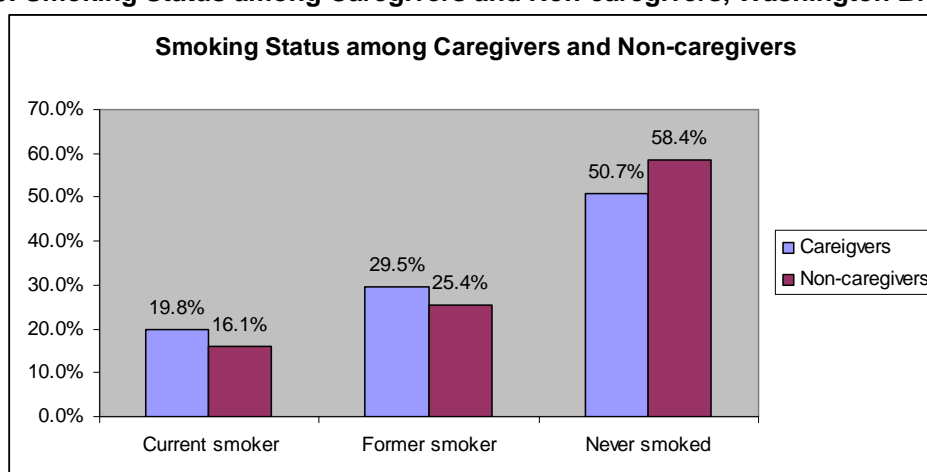
**Figure 13: Body Mass Index (BMI) of Caregivers and Non-caregivers, Washington BRFSS, 2007**



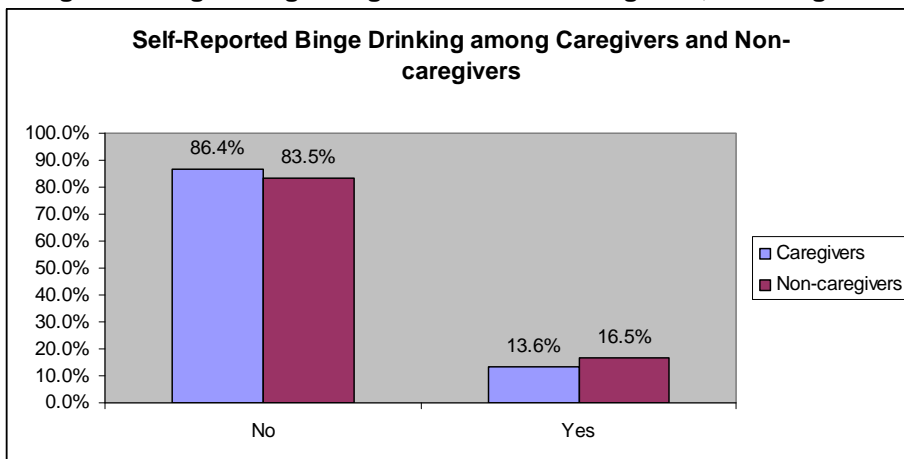
**Figure 14: Alcohol Consumption among Caregivers and Non-caregivers, Washington BRFSS, 2007**



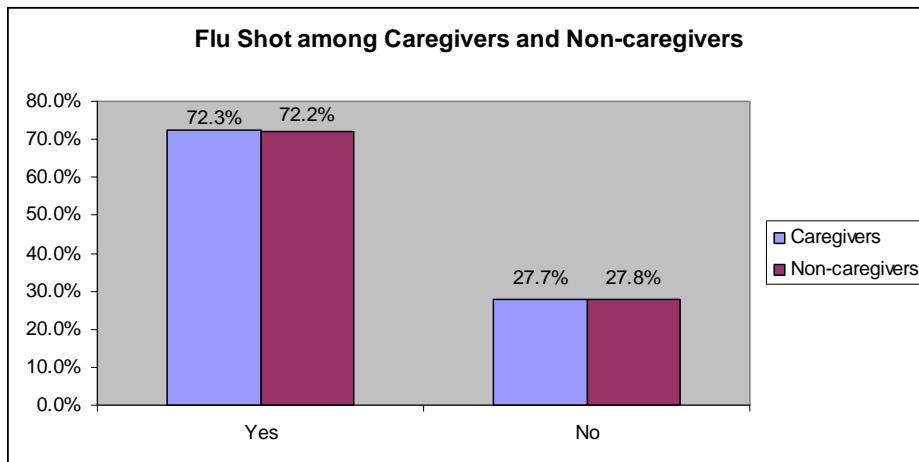
**Figure 15: Smoking Status among Caregivers and Non-caregivers, Washington BRFSS, 2007**



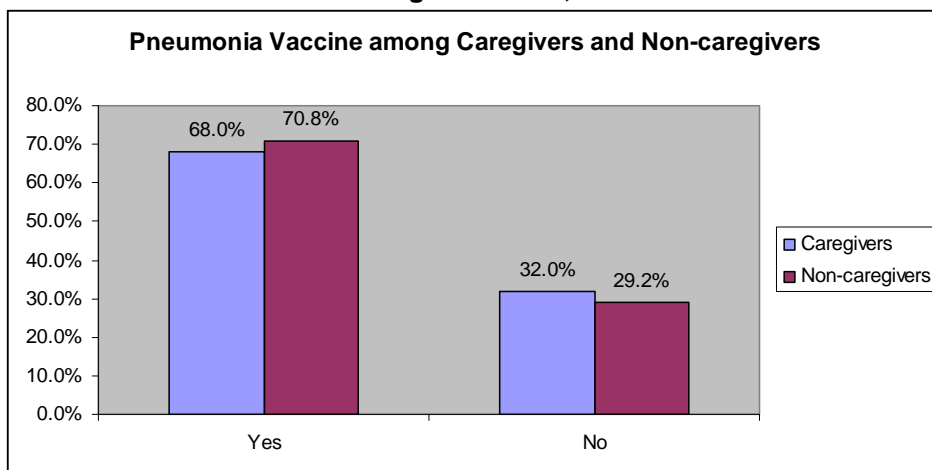
**Figure 16: Binge Drinking among Caregivers and Non-caregivers, Washington BRFSS, 2007**



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

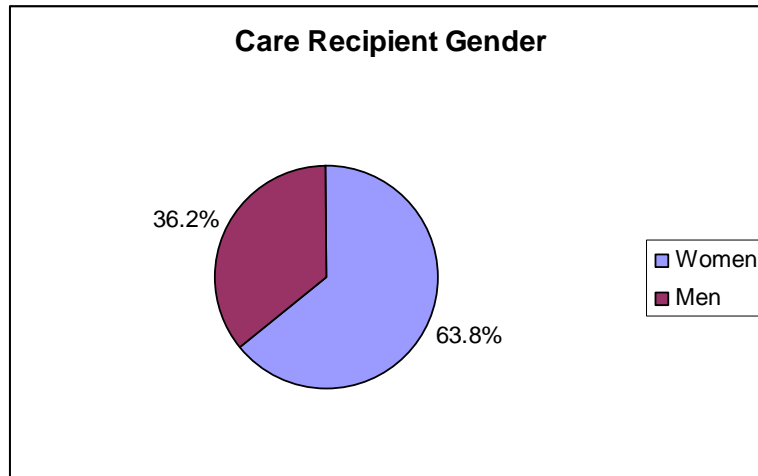


**Figure 18: Pneumonia Vaccine among Caregivers and Non-caregivers Age 65 and Older, Washington BRFSS, 2007**

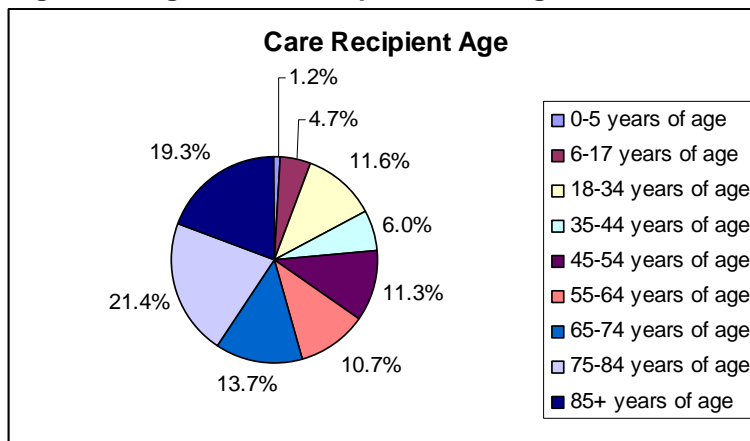


**Profile of Care Recipients:**

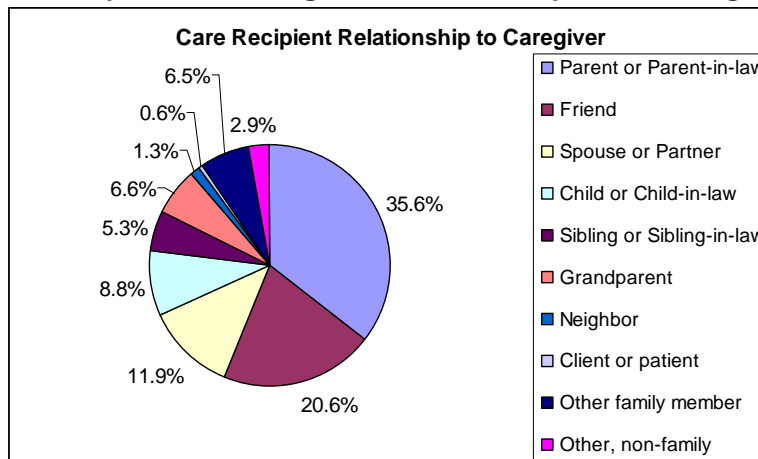
**Figure 19: Care Recipient Gender, Washington BRFSS, 2007**



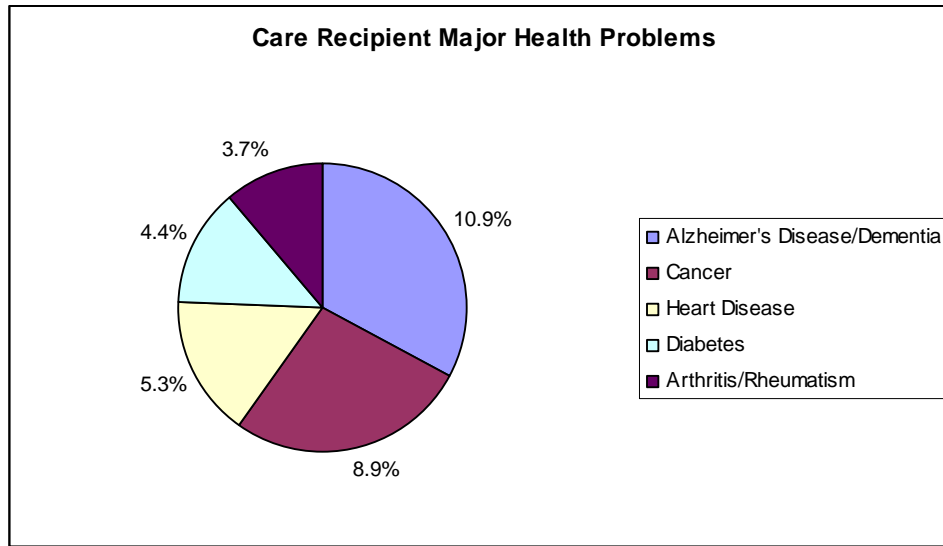
**Figure 20: Age of Care Recipient, Washington BRFSS, 2007**



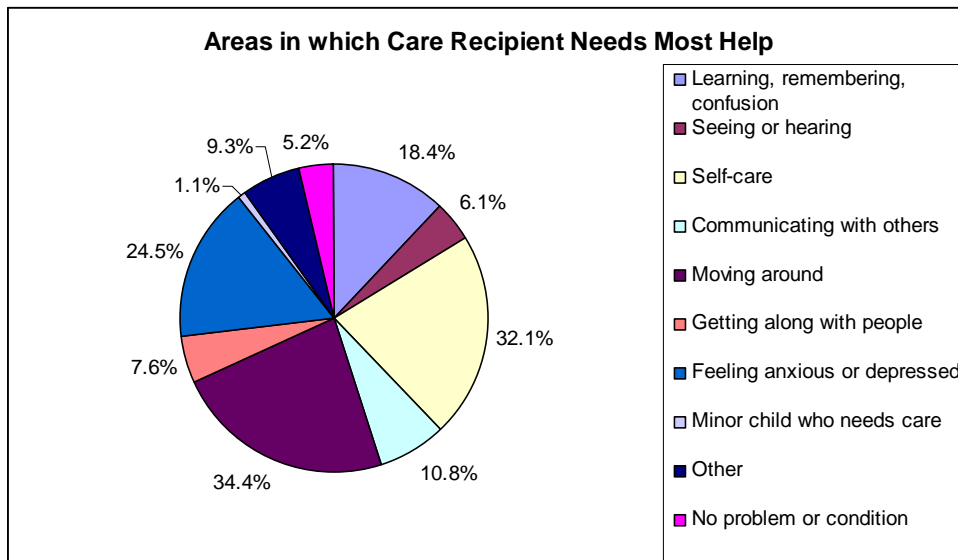
**Figure 21: Relationship between Caregiver and Care Recipient, Washington BRFSS, 2007**



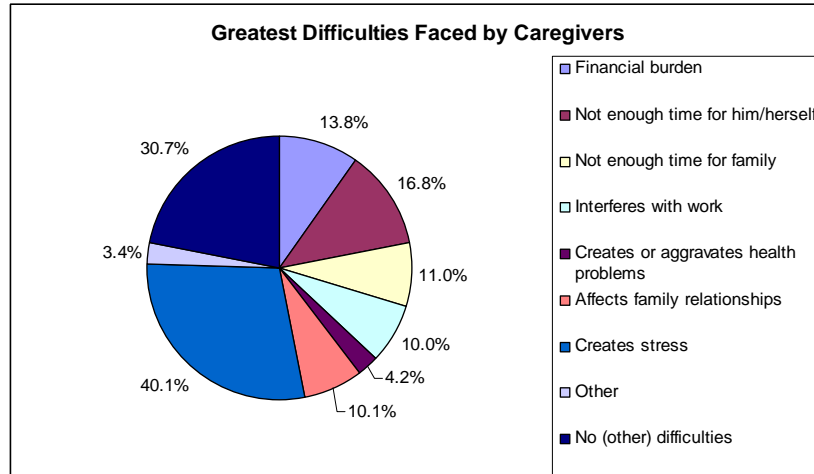
**Figure 22: Main Problems or Illnesses Identified by Caregiver, Washington BRFSS, 2007**



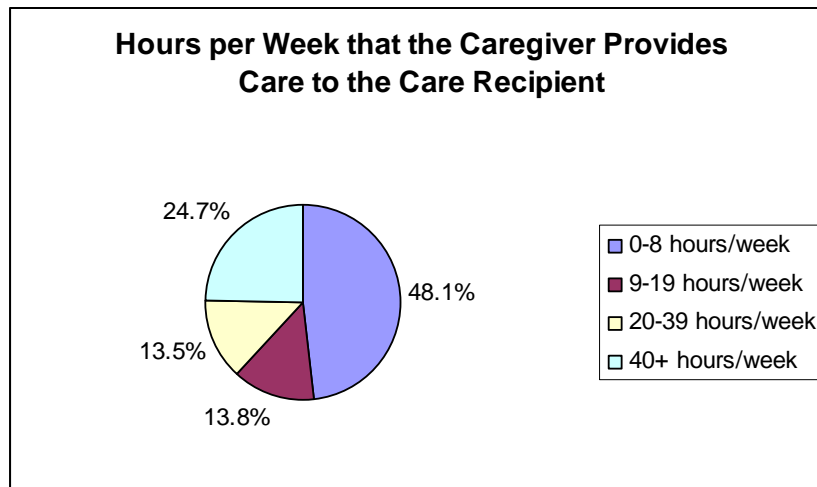
**Figure 23: Areas in which Care Recipient Requires the Most Assistance, Washington BRFSS, 2007**



**Figure 24: Caregivers Greatest Difficulty in Providing Care, Washington BRFSS, 2007**



**Figure 25: Hours per Week Caregiver Provides for Care Recipient, Washington BRFSS, 2007**



**Figure 26: Duration of Care for Care Recipient, Washington BRFSS, 2007**

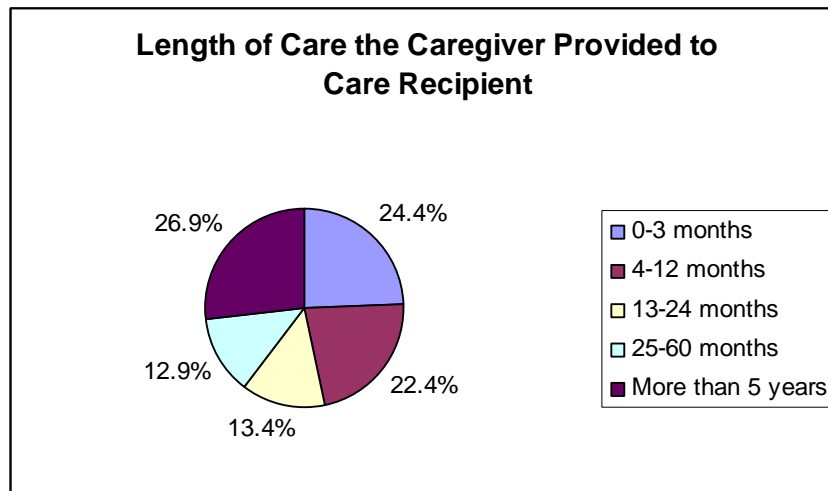


Figure 27: Distance of Caregiver to Care Recipient, Washington BRFSS, 2007

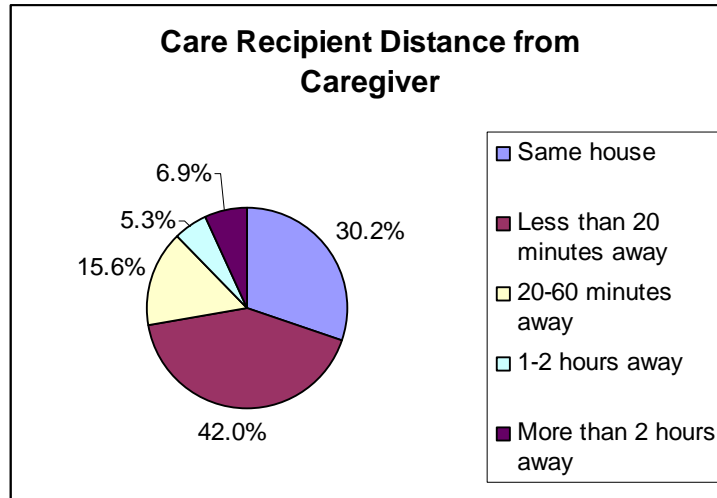


Figure 28: Caregiver is the Primary Caregiver for Care Recipient, Washington BRFSS, 2007

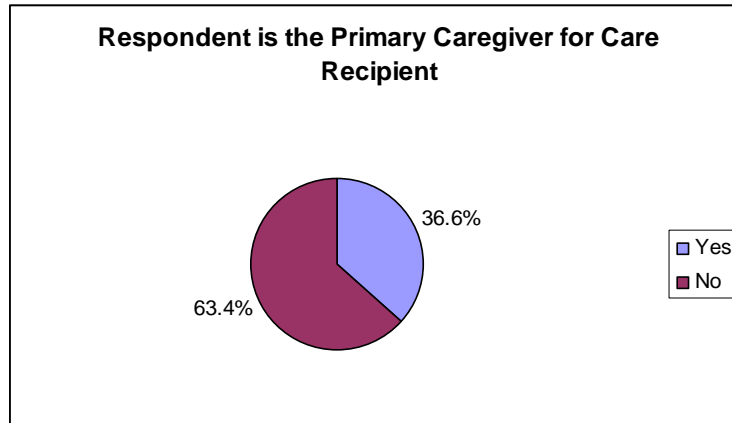
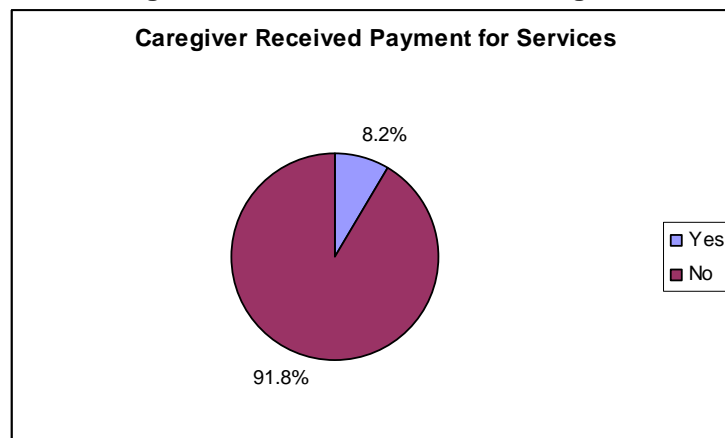
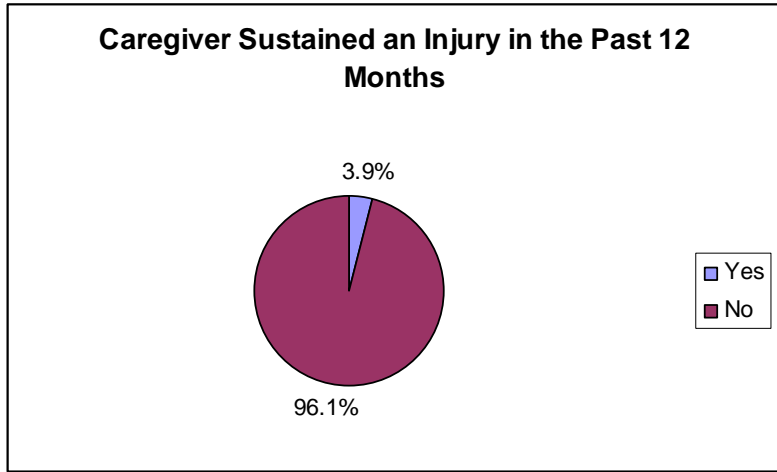


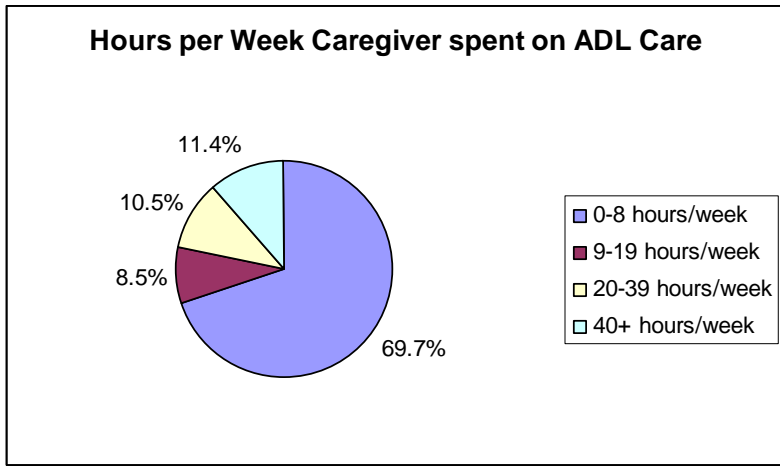
Figure 29: Caregiver is Paid for Services, Washington BRFSS, 2007



**Figure 30: Caregiver Sustained an Injury while Providing Care, Washington BRFSS, 2007**



**Figure 31: Average Hours per Week Spent Providing ADL Care, Washington BRFSS, 2007**



**Figure 32: Services That Could Help Caregivers Most, Washington BRFSS, 2007**

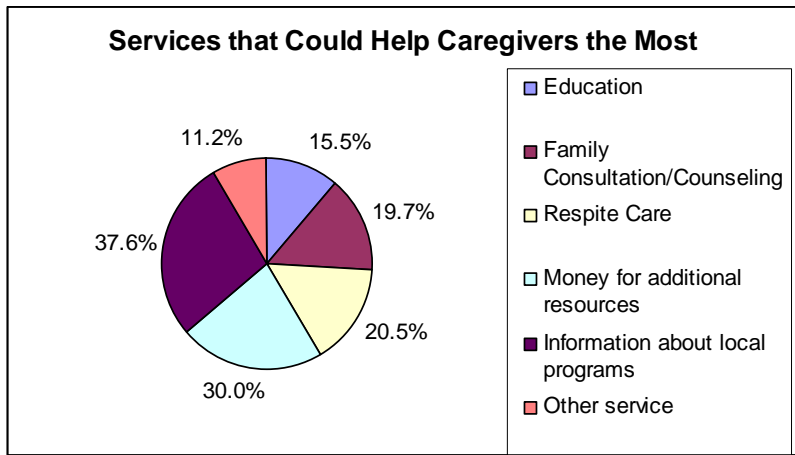


Figure 33: Care Recipient has a Problem with Memory Loss, Washington BRFSS, 2007

