



# Caregiving That Works

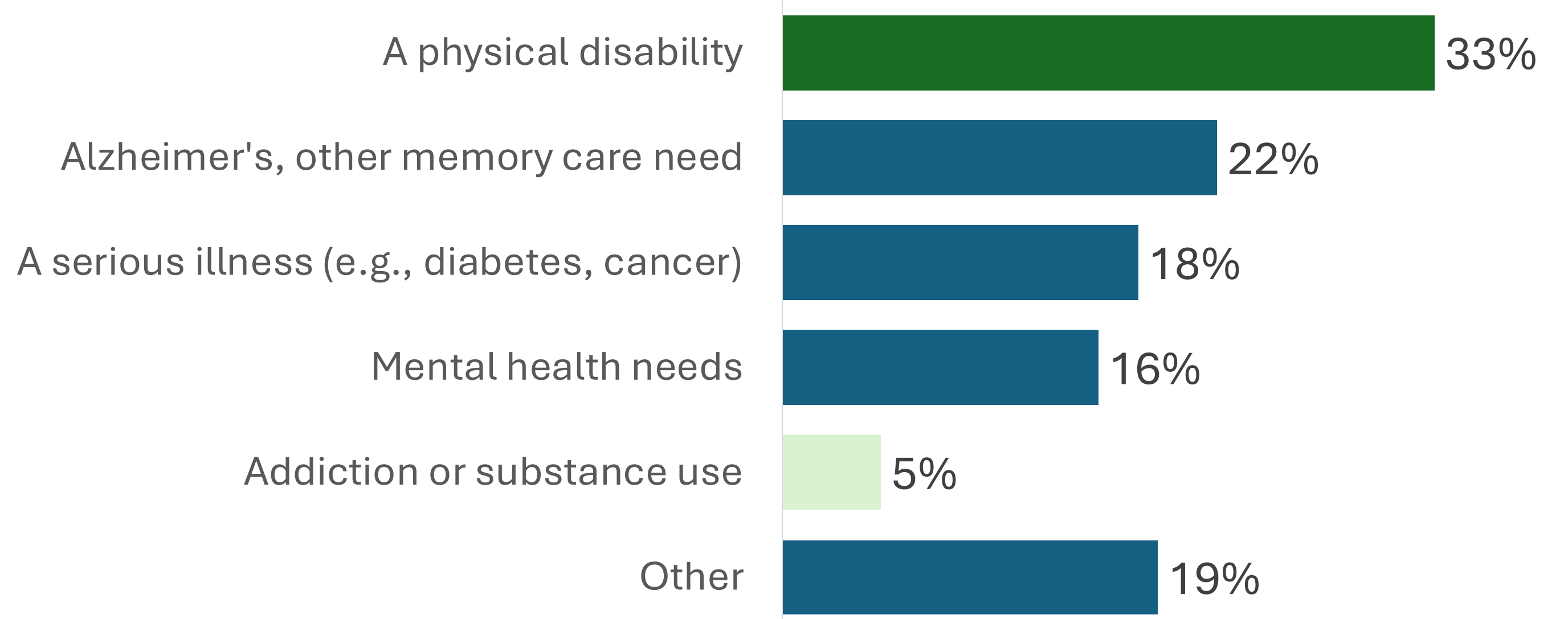


Of the estimated 6.7 million caregivers in California, most are women aged 45-64.

**GOAL:** “We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.”

36% of respondents aged 60+ provide regular help or care

## Does anyone you care for have ...?



Note: Based on 873 people who report providing regular care for at least one other person.

Most caregivers aged 60+ are caring for those **in their same age group.**

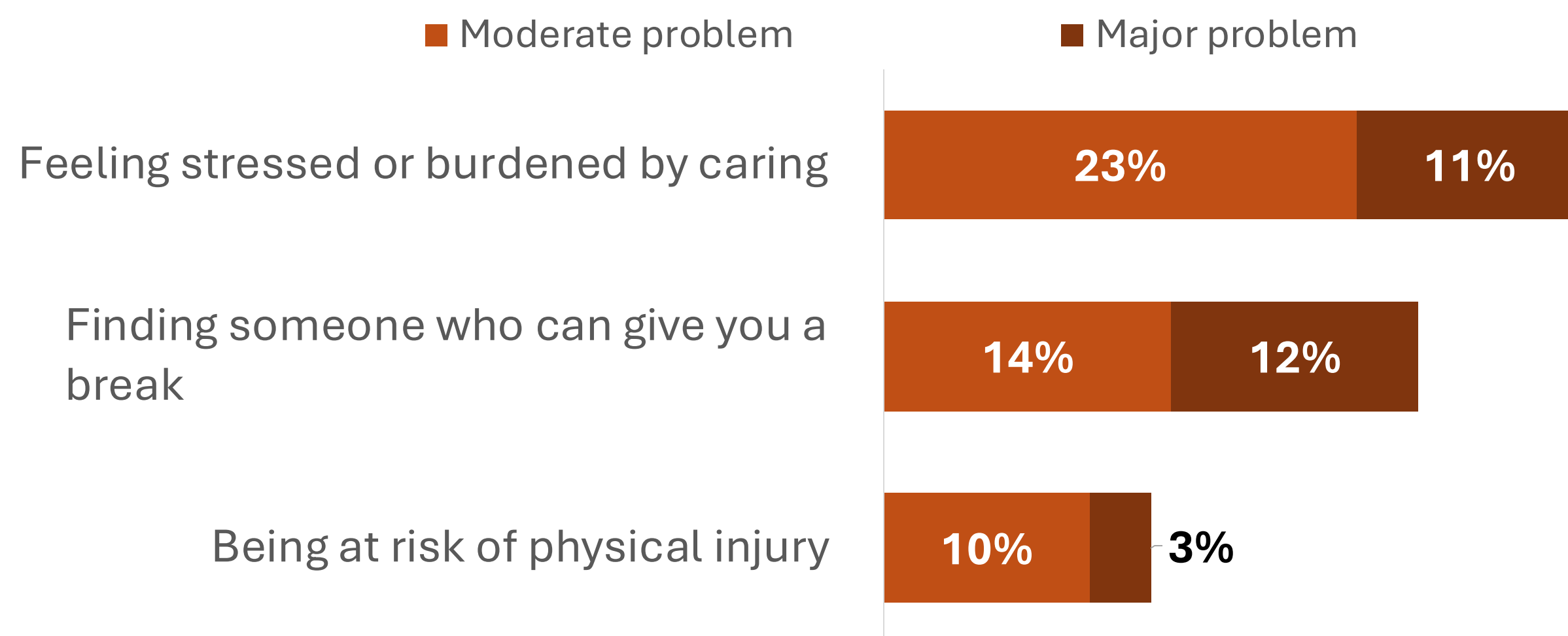
13% of caregivers are caring for people **in multiple age groups\***

\*children, adults 40-59, and/or adults 60+

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How might we support caregivers as they provide care to their family members, friends, and neighbors?

## 1 out of 3 caregivers aged 60+ report the stress and burden of caregiving as a significant problem.



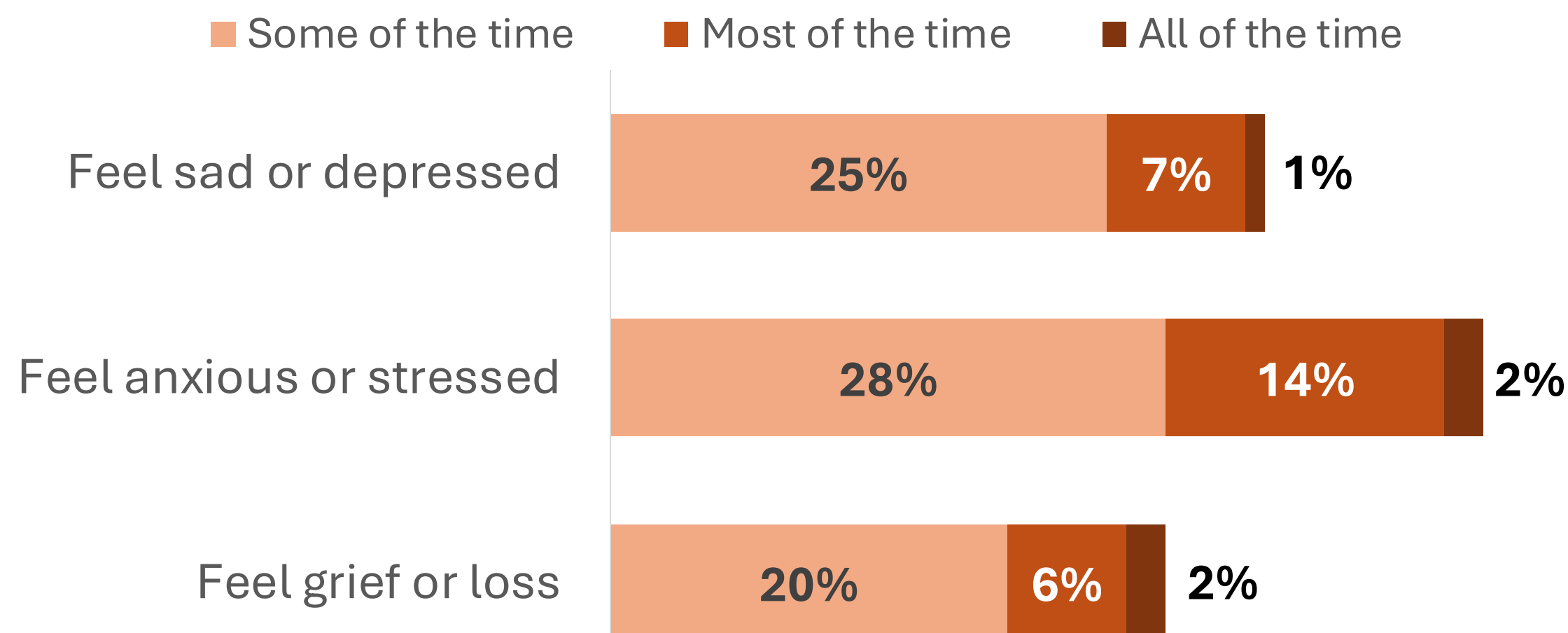
Note: Based on 804-850 respondents aged 60+ who reported providing regular care for at least one other person. "Minor problem" and "Don't know" responses are not included

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**How might we decrease caregiver burden?**

*"What's gonna happen if I can't take care of myself? The hardest thing is for people to ask for help, especially as we age."*

## 25% of caregivers of all ages describe their mental health as poor or fair. Caregivers report significantly higher levels of sadness, anxiety and grief/loss than non-caregivers.



Note: Based on 1283-1292 respondents aged 40+ who provide care for at least one other person.

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**How might we insulate caregivers from the mental health challenges of caregiving?**

## Caregivers are struggling with:

- **Changing roles:**

*“My husband has dementia that is going into Alzheimer's. He's my partner, but my role is shifting. Now I have to be a caregiver.”*

- **Managing their stress:**

*“Sometimes I get frustrated and upset and yell at him ... thankfully, he calls me on it.”*

- **Lack of support:**

*“We feel like we can support others, but like no one is there to support us.”*

**Caregivers report significantly more difficulty finding reliable help and affording needed services than non-caregivers do.**

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*People I know with Alzheimer's go to facilities in Salinas, Hollister, even further away than that because they can't afford it. There aren't affordable options here.*

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**How might we ease common struggles of caregivers?**

*“My biggest challenge is finding qualified caregivers and affording it at \$20 an hour. I'm feeling very stuck.”*

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**How might we ensure that caregivers get the reliable, affordable help that they need?**