

# Caregiver Health in Washington

## *Results from the 2007 BRFSS*

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# Caregiving and Public Health

# *Healthy People 2010*

“Whether caring for infants, children, or adults with disabilities or for the increasing number of people who become activity-limited as they grow older, **the caregiver is an important health component.**”

# *Healthy People 2010*

## **Objective 6-13**

Increase public health surveillance & health promotion programs for people with disabilities & their caregivers

# Framework

- *Healthy People 2010* Chapter 6
  - Goal: Promote the health of people with disabilities, prevent secondary conditions, & eliminate disparities between people with & without disabilities in the U.S. population.
- *International Classification of Functioning, Disability & Health* (ICF)
  - Environmental factors (caregiver +)

# Older Americans Act, 2000



- Family caregivers have always been the mainstay underpinning long-term care (LTC) for older persons in this country
- According to AoA, 2/3 non-institutionalized persons needing ADL assistance depend solely on family and friends
- The reauthorized Act contains an important new program, the National Family Caregiver Support Program

# Development of the Caregiver Module

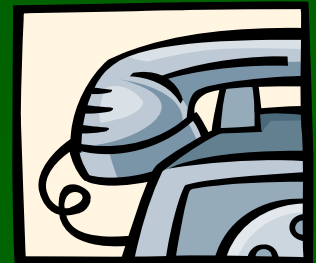
# Assessing Caregiving & Health Outcomes

- **State-level data on caregiving are sparse**
- **Objective:**
  - **To allow more states access to information on their unique populations**
  - **To allow states to collect information of interest to them**



# Behavioral Risk Factor Surveillance System (BRFSS)

- World's largest telephone survey
  - In 2005 approximately 356,000 non-institutionalized adults surveyed
- Core modules supported by CDC
- Questions on health behaviors, preventive service use, access to care
- Ongoing in all states, territories, & DC since 1984



# Historical BRFSS Questions

- **Caregiver Questions (2000) nationally**
  - Provide care for family member/friend age 60+?
  - Who would you call for short or long-term in-home care for elderly relative/friend?
- **Care Recipient Questions (2000-2001) 25 states**
  - Asked of people who reported needing assistance with personal or routine self care
  - Who provides such care?
  - Is this care adequate?

# 2000 Caregiver Results

- 16.1% of USA adults provide care or assistance to family or friend age 60 + with long-term illness or disability
- Regional variability: 13% in the West to 17% in the South East
- 30% did not know where to call for in-home care assistance

## 2000/2001 Care Recipient Results \*

- 30.6% of PWD report they need self care (ADL, e.g., bathing) or IADL (routine needs) assistance
- Having a caregiver improved use of some preventive health services for PWD (vaccinations, colonoscopy, Pap test, mammography, prostate screening)

\* *Jamoom, Andresen, Neugaard, McKune,*

# Limits of Prior BRFSS Surveillance

- Caregiving question, 2000
  - Caregiving question: age 60+ recipients
  - No detail on care recipient, e.g. functional needs, relationship
  - No questions for details on caregiving, e.g. activities, time, burden, or stress
- Care Recipient questions, 2000-2001
  - Not asked in all states
  - Never repeated

# Survey Workgroup



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# 2005 Project Design & Methods

- 20-minute followback caregiver interview
  - Primary purposes: module validity, retest reliability, & confirm key elements of module
- Followback questions informed by:
  - NAC/AARP 2004 Caregiving report
  - National BRFSS questions
  - Craig Hospital Inventory of Environmental Factors (CHIEF)
  - NIA/Duke National Long-term Care Survey
  - Agency on Aging POMP Caregiver Survey

# Results



- Caregiver Module added to the North Carolina 2005 BRFSS during 4 months
- 5,859 adults answered screening question
- 895 said “yes” & completed the Caregiver Module (15.4% weighted)
- 374 completed the follow-back interview

# Caregiver Module 2007

- Additional CDC funding made available to add the Caregiver Module in three states
- Application process
- Each state received financial and technical assistance, including a site visit, to facilitate inclusion of the Caregiver Module on 2007 BRFSS

# Hawaii

- State-added caregiving questions in 2005
- Executive Office on Aging co-sponsored the Caregiver Module addition in 2007
- Legislation exists to support family caregivers and establish caregiving as state priority
- 11.1% of adults in Hawaii are informal caregivers (2007 BRFSS)

# Kansas

- State-added questions on survivorship and end of life issues in 2000
- Kansas Disability Program & Comprehensive Cancer Control Program will use data
- 11.0% of adults in Kansas are informal caregivers (2007 BRFSS)

# Washington

- Kinship caregiving (regardless of disability)
- Memory loss/dementia
- Services helpful to caregivers
- More detail about caregivers and care recipients
- 14.7% of adults in WA are informal caregivers and 1.0% are kinship caregivers
  - (plus <1% who are both)



Results:  
2007 Washington State BRFSS

Katrina Wynkoop Simmons

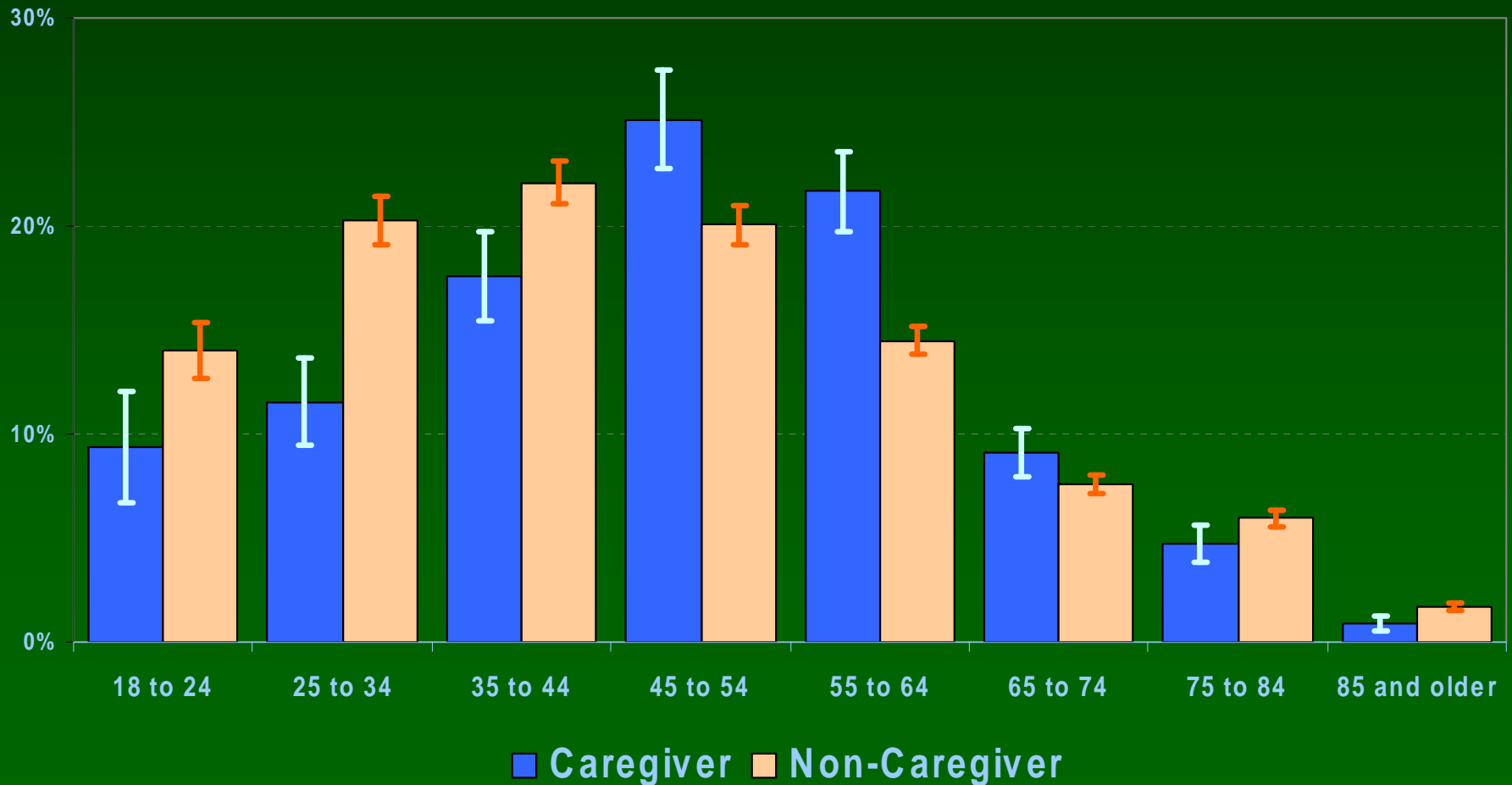
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# Caregiver Characteristics

- Demographics
  - Age, Gender, Race, Ethnicity, Education, Income
- Chronic Conditions
  - Diabetes, Hypertension, Asthma, Overweight or obese, Arthritis, Heart Attack/Stroke
- Behaviors
  - Current smoker, binge drinking, fruits, vegetables, physical activity, activity limitations, special equipment, flu shot, health care plan

# Ages of Caregivers and Non-Caregivers









# Demographic Characteristics, cont.

	Caregiver	Non-Caregiver
<b>Female</b>	<b>57.5</b>	<b>49.2</b>
<b>Hispanic</b>	<b>4.8</b>	<b>7.1</b>
<b>Preferred Race</b>		
White	<b>90.3</b>	<b>87.8</b>
Black	<b>2.2</b>	<b>2.2</b>
Asian	<b>1.5</b>	<b>3.9</b>
Nat. Hawaiian, Pacific Isl.	<b>0.9</b>	<b>0.6</b>
Nat. American	<b>2.1</b>	<b>1.6</b>
Other	<b>1.8</b>	<b>2.7</b>

# Demographic Characteristics, cont.






	Caregiver	Non-Caregiver
<b>Education</b>		
Less than high school	5.1	6.4
High school, GED, some college	55.1	53.6
College graduate	39.8	40.0
<b>Household Income</b>		
Less than \$20,000	9.8	10.5
\$20,000-<\$50,000	45.4	43.7
\$50,000 or more	44.8	45.8

# Chronic Conditions

	Caregiver	Non-Caregiver
Diabetes*	 8.6	6.7
Hypertension*	70.7	 76.2
Asthma*	 11.5	8.5
Overweight or Obese*	 64.3	61.0
Arthritis*	 35.8	24.9
Cholesterol Check < 5yrs.*	 80.3	73.2
Heart Attack	3.3	3.1
Stroke	2.0	2.1
Coronary Heart Disease	3.7	3.3

\* Statistically significant difference

# Behaviors

	Caregiver	Non-Caregiver
Current smoker, everyday*	 15.4	11.2
Binge drinking*	13.9	 16.8
Eat 5+ fruits, vegetables/day*	69.0	 74.4
Meets physical activity rec's*	 57.4	53.3
Activity limitations (health)*	 27.9	20.8
Use special equipment	6.4	6.7
Had a flu shot in past year	72.0	72.7
Have a health care plan	87.8	87.4

\* Statistically significant difference

# BRFSS asked questions about

- Characteristics of care recipients
- Care needs of the recipient
- Whether a person provided care
- Difficulties that caregivers face
- Services that would help caregivers

# Recipient's Relation to Caregiver

Parents	27%
Non-Relatives	26%
Other relatives	12%
In-laws	9%
Children	8%
Siblings	5%
Relative's Child (niece, nephew, grandchild)	2%

# Care Recipients' Need Help with

Moving around	21%
Taking care of themselves, such as eating, dressing, bathing, or toileting	19%
Feeling anxious or depressed	17%
Learning, remembering, & confusion	11%

# Who provides care in WA State?

- 15% of adults -- over 700,000 people
- 67,000 caregivers are raising children who are not their own
- 4% have been injured while providing care in the last year, more than 29,000 caregivers
- 92% of caregivers receive no pay
- One-third live in the same house, 40% live less than 20 minutes away from recipient

# How much care do they provide?

- Length of time providing care
  - Less than one year 38%
  - One to less than 5 years 44%
  - Five years or more 18%
- Amount of time providing care
  - Up to 20 hours/week 65%
  - 21 to 40 hours/week 11%
  - More than 40 hours/week 24%

# What difficulties do Family Caregivers face?

Creates stress	37%
No difficulties	28%
Doesn't leave enough time for family or affects family relationships	20%
Doesn't leave enough time for self	15%
Financial burden	13%
Interferes with work	9%
Creates or aggravates health problems	4%

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[Respondents gave two answers. Percents add to more than 100%.]

# What services do Family Caregivers need most?

Information about local programs	26%
Money for supplies, equipment, etc.	21%
Don't know what other services are needed	19%
Breaks from caregiving	14%
Family counseling	14%
Education on caregiving or health conditions	10%
Some other service	7%

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[Respondents gave two answers. Percents may add to more than 100%.]

# Special Groups of Caregivers

- Kinship Caregivers
- Caregivers who are also veterans
- Caregivers who care for people with cognitive impairments

# Kinship Caregivers

- Raising a child under age 19 whose parents are unable to take care of them
- Compared to informal caregivers:
  - Younger (14% under 24 and 52% under age 44)
  - Less education (51% high school or less)
  - More likely Hispanic (8%)
  - More likely to be obese (48%)
  - Most were primary caregiver (72%)

# Selected characteristics of kinship caregivers (CGs), WA BRFSS 2007

<b>Variable</b>	<b>Kinship CGs</b>	<b>Informal CGs</b>
Age 18-24	13.6%	9.6%
Age 65+	8.0%	16.2%
Female	55.8%	57.5%
≤HS education	50.5%	27.6%
Employed/ student	74.7%	72.0%
Overweight/obese	83.6%	65.2%

# Kinship Care Recipients

- Compared to all informal care recipients:
  - Younger (by definition <19)
  - Less likely to be female (45%)
  - More likely to be cared for by a non-family member (22% were a friend)
  - More likely to live in the same household as the caregiver (70%)

# Selected characteristics of kinship care recipients (CRs), WA BRFSS 2007

<b>Variable</b>	<b>Kinship CRs</b>	<b>All CRs</b>
Age 0-5	16.2%	1.2%
Female	44.6%	63.8%
Non-family of CG	36.6%	25.4%
Lives with CG	69.8%	30.2%

# Attributes of Care for Kinship Caregivers

- Compared to informal caregivers:
  - More financial burden and less stress
  - Most provided 40+ hours/week of care (52%)
  - Reported needed money more than other services (47%), followed by information about programs/services (28%)

# Selected attributes of care for kinship caregiving (CG), 2007 WA BRFSS

<b>Variable</b>	<b>Kinship CG</b>	<b>Informal CG</b>
Greatest difficulty:		
Financial	25.3%	13.8%
Stress	14.2%	40.1%
40+ hours of care per week	51.7%	24.7%
Helpful services:		
Money	46.5%	30.0%
Information	27.9%	37.6%

# Caregivers who are Veterans

- Compared to all informal caregivers:
  - Older (34% age 65+)
  - More likely male (91%)
  - More likely unemployed, unable to work, or retired (48%)
  - More likely to have a disability (42%)
  - More likely to be overweight (50%)
  - 41% were primary caregiver

# Selected characteristics of veteran caregivers (CGs), WA BRFSS 2007

<b>Variable</b>	<b>Veteran CGs</b>	<b>Informal CGs</b>
Age 18-24	1.6%	9.6%
Age 65+	33.7%	16.2%
Female	8.9%	57.5%
≤HS education	24.5%	27.6%
Employed/ student	51.3%	72.0%
Overweight/obese	77.8%	65.2%

# Care Recipients of Veteran Caregivers

- Care recipients being cared for by a veteran looked very similar to informal care recipients overall
  - More likely to be spouse/partner of caregiver (20%) and slightly more likely to be living with caregiver (38.8%)

# Selected characteristics of veteran caregivers' care recipients (CRs) WA BRFSS 2007

<b>Variable</b>	<b>Veterans' CRs</b>	<b>All CRs</b>
Age 85+	22.0%	19.3%
Female	63.4%	63.8%
Non-family of CG	26.5%	25.4%
Lives with CG	38.8%	30.2%
Needs most help moving around	36.1%	34.4%
Needs most help with self-care	28.7%	32.1%

# Attributes of Care for Veteran Caregivers

- As with care recipients of veterans, the type of care provided and impacts were very similar to all informal caregivers

# Selected attributes of care for veteran caregivers, 2007 WA BRFSS

<b>Variable</b>	<b>Veteran CG</b>	<b>Informal CG</b>
Greatest difficulty: Stress	39.6%	40.1%
40+ hours of care per week	27.8%	24.7%
Helpful services: Information	32.5%	37.6%
Money	22.1%	30.0%

# Caregivers of Persons with Cognitive Impairment

- “Does that person have a problem with memory loss or have a disorder like Alzheimer’s Disease or a related dementia?”
- Compared to all informal caregivers:
  - Very similar; about 30% of all informal caregivers reported caring for someone with cognitive impairment
  - 34% were primary caregiver

# Selected characteristics of caregivers (CGs) of persons with cognitive impairment (PWCI), WA BRFSS 2007

<b>Variable</b>	<b>CGs of PWCI</b>	<b>Informal CGs</b>
Age 18-24	6.3%	9.6%
Age 65+	16.4%	16.2%
Female	58.8%	57.5%
≤HS education	24.0%	27.6%
Employed/ student	69.2%	72.0%
Overweight/obese	64.5%	65.2%

# Care Recipients with Cognitive Impairment

- Compared to informal care recipients:
  - Older (78% are age 65+)
  - Most likely to be cared for by a child (51%)
  - More likely to need most help with learning, remembering, or confusion (41%)

# Selected characteristics of care recipients (CRs) with cognitive impairment, WA BRFSS 2007

<b>Variable</b>	<b>CRs with Cog Impairment</b>	<b>All CRs</b>
Age 85+	36.1%	19.3%
Female	71.1%	63.8%
Non-family of CG	17.5%	25.4%
Lives with CG	25.8%	30.2%
Needs most help with learning...	40.6%	18.4%
Needs most help with self-care	38.5%	32.1%

# Attributes of Care for Caregivers of Persons with Cognitive Impairment

- Compared to all informal caregivers:
  - Reported more difficulties overall, including stress (48%)
  - Provided more hours of care helping with Activities of Daily Living (17% said 40+ hours per week)
  - Reported needing more services overall

# Selected attributes of care for care recipients with cognitive impairment, 2007 WA BRFSS

Variable	Cog Imp CG	Informal CG
Greatest difficulty: Stress	48.4%	40.1%
40+ hours of care per week	25.2%	24.7%
Helpful services: Information	38.4%	37.6%
Money	29.9%	30.0%

# Caregiving in Washington

- Clear differences in caregiving experience, caregiver health, and needs of different types of caregivers
  - Consider when planning for programs and services
  - Potential for additional data collection



# Future of Caregiving Module

- Went through cognitive testing (CDC-supported) in 2008
- Screening question on 2009 BRFSS core
- Needs to be approved as an optional module by BRFSS Coordinators
  - Potential for CDC funding to help states include questions upon approval