

Caregiver Characteristics Associated with Use of Respite Care Results from a Texas 2012 Statewide Survey

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Purpose of the Texas Respite Care Program

Enhance and expand the coordination and availability of respite services

Survey Purpose

*What **knowledge and understanding** do caregivers in Texas have about respite care?*

Survey Methods

- Mixed-mode distribution:
 1. U.S. mail
 - Random sample of individuals identified as caregivers in three local data collection systems
 2. Online
 - Convenience sample
 - Newsletters, mailings, and websites

Survey Instrument

- 33 questions
- For caregivers only
- Topics:

Knowledge of meaning
Need for services
Help getting services
Demographics

Perceived benefits
Awareness of services
Use of respite care

- English and Spanish

Results

Respondents

2,649 surveys received total (both modes)

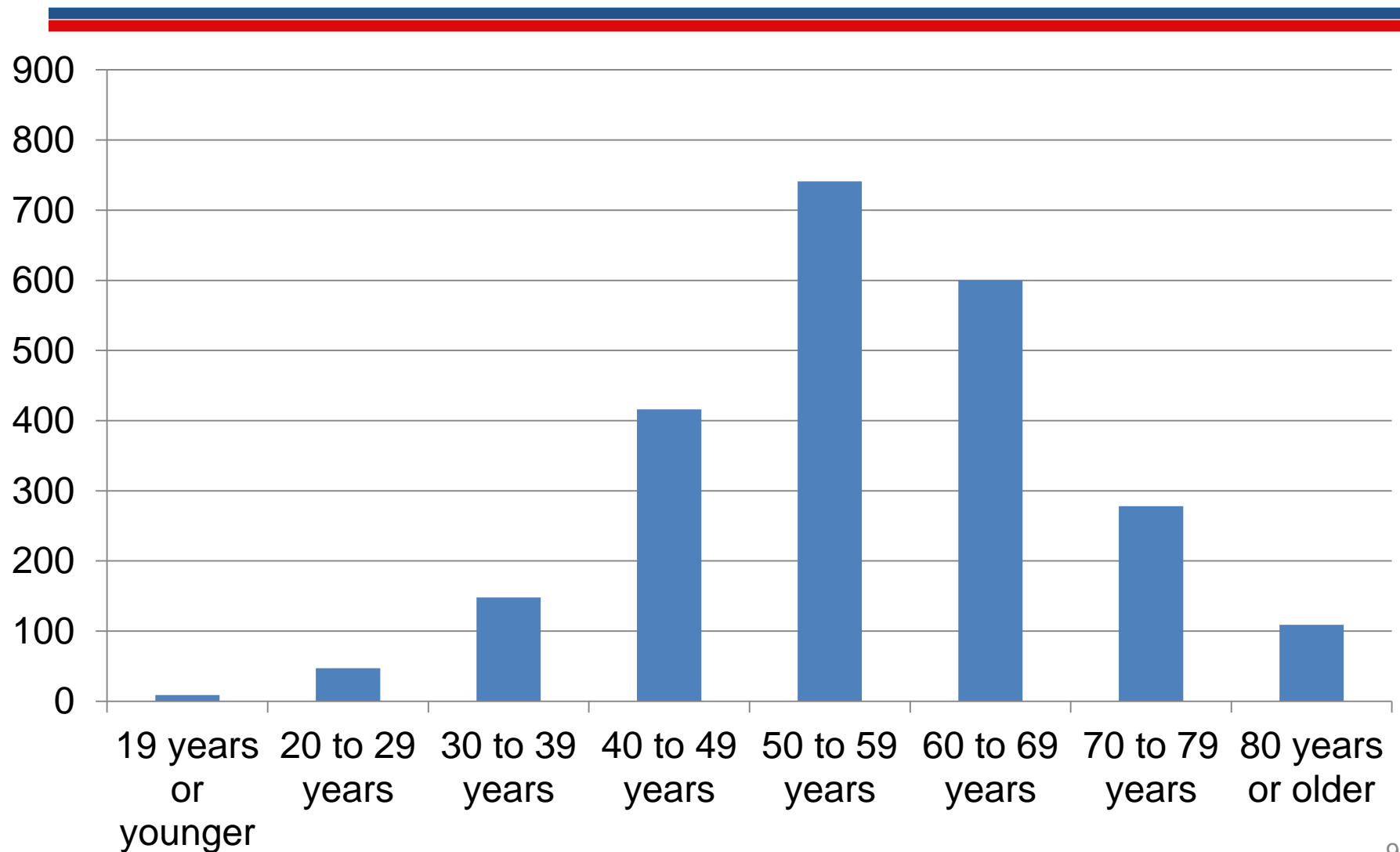
- 60% U.S. mail

- 40% Online

Caregivers

- 81% female
- 75% age 40-69
- 63% were both female *and* age 40-69

Caregivers



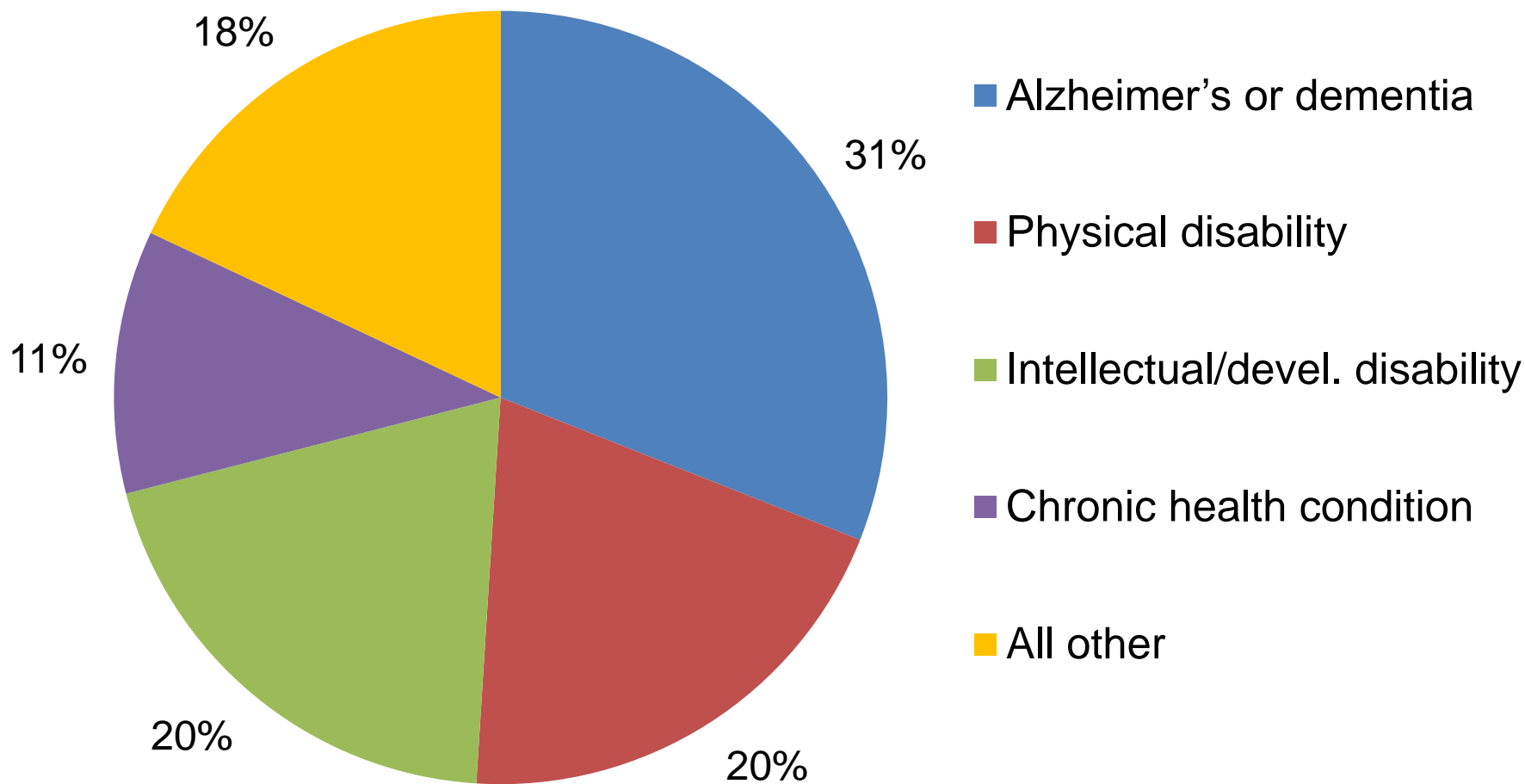
Caregivers

- 56% White
- 28% Hispanic
- 13% Black
- 3% Other

Caregivers

57% worked 40 or more hours per week as caregivers.

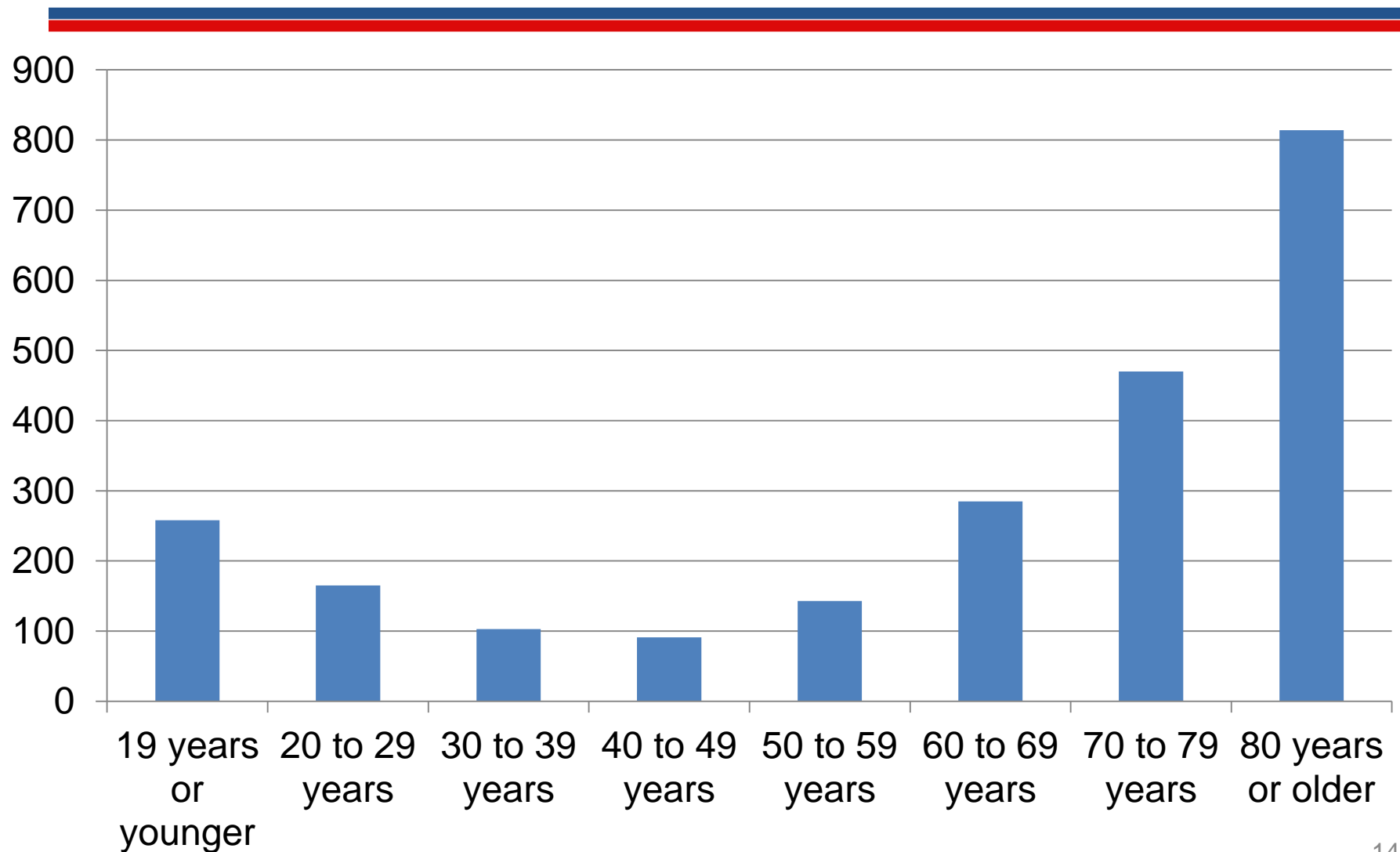
Care Recipients



Care Recipients

- 59% female
- 67% age 60 or older
- 56% White, 27% Hispanic, 12% Black

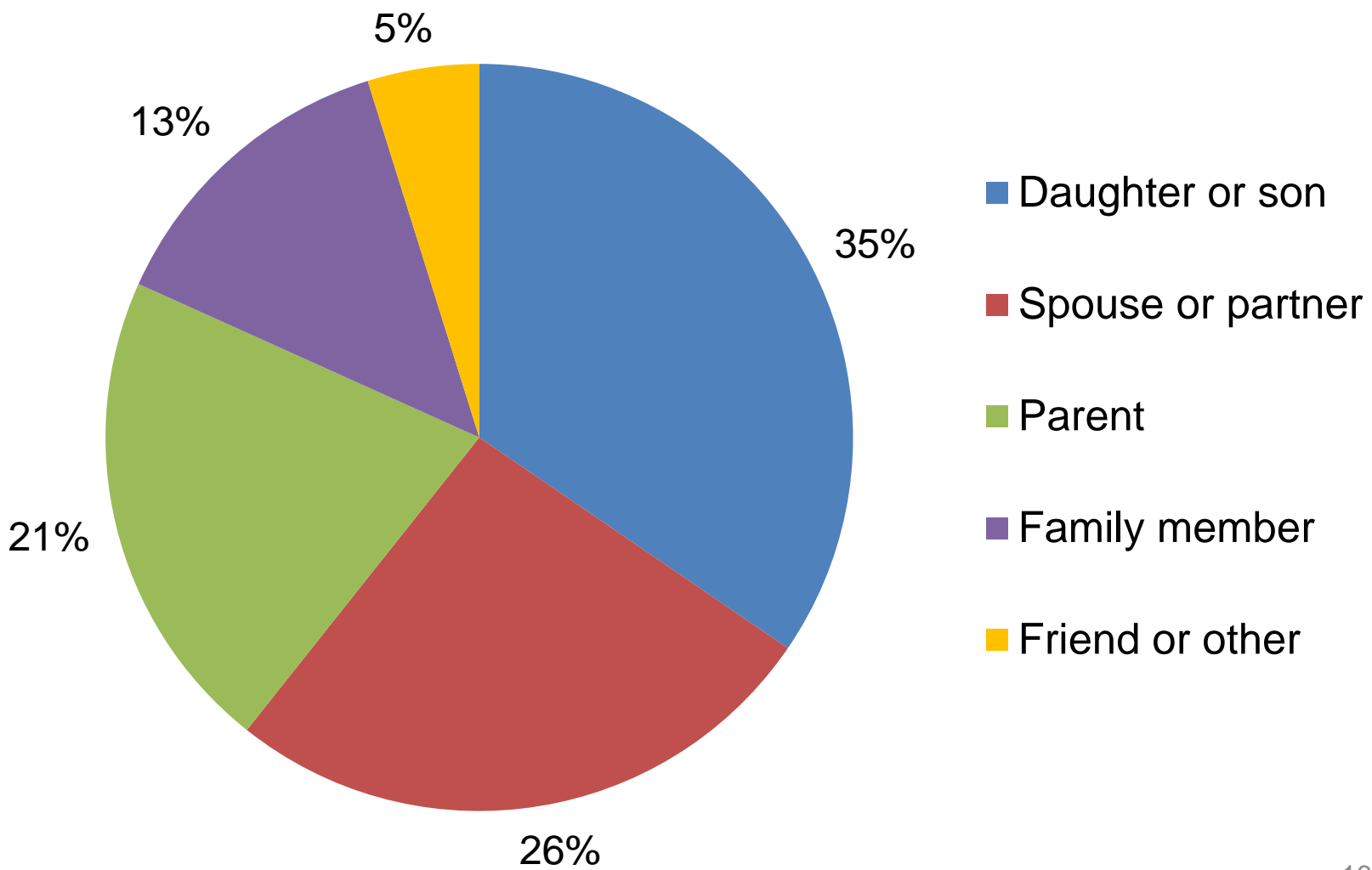
Care Recipients



Care Recipients

- Large majority of those with Alzheimer's/dementia, physical disabilities, chronic health conditions, heart or lung disease, and cancer were age 60 or older.
- Intellectual/cognitive/ developmental disabilities:
 - 42% children/youth
 - 47% age 20-59
 - 12% age 60 or older

Relationship of Caregiver to Care Recipient



Patterns, Caregivers and Care Recipients

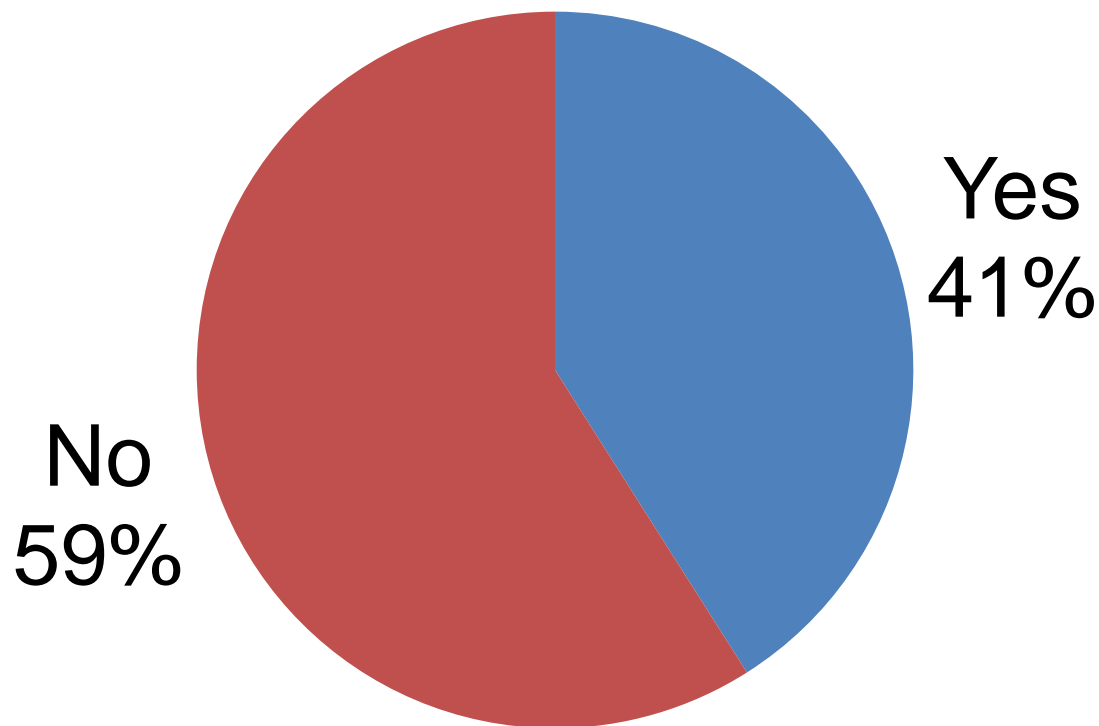
- Among caregivers who were **age 40-69**, the greatest proportion were caring for a **parent** (41%); smaller proportions were caring for a daughter/son, spouse, etc.
- Among caregivers who were **age 70 or older**, most were **spouses** of the care recipient (71%).

Patterns, Caregivers and Care Recipients

- Female caregivers varied in their relationship to the care recipient; male caregivers were more typically the spouse of the care recipient.
- More than half (57%) of those who were the parent of the care recipient were caring for an adult rather than a child.

Used Respite Care

Have you used respite care in the past?



Used Respite Care

- Expected higher proportion than 41% given:
 - Had applied for services or were involved with community organizations,
 - A large number of hours of caregiving,
 - Strong agreement that respite services would relieve stress, and
 - Perception that respite has many benefits.

Need for Respite Care vs. Use

Even among caregivers who said they needed respite care frequently, a limited proportion had used it.

How Often Need Respite	Ever Used Respite Care
1-2 x/ month	34%
3 or more x/ month	51%

Research Question

What factors are associated with the use of respite care (at any time in the past) for individuals included in our sample?

Analysis Methods

Chi Square Test of Independence

	Got into Special Club (200)	Did Not Get In (800)
Green Hair (500)		
Purple Hair (500)		

Analysis Methods

Chi Square Test of Independence

	Got into Special Club (200)	Did Not Get In (800)
Green Hair (500)	100	400
Purple Hair (500)	100	400

No relationship between hair color and club

Analysis Methods

Chi Square Test of Independence

	Got into Special Club (200)	Did Not Get In (800)
Green Hair (500)	175	325
Purple Hair (500)	25	475

Is a relationship between hair color and club

Analysis Methods

- **Statistically significant:** A measure that would be unlikely to have occurred by chance
- **Effect size:** The magnitude of the relationship between variables
 - Small effect size: weak relationship
 - Large effect size: strong relationship

Who were the caregivers who used respite care?

Significant Association with Respite Care Use, Small/Very Small Effect Size

Characteristic	Associated with use of respite care:
Gender	
Caregiver	-
Care recipient	Male
Age	
Caregiver	Age 40 or older (highest among 70 or older)
Care recipient	Age 39 and younger
Race	
Caregiver	White (compare to non-White)
Care recipient	White (compare to non-White)
Location	
Caregiver	Urban (compare to rural)

Significant Association with Respite Care Use, Small/Very Small Effect Size

Characteristic	Associated with use of respite care:
Relationship	Parent of the care recipient
Care recipient's condition	Disability related to cognition*
Length of time caring	More years of caregiving
Time spent caring	More hours per week caregiving
Access to internet	Had access to internet (took the online survey OR took the paper survey and said they had access to the internet).

*"Disability related to cognition" includes Alzheimer's/dementia, Traumatic Brain Injury, and cognitive/intellectual/developmental disabilities.

Significant Associations with Use of Respite Care

- Not statistically significant:
 - Gender of caregiver

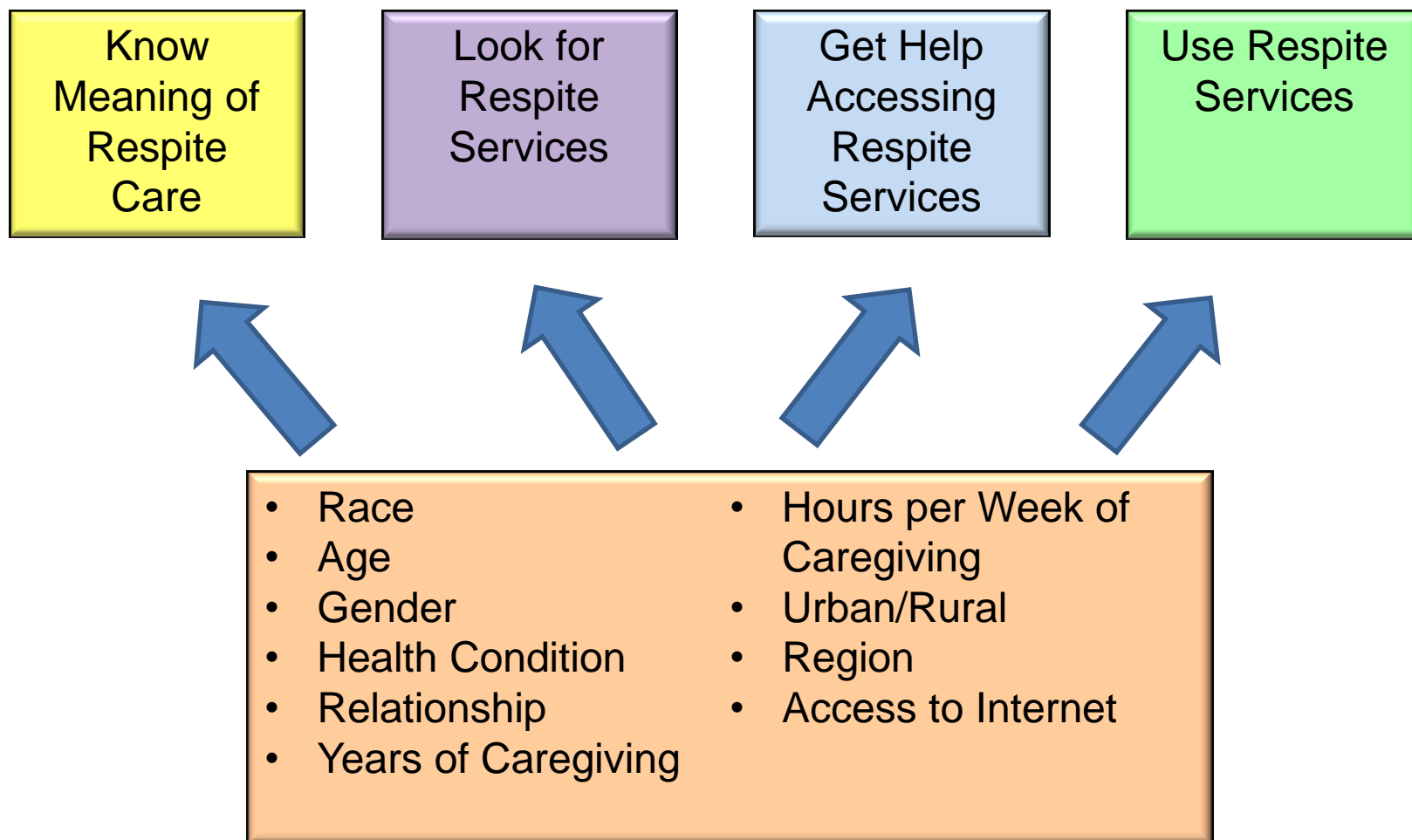
Significant Association with Respite Care Use, Medium/Large Effect Size

Associations that had the greatest effect size with having used respite care services were:

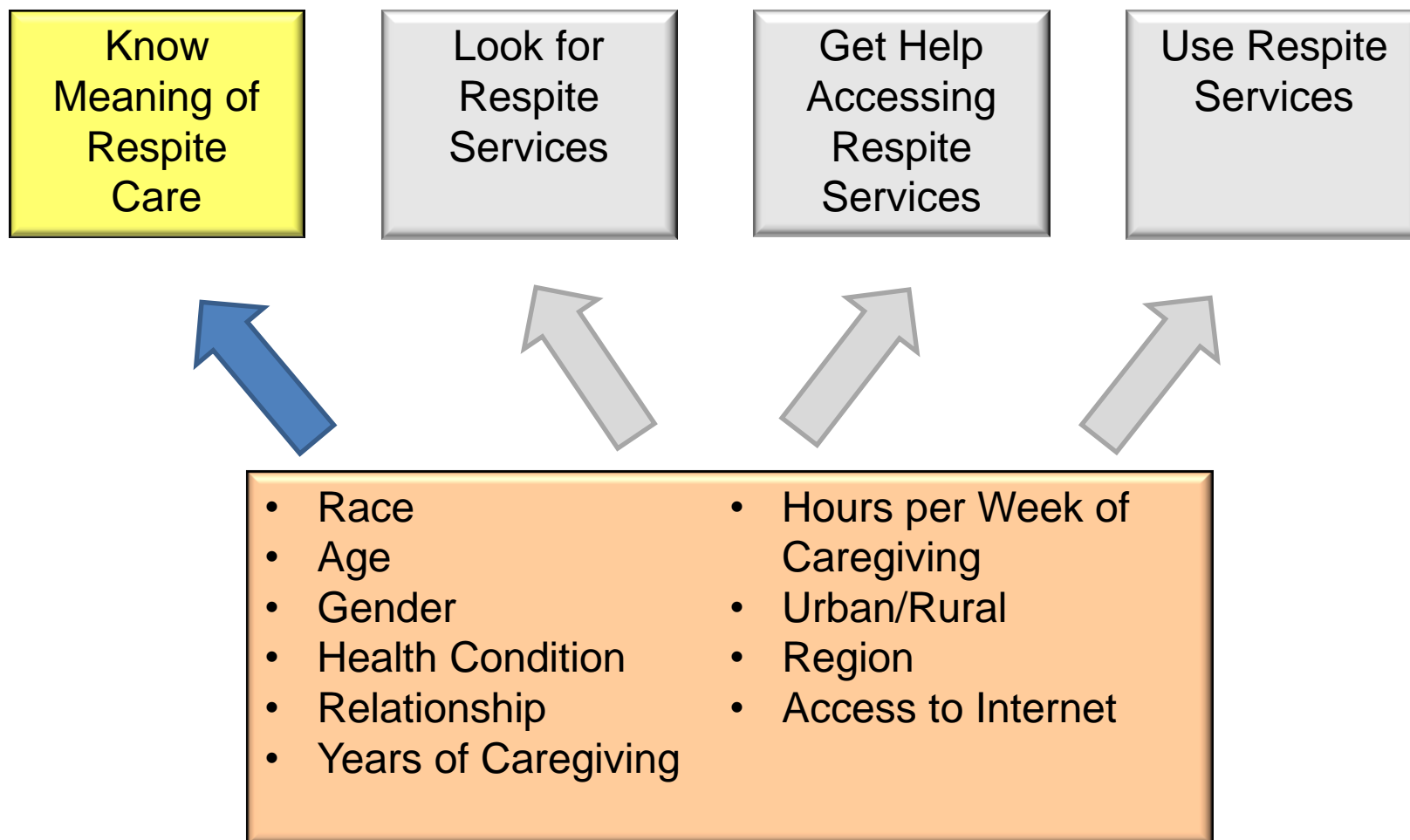
- Knowing meaning of respite care (medium),
- Actually looking for services (large), and
- Getting help from someone to locate and apply for services (large).

These three variables were also highly correlated with each other.

Conceptual Model



Conceptual Model



Significant Associations with Knew Meaning of Respite Care

- 64% of survey respondents knew the meaning of respite care.

Significant Association with Knew Meaning of Term, Small/Very Small Effect Size

Characteristic	Associated with knew meaning of respite care:
Gender	
Caregiver	Female
Care recipient	Male
Age	
Caregiver	Age 40-69
Care recipient	Child/youth (19 or younger)
Race	
Caregiver	White
Care recipient	White
Location	
Caregiver	Urban

Significant Association with Knew Meaning of Term, Small/Very Small Effect Size

Characteristic	Associated with knew meaning of respite care:
Relationship	Parent of care recipient
Care recipient's condition	Disability related to cognition
Length of time caring	More years of caregiving
Time spent caring	-
Access to internet	Had access to internet

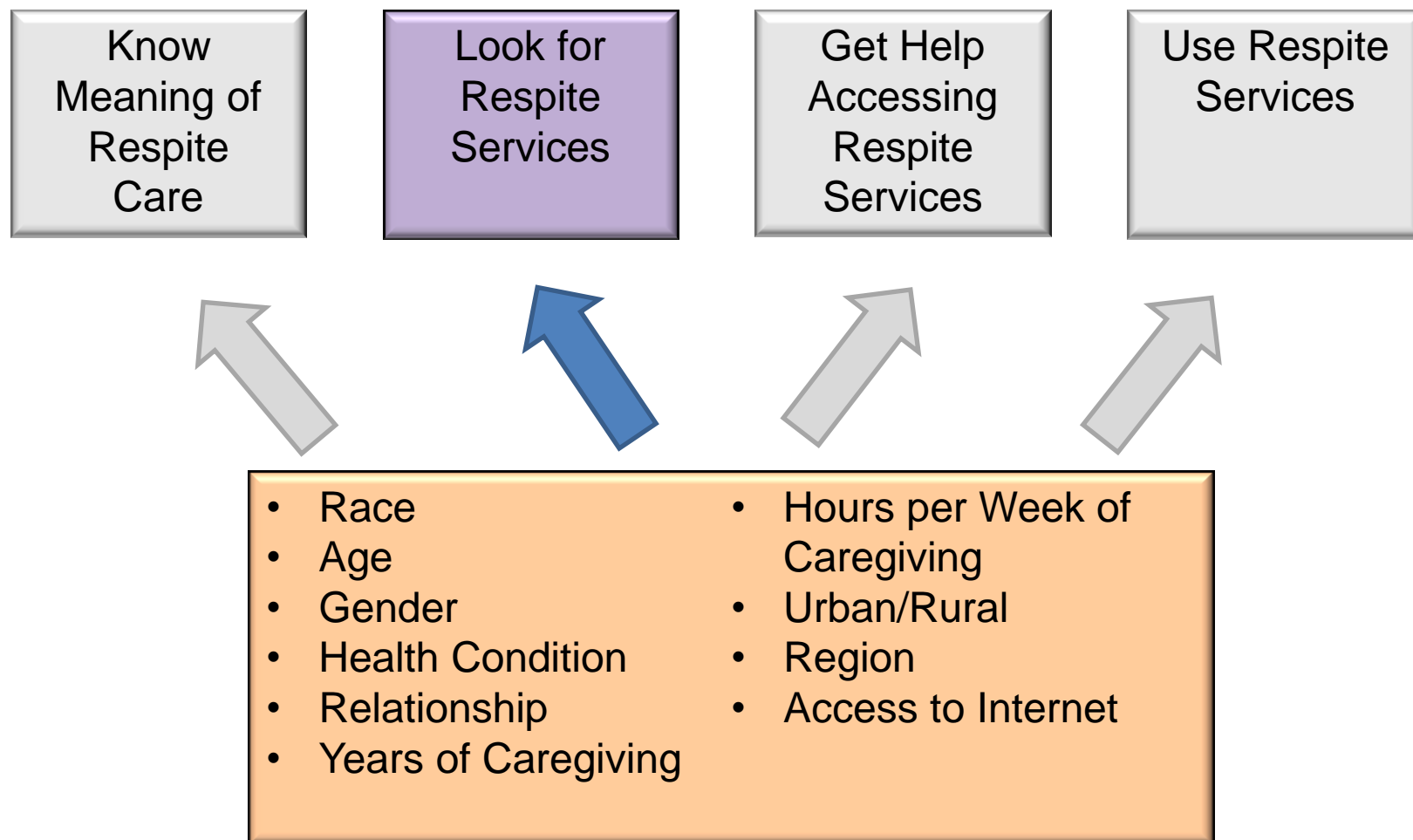
Significant Associations with Knew Meaning of Respite Care

- Not significant:
 - Hours/week caregiving

Significant Associations with Knew Meaning of Respite Care

- 53% of those who knew the meaning of respite care used these services.
- In comparison, only 20% of those who did not know the meaning of the term used respite care.

Conceptual Model



Significant Associations with Looked for Respite Care

- 49% of respondents had looked for respite care.

Significant Association with Looked for Respite, Small/Very Small Effect Size

Characteristic	Associated with looked for respite care:
Gender	
Caregiver	-
Care recipient	Male
Age	
Caregiver	Age 70 or older
Care recipient	Child/youth (19 or younger)
Race	
Caregiver	-
Care recipient	-
Location	
Caregiver	Urban

Significant Association with Looked for Respite, Small/Very Small Effect Size

Characteristic	Associated with looked for respite care:
Relationship	Parent of care recipient
Care recipient's condition	Disability related to cognition
Length of time caring	More years of caregiving
Time spent caring	More hours of caregiving
Access to internet	-

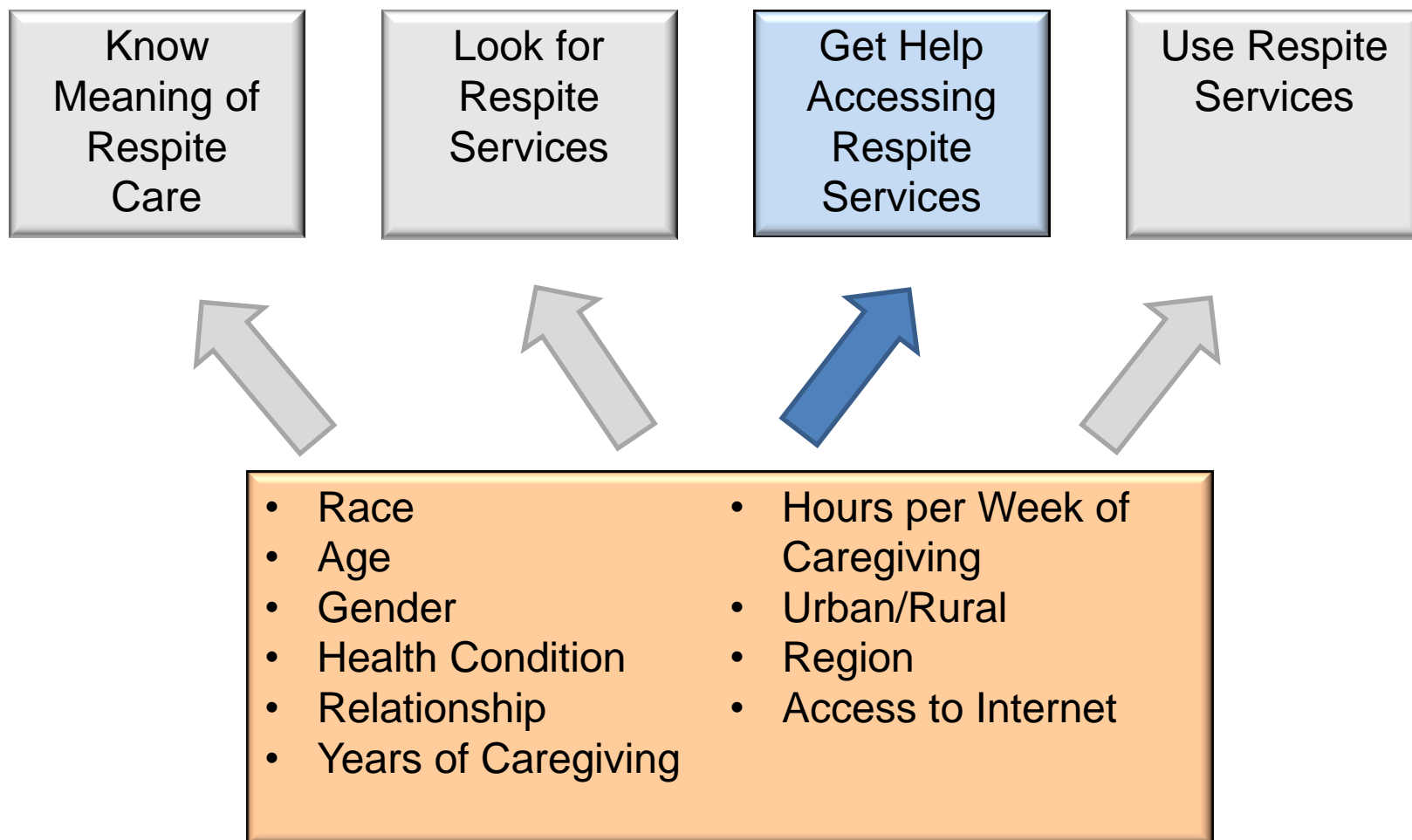
Significant Associations with Looked for Respite Care

- Not significant:
 - Gender (caregiver)
 - Race (caregiver or care recipient)
 - Caregiver access to internet

Looked for Respite Care

- 73% of those who looked for respite care **used these services (ever)**. There was a strong relationship between looking for services and ever having used them.
- **However**, looking for respite care was not necessarily sufficient to find it consistently.
- It is also true that 64% of those who looked for respite care had the **experience of not finding the right service at some point**.

Conceptual Model



Got Help Accessing Respite Care

- 41% of all respondents said that someone helped them access respite care (referral, helped scheduling).

Significant Association with Got Help, Small/Very Small Effect Size

Characteristic	Associated with got help accessing respite care:
Gender	
Caregiver	-
Care recipient	-
Age	
Caregiver	Age 70 or older
Care recipient	Child/youth (19 or younger)
Race	
Caregiver	-
Care recipient	-
Location	
Caregiver	Urban

Significant Association with Got Help, Small/Very Small Effect Size

Characteristic	Associated with got help accessing respite care:
Relationship	Parent or spouse of care recipient
Care recipient's condition	Disability related to cognition
Length of time caring	More years of caregiving
Time spent caring	More hours of caregiving
Access to internet	-

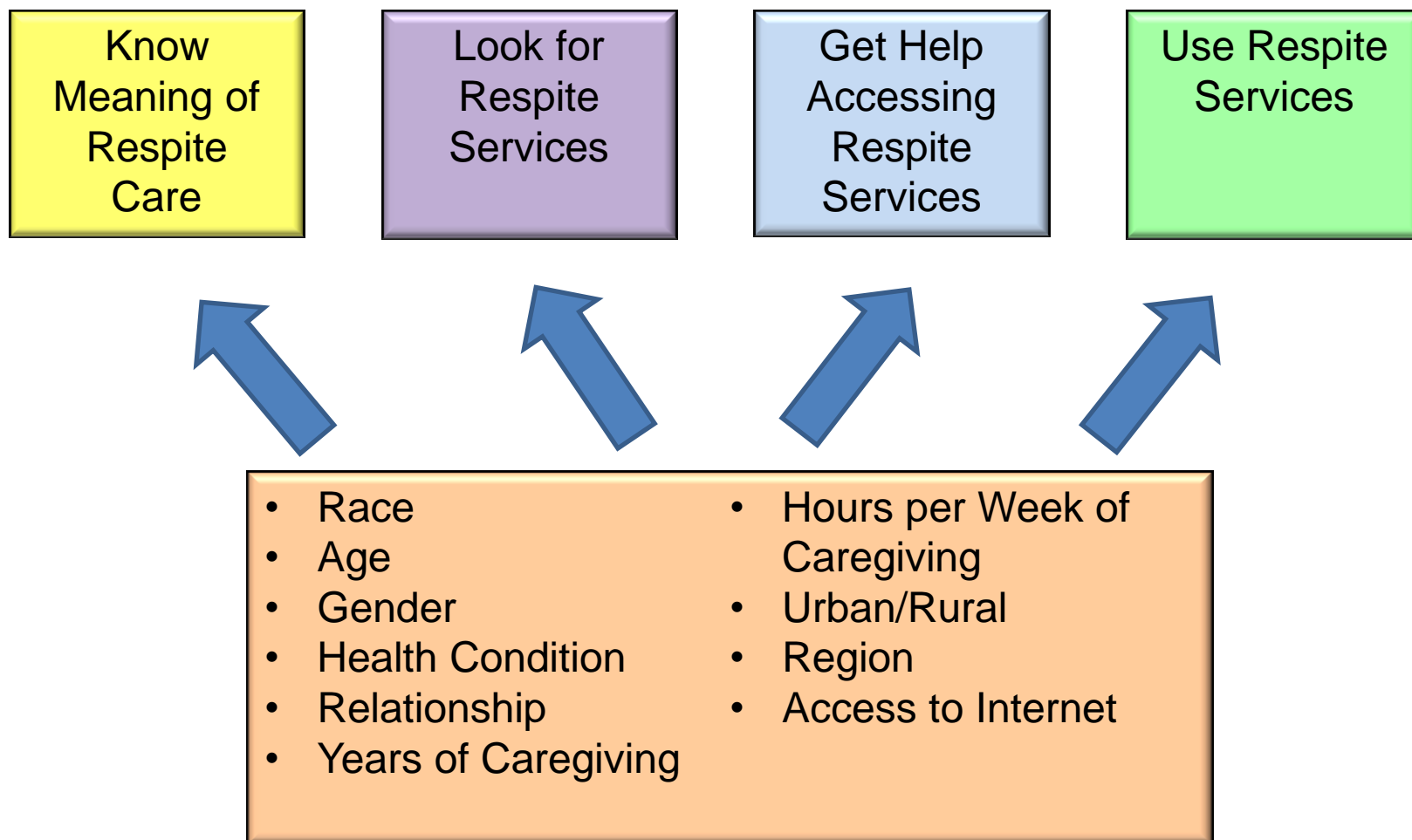
Significant Associations with Got Help Accessing Respite Care

- Not statistically significant:
 - Gender (caregiver or care recipient)
 - Race (caregiver or care recipient)
 - Caregiver access to internet

Got Help Accessing Respite Care

- 75% of those who used respite care said they had received help accessing the services.
- Among those who did not receive help, only 18% used respite services.

Conceptual Model



Strengths and Limitations

Strengths

- Large sample size (>2,500)
- Statewide
- Detailed questions in survey
- Variety of care recipients' disabilities and ages represented
- Captured responses of caregivers providing many hours of caregiving

Limitations

- Selection bias:
 - Respondents were those who had applied for services or were involved with community organizations
 - No random selection in online survey
- Non-response bias
- Over-sampling in the San Antonio area
- Missing data

Conclusions

Conclusions

- These respondents were **less likely** to have accessed respite care:
 - Non-White
 - Rural communities
 - Relationship other than parent of care recipient
 - Care for someone who has physical disabilities, chronic health conditions, or functional limitations due to older age.
- Effect size (strength of relationship) is small.

Conclusions

- Most respondents had never used respite care, despite saying they would find it beneficial.
- Knowing the meaning of respite care, looking for it, and getting help accessing it had a significant association with using respite care services with a medium to large effect size.

Conclusions

- Because these steps were more strongly associated with use of respite care than any other characteristics examined, it is important to:
 - Make sure people **know what respite care is**
 - Make it **easy to look for respite care**
 - Make sure that people **get help accessing respite care.**

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Questions? Please feel free to e-mail
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