

# SCAN Health Plan Survey C

## QuickRead Report

December 2017

### METHODOLOGY

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An online survey of 1,000 nationally representative U.S. adults, ages 65+

### QUESTIONS

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1. On average, how much time do you spend each week being a caregiver to someone?

*(Asked among those who are currently caregivers)*

Response	%
Less than 10 hours/week	27%*
10-19 hours/week	19%
20-39 hours/week	24%
40 hours/week or more	29%
<b>QuickFacts<sup>±</sup></b>	
Average (hours/week)	34

2. Which of the following better describes your perspective on being a caregiver?

Response	%
Rewarding	75%
Burdensome	25%
<b>QuickFacts</b>	
Rewarding (among current caregivers)	86%

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\* All decimals are rounded to the nearest percentage point. This may result in certain numerical totals adding up to slightly more or slightly less than 100%.

<sup>±</sup> Data under "QuickFacts" were derived from the responses, not included as response options that were read during fielding. We include QuickFacts in instances where we feel they will be helpful.



3. How strongly do you agree or disagree with the following statement – I would have a hard time saying “no” if someone I was a caregiver for needed more of my time than I was comfortable giving.

Response	%
Agree strongly	32%
Agree somewhat	50%
Disagree somewhat	13%
Disagree strongly	5%
<b>QuickFacts</b>	
Agree (net)	82%
Disagree (net)	18%

4. How often, if ever, do you feel guilty about taking a break from your caregiving tasks to make time for yourself?

*(Asked among those who are currently caregivers)*

Response	%
All the time	9%
Some of the time	45%
Rarely	33%
Never	13%
<b>QuickFacts</b>	
Frequently (net)	54%
Infrequently (net)	46%
Ever (net)	87%

5. How strongly do you agree or disagree with the following statement – caregivers often become isolated from their families, friends or communities.

Response	%
Agree strongly	19%
Agree somewhat	49%
Disagree somewhat	24%
Disagree strongly	7%
<b>QuickFacts</b>	
Agree (net)	68%
Disagree (net)	32%



6. Which of the following, if any, have you done to relieve stress associated with your caregiver responsibilities?

*(Asked among those who are currently caregivers)*

Response	%
Asked other family members to help provide care	31%
Left the person I care for alone for a brief or extended period of time	13%
Hired a professional caregiver to help provide care	10%
Joined a support group of other caregivers	5%
Took the person I'm caring for to adult daycare	2%
Sought professional counseling/therapy	1%
Other	3%
None of these	15%
I don't feel stressed by being a caregiver	39%
<b>QuickFacts</b>	
Any (net)	47%
Feel stressed (net)	61%

7. Which of the following financial changes, if any, have you had to make specifically because of your caregiving responsibilities?

*(Asked among those who are currently caregivers)*

Response	%
Cutting back on my own discretionary spending	34%
Using my personal savings to provide care	20%
Accruing credit card debt to provide care	8%
Asking for donations or financial support from friends or family	5%
Taking out a loan to provide care	2%
Other	1%
None of these	53%
<b>QuickFacts</b>	
Any (net)	47%



8. How confident are you, if at all, that the person you're a caregiver for would be able to find someone else to take care of them if you were no longer able to do so?

*(Asked among those who are currently caregivers)*

Response	%
Very confident	23%
Somewhat confident	33%
Not very confident	29%
Not at all confident	15%
<b>QuickFacts</b>	
Confident (net)	56%
Not confident (net)	44%

9. How confident are you, if at all, that you would be fully equipped to become a caregiver if someone in your life needed it?

*(Asked among those who are not currently caregivers)*

Response	%
Very confident	21%
Somewhat confident	38%
Not very confident	29%
Not at all confident	12%
<b>QuickFacts</b>	
Confident (net)	59%
Not confident (net)	41%

10. Which of the following impacts on your own life, if any, would you be most worried about if you were to become a caregiver for a loved one?

*(Asked among those who are not currently caregivers)*

Response	%
Physical strain (e.g., deprioritizing my own health to provide care)	47%
Emotional strain (e.g., worrying about care recipient)	44%
Financial impact (e.g., cost of providing for care recipient)	27%
Time consumption (e.g., having less time for myself or others)	24%
None of these	10%
<b>QuickFacts</b>	
Any (net)	90%

**Methodological Notes:**

The SCAN Health Plan Survey C was conducted by Wakefield Research ([www.wakefieldresearch.com](http://www.wakefieldresearch.com)) among 1,000 nationally representative U.S. adults, ages 65+, between November 28 and December 6, 2017, using an email invitation and an online survey. Quotas have been set to ensure reliable and accurate representation of U.S. adults ages 65+.

Results of any sample are subject to sampling variation. The magnitude of the variation is measurable and is affected by the number of interviews and the level of the percentages expressing the results. For the interviews conducted in this particular study, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 3.1 percentage points from the result that would be obtained if interviews had been conducted with all persons in the universe represented by the sample.