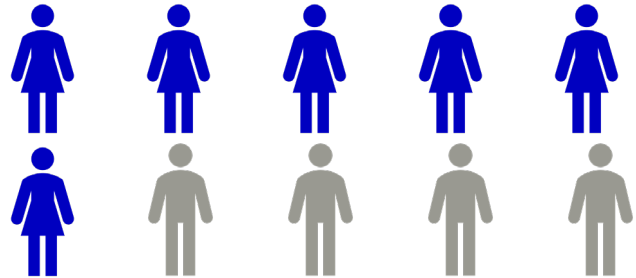


Caregiving in Montana, 2016

Who are our caregivers?

In 2016, one in six (16%) of Montanan adults reported providing regular, unpaid care or assistance to a friend or family member with a health problem or disability during the past 30 days. Of these caregivers, nearly six out of every 10 were women.

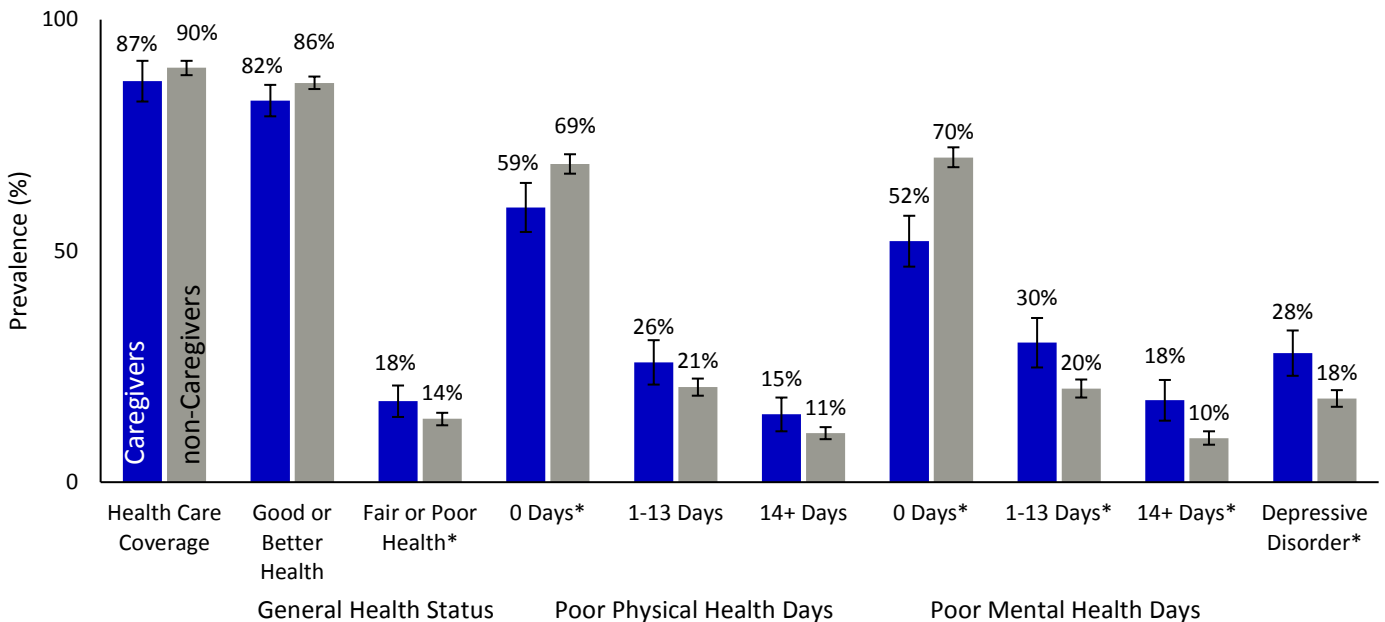


Furthermore, 64% of Montanan caregivers were 45 years of age or older, with 24% of all caregivers being at or above the age of 65. Three out of every 10 caregivers also reported a disability of their own. Meanwhile, over half of Montanan caregivers (53%) reported being currently employed.

Caregiver health

After adjusting for age, approximately 87% of caregivers reported having some form of health care coverage. However, the prevalence of self-reported fair or poor general health was slightly higher among caregivers (18%) than among non-caregivers (14%). Furthermore, fewer caregivers (59%) reported zero days (within the past 30) of poor physical health than did non-caregivers (69%). Caregivers also reported a higher prevalence of frequent mental distress (defined as 14 or more days in the past 30 of poor mental health) than did non-caregivers (18% versus 10%, respectively). Ultimately, 28% of caregivers reported having ever been diagnosed with a depressive disorder, compared to 18% of non-caregivers. (Figure)

Figure. Age-adjusted Health Status of Montana **Caregivers** compared to **non-Caregivers** by Select Indicators, 2016



Data Source: 2016 Montana Behavioral Risk Factor Surveillance System (MT BRFSS)

*Denotes statistical significance



To whom are they providing care?

Among Montanan caregivers, 30% reported providing care for a mother or father (including in-laws). Another 20% reported providing care to a spouse, while 15% reported providing care to a non-relative or family friend.

The most prevalent health problem, illness, or disability among persons receiving care was reported to be injuries, including broken bones (28%).

The prevalence of injuries, including broken bones, as the main health problem did not vary based on length of caregiving. For instance, among adults who reported less than 30 days of regular caregiving, 24% reported that injuries were the main health concern of the person to whom they were providing care. Meanwhile, among adults who reported more than five years of regular caregiving, 27% reported injuries as the main health concern of the person to whom they were providing care.

Table 1. Prevalence of Select Main Health Conditions among Persons Requiring Care, 2016 MT BRFSS	
Condition	Prevalence
Injuries (including broken bones)	28%
Cancer	12%
Old age/infirmity/frailty	10%
Heart Disease, Hypertension, Stroke	10%
Dementia or other Cognitive Impairment Disorders	6%

Time of caregiving

Nearly half (46%) of all caregivers reported providing care for at least two years. Of all caregivers, 27% reported providing care for more than five years. Most caregivers (59%) reported providing up to eight hours of care per week; however, **one in five** reported providing care for 40 hours or more per week.



1 in 5 Caregivers provided 40+ hours of care per week in 2016

Type of care provided

Among caregivers, approximately 48% reported providing care by managing personal care, such as providing assistance with giving medications, feeding, dressing, or bathing. Meanwhile eight out of every 10 caregivers (81%) reported providing care by managing household tasks, including cleaning, finances, and meal preparation.

Most needed support services

Of all caregivers in Montana, 7% identified “help in getting access to services” as the most needed support service that they were not currently getting. Another 4% identified “respite care” as the most needed support service and 2% said “support groups.” Of all the support services the survey inquired about (classes about giving care, help in getting access to services, support groups, individual counseling to cope with giving care, and respite care), 83% of caregivers said they “don’t need any of these support services.”

Future caregiving

Among respondents who DID NOT report current caregiver status, 13% reported that they anticipate needing to provide care or assistance to a friend or family member with a health problem or disability within the next two years.

CONTACT

Hallie Koeppen
MT BRFSS Coordinator/Epidemiologist
406-444-2973
Hallie.Koeppen@mt.gov

Data Source: 2016 Montana Behavioral Risk Factor Surveillance System

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