

Survey Panel Results

The Wellbeing Partners

April 2021

Background

Each month, The Public Good Projects (PGP) conducts rapid polling to understand community attitudes toward certain health topics. For April 2021, the mental health needs of caregivers were evaluated. A “caregiver” was defined as someone provides care to another person who needs assistance with tasks on a regular or daily basis (either on a paid or unpaid basis). Eligibility to participate in the survey included currently living in Nebraska or Iowa, specifically from one of the four counties identified by TWP in the Omaha/Council Bluffs metropolitan area. Participants were recruited through both PGP’s internal panel participants, and distribution of the survey link to community members. Data from panel surveys are intended to provide quick information that can be easily applied to programs, and are not intended to serve as a representative sample of the area.

Demographics

The survey concluded with a total of 622 respondents, with the majority being from Douglas County (58.8%). Just under three quarters (70.9%) of respondents were female. Additionally, 79.5% of respondents identified as White/ Caucasian. The ages of respondents were fairly evenly dispersed, with 34.9% aged 25-34, around 20% aged 35-44 or 55+, and around 12% aged 18-24 or 45-54.

Additionally, 45.1% of respondents indicated that they are currently a caregiver for another person.

Demographic	
Douglas County	58.8%
Sarpy County	17.4%
Pottawattamie County	19.3%
Cass County	4.5%
White/ Caucasian	79.5%
Black/ African American	6.1%
Hispanic/ Latinx	9.3%
Asian	4.0%
American Indian/Alaska Native	3.9%
Hawaiian Native/ Other Pacific Islander	3.7%
Other Race	1.6%

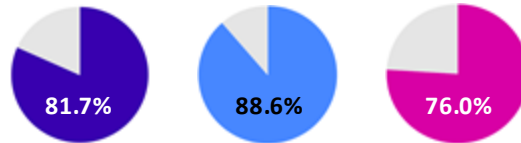
Demographic		
Female		70.9%
Male		27.8%
Non-Binary/ Other		0.6%
Prefer to not say		0.5%
Age Groups (in years)	18-24	11.3%
	25-34	34.9%
	35-44	21.9%
	45-54	13.0%
	55+	19.0%
Caregiver		45.1%
Not a caregiver		51.4%

Perceptions of Caregivers

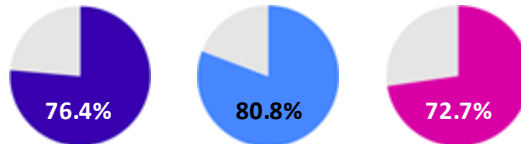
Agreement with Questions

● Total ● Caregivers ● Non-caregivers

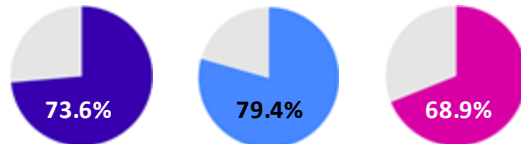
Being a caregiver for a loved one is a full-time job



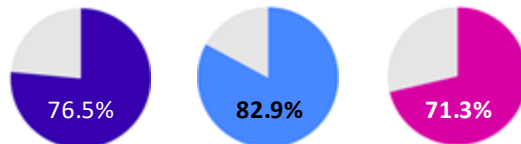
The COVID-19 pandemic has made caregiving for loved ones more difficult



During the COVID-19 pandemic, caregiving responsibilities have interfered with many people's abilities to do their job



Employees who are also caregivers for a loved one need extra support at work



The percentages show the proportion of respondents that agree with the corresponding statements. Out of the all respondents, 81.7% felt that being a caregiver is a fulltime job, while only 73.6% felt that those caregiving responsibilities have interfered with many people's abilities to do their jobs during the pandemic.

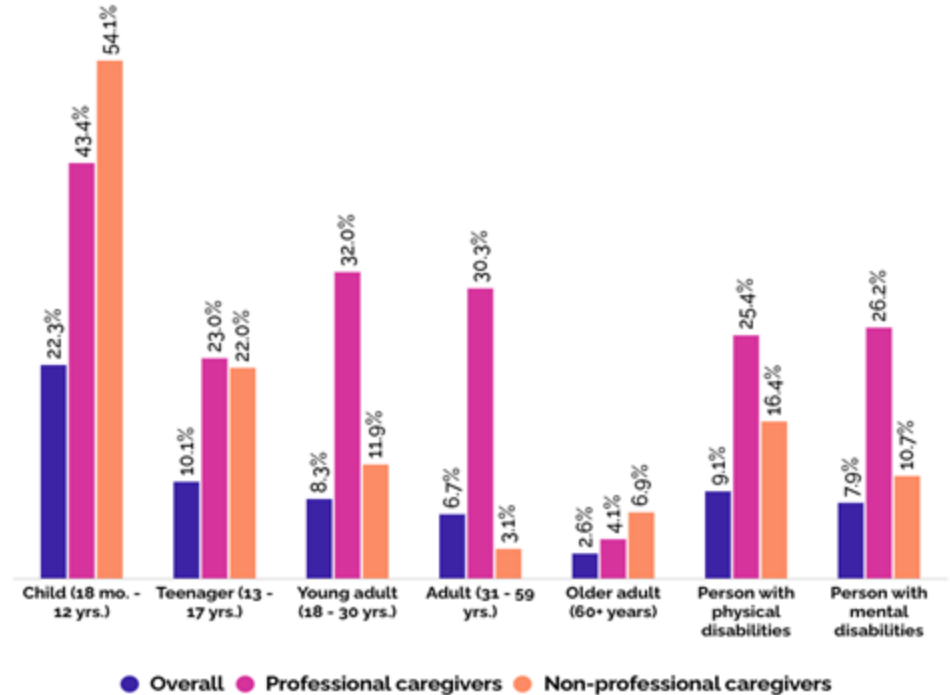
Overall, caregivers had a higher percentage of respondents that agreed with all statements compared to non-caregivers.

Types of Caregivers

Of the respondents who indicated that they are currently a caregiver for another person, just over half (53.5%) were professional caregivers, meaning they do caregiving as part of their occupation; 52% of respondents were non-professional caregivers, meaning they regularly care for another person but it is not a part of their occupation.

Overall, respondents most often reported providing care to children (43.4% professional; 54.1% non-professional), followed by providing care to a teenager (23.0% professional; 22.0% non-professional), and providing care to a person with physical disabilities (24.4% professional; 16.4% non-professional).

For whom do you give care on a regular basis?

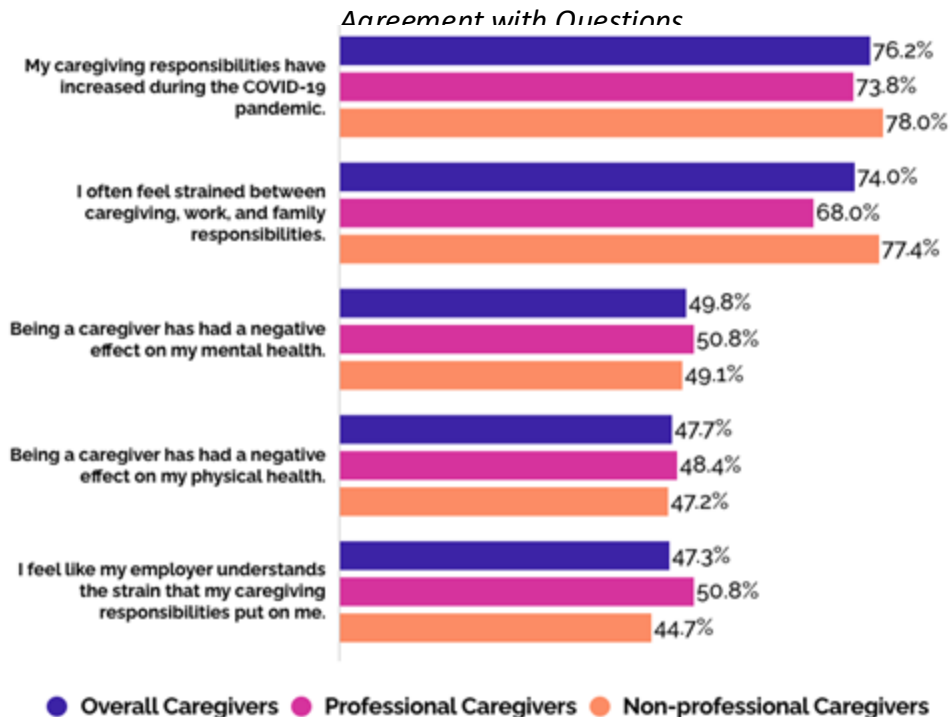


Because respondents may be a caregiver for more than one person, percentages will exceed 100%

Caregiving and Mental Health

Overall, about 76% of professional and non-professional caregivers felt that their caregiving responsibilities had increased since the pandemic. Compared to professional caregivers, non-professional caregivers more frequently agreed that their caregiving responsibilities increased during the COVID-19 pandemic and that they often feel strained between caregiving, work, and family.

Around half of all caregivers agreed that being a caregiver has had a negative effect on their mental and physical health, as well as agreed that their employer understands the strain of caregiving responsibilities. Agreement for these statements were slightly higher among professional caregivers.



Asking for Help

Caregivers were asked if they felt comfortable reaching out to others for help with their caregiving responsibilities. Those who responded “No” (63%) were then asked what would help make them comfortable asking for help. The most common responses include d (in order of most to least frequently mentioned):

Having more people available to help

“If there were really people to help”
(Professional caregiver)

“Feeling like there is someone to ask”
(Professional caregiver)

“If others had time but so many are in the same boat as me” (Non-professional caregiver)

“Family closer” (Non-professional caregiver)

“More support from the community”
(Non-professional caregiver)

Having a trusted support system

“If I’m asking from a close friend or family member” (Professional caregiver)

“Strong staff or strong, trustworthy sitter for home” (Professional caregiver)

“Have a solid support system that I trust” (Non-professional caregiver)

“A sense of trust” (Non-professional caregiver)

Destigmatizing asking for help

“Knowing I wouldn’t be told everyone else is working more too and I should suck it up” (Professional caregiver)

“Self-esteem” (Professional caregiver)

“For them to understand asking isn’t a sign of weakness.” (Non-professional caregiver)

“Most of the reasons I don’t like asking for help are internal” (Non-professional)

Having help offered

“My employer asking if I need help”
(Professional caregiver)

“Just to have people offer”
(Professional caregiver)

“If they would reach out” (Non-professional caregiver)

“An offer from someone to help is always appreciated, especially when it’s genuine...” (Non-professional caregiver)

“Someone asking” (Non-professional caregiver)

Needed Support

When caregivers were asked what type of support they would need to better carry out their caregiving responsibilities. The most common responses included (with each column in order of most to least frequently mentioned):



Job support and flexibility

- “More understanding leadership” (Professional)
- “I wish I could get more time off” (Non-professional)
- “More flexibility from work & understanding of kids/ quarantine/ etc.” (Non-professional)



Emotional and social support

- “Talking with someone” (Professional)
- Verbal encouragement and a hug” (Non-professional)
- “Support system - Family, Friends, Understanding coworkers” (Non-professional)



More people to help

- “More staff” (Professional)
- “They need to hire someone to be with her overnights” (Non-professional)
- “More help from my immediate family” (Non-professional)



Financial assistance

- “Monetary support” (Professional)
- “The need to not have to work two jobs to pay bills” (Non-professional)
- “I need financial support” (Non-professional)



In-home and basic resources

- “Need transportation support” (Professional)
- “Someone coming and help clean the house” (Non-professional)
- “Chair lift for wheelchair” (Non-professional)



Childcare

- “Someone who can watch the baby for me” (Non-professional)
- “More community activities for younger kids” (Non-professional)
- “Better resources for before and after school care or for times when school is not in session...” (Non-professional)



More time

- “A god damn break lol” (Professional)
- “Time management ideas” (Non-professional)
- “I wish I could get more time off” (Non-professional)



Self-care and mental health resources

- More community education regarding mental health (Non-professional)
- “Take care of my mind” (Professional)
- “Relaxation techniques” (Professional)

Thank you.