

# Rates of caregiving among Kentucky adults

As our population ages, more Kentuckians need assistance with everyday tasks. Often this assistance comes from an unpaid caregiver such as a spouse, family member or friend. The demands of caregiving mean that without proper social supports, this loving act may have a negative impact on the health and well-being of caregivers.<sup>1</sup>

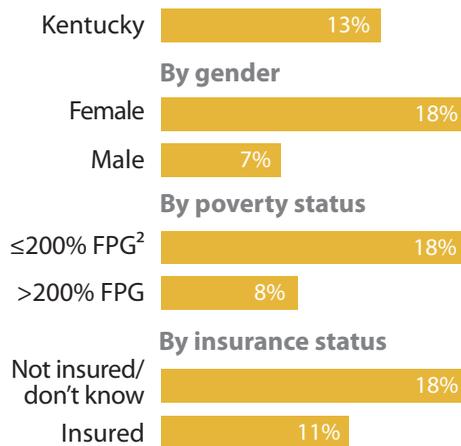
The most recent **Kentucky Health Issues Poll (KHIP)** asked about assistance provided to family members who are chronically ill or disabled and are no longer able to care for themselves.

## 1 in 8 Kentucky adults are caregivers

About 1 in 8 Kentucky adults (13%) reported that they are responsible for the care of family members who are chronically ill or disabled and are no longer able to care for themselves. Women (18%) were more likely to report being caregivers than men (7%).

<sup>1</sup> Centers for Disease Control and Prevention. Caregiving: A Public Health Priority. Available at: <http://www.cdc.gov/aging/caregiving/index.htm>

### Are you responsible for the care of a member of your family who is chronically ill or disabled and no longer able to care for themselves?



## Low-income, uninsured more likely to be caregivers

Nearly 1 in 5 people (18%) living at or below 200% of the federal poverty guidelines (FPG<sup>2</sup>) report having a caregiving role, compared with fewer than 1 in 10 of those living above 200% FPG (8%).

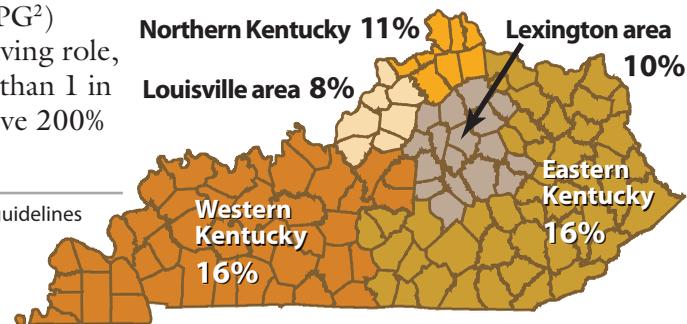
<sup>2</sup> 100% of the federal poverty guidelines (FPG) in 2010 was an annual household income of \$22,050 and 200% FPG was \$44,100, both for a family of 4.

Caring for a family member may make it difficult to hold a full-time job, leaving caregivers at risk of being without health insurance.<sup>3</sup> Nearly 1 in 5 uninsured Kentuckians (18%) report caring for a chronically ill or disabled family member, compared with 1 in 10 (11%) of those with health insurance.

## Caregiving varies by region

Kentucky adults were more likely to report being caregivers in Eastern and Western Kentucky (both 16%) than in the central part of the state. Louisville respondents were the least likely to report having a caregiving role, with just 8% providing such assistance.

<sup>3</sup> Ho A, Collins SR, Davis K and Doty MM. (2005) A Look at Working-Age Caregivers' Roles, Health Concerns, and Need for Support. The Commonwealth Fund Available at: <http://tinyurl.com/8xv9b3a>



These findings unless otherwise noted are from the Kentucky Health Issues Poll, funded by the Foundation for a Healthy Kentucky and The Health Foundation of Greater Cincinnati. The Kentucky Health Issues Poll was conducted Sept. 27-Oct. 27, 2011, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,621 adults from throughout Kentucky was interviewed by telephone. This included 1,313 landline interviews and 308 cell phone interviews. In 95 of 100 cases, the statewide estimates will be accurate to ±2.5%. There are other sources of variation inherent in public opinion studies, such as non-response, question wording or context effects that can introduce error or bias.

For more information about the Kentucky Health Issues Poll, please visit [www.healthy-ky.org](http://www.healthy-ky.org) or [www.healthfoundation.org/khip.html](http://www.healthfoundation.org/khip.html).