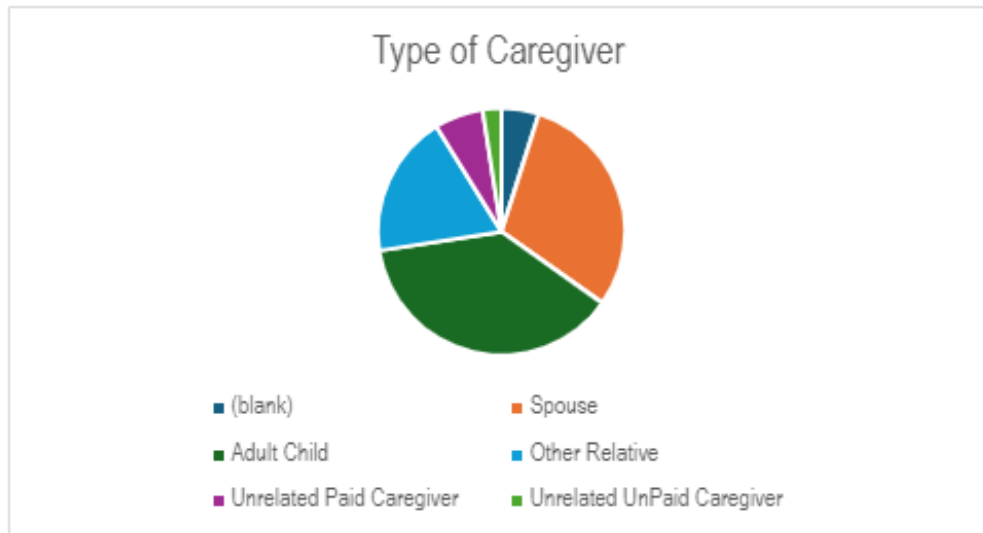


SLO Master Plan on Aging

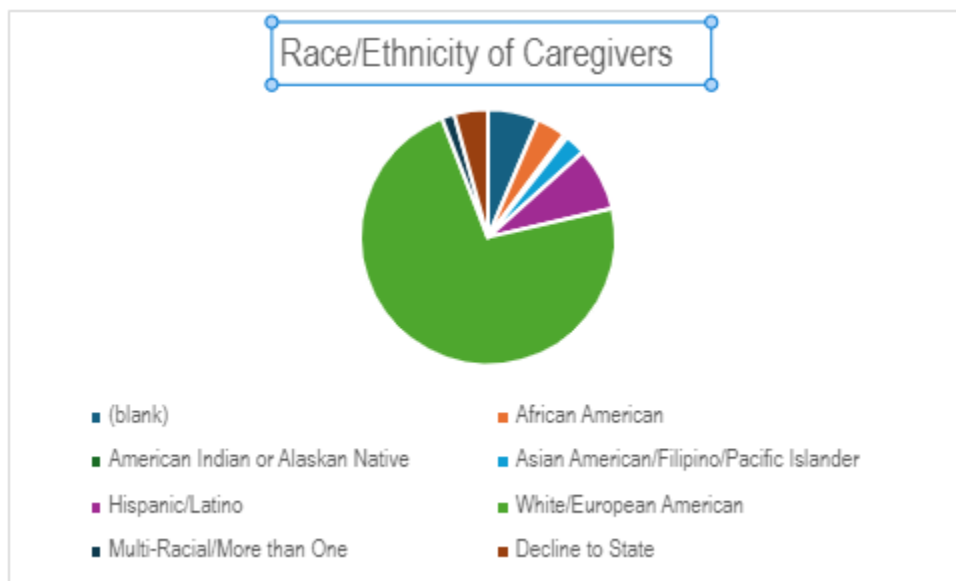
Summary of Caregiver Survey (N=187)

Respondent Characteristics

Caregivers were most likely to be an Adult Child (41%), Spouse (33%), or Other Relative (20%). Only 7% respondents identified as Unpaid, Unrelated Caregivers.



The vast majority (73%) of caregivers were White, followed by Hispanic/Latino (8%), Black/African American (4%), and Asian/Filipino/Pacific Islander (3%). Most (73%) were Female.



In terms of regional representation, caregiver respondents were most likely to live in the Central part of the County (36%), followed by North County (19%), South County (18%), and North Coast (7%). Nearly one-in-ten (11%) noted “Other” (potentially out of County) and 9% left this item blank.

Caregiver Stressors and Social Connections

Survey results confirm that many caregivers are stressed. The largest stressors (% reporting “Quite frequently” and “Nearly Always”) for caregivers were balancing caregiving with family/work responsibilities (53%) and inability to have time for themselves (51%). Nearly half (49%) have stressed about the uncertainty about what to do for the person they care for, and 42% said that they were tense or strained when thinking about the person they provide caregiving to.

Approximately one-in-four caregivers reported a lack of social connections (% reporting “Frequently” or “Often”) in terms of feeling isolation (26%), lack of companionship (25%), and feeling left out (24%).

Overall, respondents from South and Central regions of the County reported higher levels of stress and fewer social connections.

Caregiver Needs

When asked which services and supports were most important to them, respondents were most likely to cite:

- Arranging for temporary care to have time for themselves (36%)
 - 50% in South County
- Training on research and best practices on caregiving (36%)
 - 62% in North Coast
- Connecting to counseling or therapy for themselves (35%)
 - 46% in Central County
- Connecting with other caregivers in their community (32%)
 - 50% in South County

In sum, caregivers need time for themselves and opportunities for self-care. They are also interested in learning more about caregiving best practices and value peer connections.

Physical Health of the person they Care For

Caregivers were most positive and satisfied (% reporting “Agree” or “Strongly Agree”) with the care from primary (76%) and specialized healthcare (72%). Satisfaction dipped somewhat on access to prescriptions and medications (65%), and affordability of prescriptions and medications (63%). Overall, North County caregivers were most positive about access to physical healthcare.

Areas ripe for improvement centered on helping older adults and people with disabilities with understanding health insurance and benefits (only 48% satisfied) and using telehealth (41%). Caregivers in the Central region were least satisfied on these survey items.

Housing for the person they Care For

Caregivers were most satisfied with the affordability (67%) and appropriateness (64%) of the living situation. About half (52%) said that they had protections in place to limit falls and support mobility at home. However, only 40% agreed that they were able to function somewhat independently in their current living situation. Similarly, more than half (57%) worry about needing to move to a different living situation as they age or deal with their disability.

Well-Being of the person they Care For

Most (68%) of caregivers did not answer the five questions about the emotional well-being needs of the person they care for. These results suggest either reluctance or inability to provide information on behavioral health and social interactions.

Needs of the Person they Care For

When asked which services and supports were most important to the person they care for, caregiver respondents were most likely to cite:

- Healthy meals and food (53%)
- Access to physical activity and fitness programs and classes (47%)
- Help understanding and managing finances (41%)
- Help understanding health insurance and benefits (36%)
 - 58% in North County
- Help with legal issues (34%)
 - 50% in North County
- Help getting financial assistance and benefits (33%)

In sum, caregivers are most concerned about helping those they care for in terms of physical health and navigating the different systems (health, insurance, legal, benefits) serving older adults and people with disabilities.