

Who provides and receives unpaid family caregiving in Ohio?

Older adults are the fastest-growing segment of Ohio's population and are living longer. They are also living in the community longer, rather than moving into assisted-living facilities or nursing homes. To remain in their homes for as long as possible, older adults rely on support from paid caregivers or services, and family members, who are often unpaid.

Half provided unpaid care to older adult

The 2016 **Ohio Health Issues Poll (OHIP)** found that half of Ohio adults (51%) have provided unpaid help in the last year to an older relative or friend who was age 60 or older. Men and women were equally likely to have provided unpaid help. But caregiving did vary by age and income. Ohioans ages 46 to 64 (61%) were more likely than Ohioans of other ages to report providing unpaid care. (See graph.) Unpaid caregiving was less likely among adults earning 138% of the Federal Poverty Level (FPL)¹ or less (40%) than among adults earning more than 138% FPL (58%).

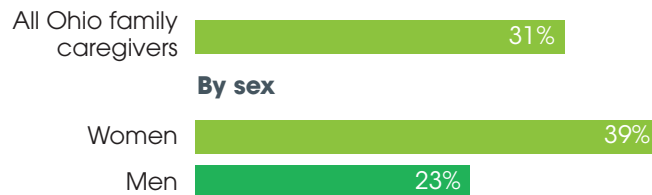
¹ In 2015, 138% of the Federal Poverty Level was \$33,465 for a family of four.

In the past 12 months, have you provided unpaid help to an older relative or friend who was 60 years of age or older?

(Graph shows those saying "yes.")



Percentage of Ohio family caregivers who provided 9 or more hours of care per week



Most care for relatives; 4 in 10 report caring for ages 60-74

Care was most often provided to a parent or parent-in-law (43%) or to another relative (32%).

Four in 10 Ohio caregivers reported caring for someone ages 60 to 74 (40%). Three in 10 cared for someone ages 75 to 84 (34%) and 2 in 10 cared for someone 85 or older (24%).

Ohioans ages 46 and older were more likely to be taking care of the oldest group. Three in 10 caregivers age 46 or older (33%) reported that they gave care to a relative or friend age 85 or older.

Hours of help provided by family caregivers

Most family caregivers in Ohio provided one to eight hours of care per week (65%). Women

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These findings unless otherwise noted are from Interact for Health's Ohio Health Issues Poll (OHIP) conducted July 14-Aug. 5, 2016, by the Institute for Policy Research at the University of Cincinnati. A random sample of 863 adults throughout Ohio was interviewed by telephone. This included 439 landline telephone interviews and 424 cell phone interviews. In 95 of 100 cases, statewide estimates will be accurate to ±3.3%. 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 OHIP, please visit www.interactforhealth.org/ohio-health-issues-poll. If you have questions about the data in this document, please contact Susan Sprigg, Research Officer, at 513-458-6609 or ssprigg@interactforhealth.org.

(39%) were more likely than men (23%) to provide nine or more hours of care per week. (See graph on page 1.)

More than 6 in 10 Ohio family caregivers (64%) lived in the same household (12%) or less than 20 minutes away (52%) from the adult they helped. Two in 10 lived 20 minutes to one hour away (24%).

Caregivers balance work and family with caregiving

Ohio's family caregivers balance their own jobs and families with the unpaid care they provide. Six in 10 Ohio family caregivers work full or part time (61%). More than 3 in 10 family caregivers (36%) have children younger than 18 living in their household.

Kinds of help provided by family caregivers

Most Ohio family caregivers provided care that helps with the Instrumental Activities of Daily Living. These include

running errands, housework and transportation, among other activities. Ohio's family caregivers most often reported helping:

- with food and meals (21%), including grocery shopping and preparing meals;²
- around the house (21%), including home chores, yardwork, home repairs or maintenance, or running errands;
- with transportation (18%), including driving the older adult to an appointment or to shop or run an errand.

Men most often said they helped around the house. Women most often said they helped with food and meals.

Ohio adults also reported helping with finances and paying bills, providing company and emotional support, and assisting with self-care.

² Instrumental Activities of Daily Living as defined by National Alliance for Caregiving & AARP Public Policy Institute. (2015). *Research Report: Caregiving in the U.S. 2015 - Focused look at caregivers of adults age 50+*. Washington, DC: Authors.