



Senior Services Division

Caregiving for Older Adults

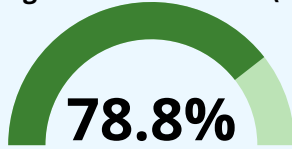


This report is intended to identify and understand public health issues affecting older adults age 60+ living in Davis County. The goal of this report is to increase awareness of these conditions and their impact on individuals and communities, identify groups most affected by these issues, and establish strategies for improvement.

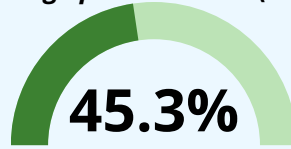
Overview of Caregiving

A caregiver is someone who assists another person with activities of daily living, such as household tasks (cooking, cleaning, managing money) and personal care (bathing, dressing, feeding), often unpaid. More than 400,000 Utah adults provide care for a family member or friend, though their contributions are often overlooked. It is important to note that many caregivers do not identify themselves as such, but rather see themselves as simply fulfilling the role of being a family member or friend, so the information presented here is likely an underrepresentation.

Davis County caregivers who manage household tasks (2022)



Davis County caregivers who manage personal care (2022)

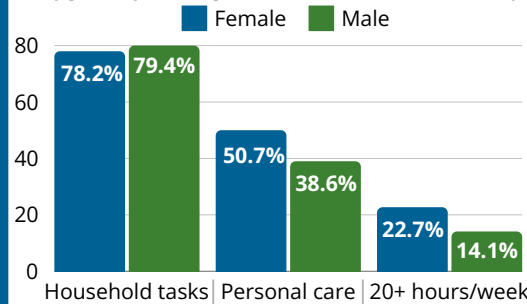


Data: [IBIS](#), 2022 (crude)

25% of Davis County residents age 18 and over provide regular care to a family member or friend. The majority of Davis County caregivers help with household tasks, while approximately half assist with personal care. Nearly 1 in 5 (18.5%) caregivers in Davis County provide 20 or more hours of care per week, equivalent to a part-time job.

“The typical family caregiver is 49, female, taking care of her widowed mother, and juggling her career and family.” - Women's Institute for a Secure Retirement, 2019 ⁶

Types of care provided in Davis County by sex (2022)



Data: [IBIS](#), 2022 (crude)

Overall, among Davis County caregivers, more women provide care than men. Three out of four Davis County caregivers are women. More women also provide personal care and spend 20+ hours per week caregiving when compared to men. However, more men provide assistance with household tasks than women.

Health Impacts on Utah Caregivers With and Without Children Compared to Non-Caregivers (2015 - 2020)

+ = Happens more often - = Happens less often
Green highlights are statistically significant

| Health Measure | Caregiver, Children | Caregiver, No Children |
|---|---------------------|------------------------|
| Depression | +11% | +3% |
| 10+ Poor Mental Health Days in Past 30 Days | +15% | +2% |
| Any Poor Physical Health Days in Past 30 Days | +12% | +7% |
| No Exercise | -3% | -9% |
| No Checkup Last Year | -1% | -12% |
| Overweight or Obese | +15% | +5% |

This chart shows the differences in health impacts among Utah caregivers with and without children, with non-caregivers acting as a baseline of 0. The further away from 0, the more significant the health impact. In general, caregivers who also care for a child under age 18 experience more severe impacts to their health than caregivers who do not care for a child, with the exceptions of 'No Exercise' and 'No Checkup Last Year'. The most significant impacts occur to the caregivers' mental health.

Data: [Kem C. Gardner Institute](#), 2015 - 2020



Caregiving Key Findings

Utah caregivers provided **\$5.5 Billion** in unpaid labor in 2021 ¹

#1

Davis County caregivers reported 'old age/infirmity/frailty' as the top health problem of those who receive care ⁶



of Utah caregivers providing care for someone with dementia have been doing so for 2+ years ²

20%

of Davis County caregivers are part of the 'Sandwich Generation', caring for both an adult and a child under 18 ⁵

18%

of Davis County residents, including current caregivers, expect to provide care for a relative in the next 2 years ⁵

Current Progress and Strategies for Improvement

Utah Family Caregiver State Plan

The Utah Commission on Aging, in collaboration with the University of Utah, created the Utah Family Caregiver State Plan in 2022. The purpose of the plan is to support family caregivers in Utah through a coordinated state-wide approach.

The goals and priorities of the State Plan are:

- Increase public awareness of caregiving;
- Ensure access to culturally competent and inclusive caregiving services and supports;
- Integration of caregivers into healthcare teams;
- Establish laws and workplace policies that protect caregivers financially; and
- Collect, analyze, and disseminate caregiving data and research.

The Senior Services Division has adopted portions of the Caregiver State Plan, incorporating them into our Area Agency on Aging Four-Year Plan, to better support caregivers living in Davis County.



Caregiver Support Program

The Senior Services Division has worked to expand our community outreach, reaching nearly 70,000 people in 2023. This is almost triple the number of individuals reached in 2022. These outreach efforts led to over 1,000 people reaching out to our Case Managers for additional information. This expansion in community outreach is part of Davis County's efforts to meet the goals laid out in the Utah Family Caregiver State Plan.

Davis County's Caregiver Support Program helped over 100 caregivers in 2023 by coordinating a variety of services. Each type of service provided by the Caregiver Support Program contributes to the Caregiver State Plan goals and priorities - Care Consultations incorporate caregivers as part of the healthcare team, while Respite and Supplemental Services are services that all for long-term caregiving in the community. Data on all caregiver services are collected, which allows us to track our progress and determine where extra efforts are needed.

| Caregiver Support Program Community Outreach (2023) | | Caregiver Support Program Clients (2023) | |
|--|-----------------|---|-----------------|
| Information Services (Booths, Exhibits, Workshops, Brochures, Newsletters, Social media posts) | Units | Care Consultations (Intake appointments, Family meetings, Long term care planning) | Contacts |
| | 69,356 | | 58 |
| Information & Assistance (Information and referrals, Website hits, General info provided to callers) | Contacts | Respite Services (In-home, Out of home, and Adult Day Care) | 47 |
| | 1,064 | Supplemental Services (Goods and services provided on a limited basis to compliment care) | 6 |

* A 'unit' is a 15-minute timeframe in which we speak to someone about our programs.

| Local Resources | | |
|---|---|--------------|
| AARP Family Caregiving Tools | Aarp.org/caregiving/ | N/A |
| AARP's Utah Guide | States.aarp.org/utah/caregiver-resources/ | N/A |
| Grandfamilies, Children's Service Society of Utah | Cssutah.org/services/kindship-care/ | 801-425-0939 |
| Homecare and Hospice Association of Utah | Hhau.org/ucare-training-modules | 801-312-9110 |
| Utah Alzheimer's Association | Alz.org/help-support/caregiving | 800-272-3900 |
| Veteran's Affairs (VA) Caregiver Support Program | Caregiver.va.gov | 855-260-3274 |

1. AARP. Accessed February 29, 2024. [Aarp.org/caregiving/financial-legal/info-2023/unpaid-caregivers-provide-billions-in-care.html](https://aarp.org/caregiving/financial-legal/info-2023/unpaid-caregivers-provide-billions-in-care.html)
 2. Alzheimer's Association. Accessed March 12, 2024. [Alz.org/media/HomeOffice/Teaser%20Image/utah-brfss-caregiving.pdf](https://alz.org/media/HomeOffice/Teaser%20Image/utah-brfss-caregiving.pdf)
 3. Utah Family Caregiver Report 2022. Accessed March 13, 2024. [Nursing.utahhealth.acsitefactory.com/sites/g/files/zrelqx146/files/media/documents/2022/Utah%20Caregiver%20Report_2022_DIGITAL.pdf](https://nursing.utahhealth.acsitefactory.com/sites/g/files/zrelqx146/files/media/documents/2022/Utah%20Caregiver%20Report_2022_DIGITAL.pdf)
 4. Policy Priorities to Support Family Caregivers. Accessed March 13, 2024. [Nursing.utah.edu/sites/g/files/zrelqx146/files/media/documents/2021/FCC_caregiving_survey_2021_Final.pdf](https://nursing.utah.edu/sites/g/files/zrelqx146/files/media/documents/2021/FCC_caregiving_survey_2021_Final.pdf)
 5. IBIS. Accessed March 18, 2024. [Ibis.health.utah.gov/ibisph-view/query/selection/brfss/BRFSSselection.html](https://ibis.health.utah.gov/ibisph-view/query/selection/brfss/BRFSSselection.html)
 6. Kem C. Gardner Institute. Accessed March 12, 2024. [D36oiwf74r1rap.cloudfront.net/wp-content/uploads/Family-Caregivers-Oct2022.pdf](https://d36oiwf74r1rap.cloudfront.net/wp-content/uploads/Family-Caregivers-Oct2022.pdf)