

Increasing Awareness and Understanding Perspectives of Dementia Caregivers:

National Survey Technical Report

August 2024



Understanding the Context of Care



- 8/10 respondents reported providing care for a member of their family, with half of all respondents indicating that they provide care for one of their parents.
- 8 / 10 caregivers have reported to provide care for a person with an official dementia diagnosis, with most caring for someone with Alzheimer's Disease.

Employment and Financial Status



- 8 in 10** respondents receive no income at all for their role as a caregiver.
- 6 in 10** caregivers take time off from their additional employment responsibilities to fulfill their duties as a caregiver.
- Half** of respondents have had their retirement or savings funds impacted by their role as a caregiver.

Use of Supportive Resources



- The most informative resource for providing information on dementia for respondents are medical professionals, and ranked the least informative resource was friends, neighbors, or family members.
- 8 in 10** indicated that their access to community resources and supports has not increased or changed since they began caregiving.

Responsibilities Caregivers Take On



- The **most** reported task that caregivers provide support with is transportation; transporting the person they care for to medical appointments, leisure activities and social events.
- 6/10** respondents say they are often the only person available to provide care.
- 9/10** respondents state that their hours spent caregiving have increased since they first began.

Impact of Caregiving on Lifestyle



5 in 10 respondents affirmed that their role as a caregiver for a person with dementia has impacted their ability to eat regularly and well.



6 in 10 respondents indicated that being a caregiver had impacted their ability to be physically active.



More than **3/4** respondents indicated that being a caregiver had impacted their duration and quality of sleep.



Nearly **7 in 10** respondents indicated that being a caregiver had impacted their ability to have meaningful social connections.

Coping Strategies and Supports



The **most** frequently reported coping method used by caregivers was reading, watching television, or listening to music.



Less than **1 in 10** caregivers indicated that they had received support from their communities.



Over half of all caregivers stated they need more financial support, government assistance or tax credits supports.