

VERMONT STATEWIDE NEEDS ASSESSMENT FOR OLDER ADULTS & FAMILY CAREGIVERS



12/31/24

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*****Note: Data Sources with text in gray link to the source**

Introduction

The Department of Disabilities, Aging, and Independent Living (DAIL) is a department within the Vermont Agency of Human Services and serves as the designated State Unit on Aging (SUA) under the federal Older Americans Act (OAA). Under the OAA, Vermont is required to develop a State Plan on Aging every four years that serves as the blueprint for how the State, its network of five Area Agencies on Aging (AAA), and service providers will work to meet the changing needs of older Vermonters and their family caregivers.

As part of this process, the State Unit on Aging is required to conduct a needs assessment to determine the priority need areas of these populations. This report provides a detailed summary of the needs assessment process to inform the State Plan on Aging for Federal Fiscal Years 2027-2030 (Oct.1, 2026-Sep. 30, 2030), and its results. These results will also be used by the AAAs to develop their Area Plans. Numerous methods were used to gather data and feedback, including focus groups, listening sessions, and survey data. Engagement in working groups and feedback from service providers and community partners also contributed to the assessment.

Review of Data Sources

2011 & 2021 American Community Survey (Vermont State Data Center)

Results of this survey, which compares data gathered from older Vermonters in 2011 and 2021, show changes in areas that highlight the importance of a State Plan on Aging that addresses an increase in Vermont's older population as part of its general population, an increase in the percentage of older Vermonters at or below the poverty level, a proportionally large number living alone, and a significant number living with a disability. Specifically:

- An increase in Vermont's 60+ population from 21.8% (2011) to 28.4% (2021) of its general population.
- An increase in Vermonters' 60+ living at/below poverty from 6.7% (2011) to 9% (2021).
- 39% of Vermont's 60+ population living alone (2021).
- 25.3% of 60+ Vermonters living with a disability (2021).

AARP Age-Friendly Community Survey

This survey was open to Vermonters 45+ and available April 11-May 30, 2022. The majority of respondents made it clear that aging in their own home was important. Many respondents reported their current housing needed repairs for them to live independently. Responses related to caregiving were also noteworthy. Specifically:

- 94% of Vermonters 65-74 and 90% of Vermonters 75+ stated it was extremely or very important to age in their own home.

- 52% of Vermonters 65-74 and 37% of Vermonters 75+ stated their housing would need repair to live independently.
- 41% of respondents with a household income <\$50K stated they were unsure of home repair services for low-income older adults.
- Approximately 16% of respondents were caregivers providing unpaid care to a loved one.
- Approximately 32% of respondents stated it was very likely or extremely likely that they would be providing unpaid care to an adult loved one in the future.

Behavioral Risk Factor Surveillance System (BRFSS) 2021 Report

The 2021 BRFSS included questions related to unpaid caregiving in Vermont. A notable percentage of respondents provide regular care, have been providing care for a long period of time, and provide care many hours per week. Physical debilitation associated with aging, Alzheimer's Disease and other dementias, and cancer were some of the most prominent conditions for which care was provided. Specifically:

- 18% of Vermont adults are caregivers.
- 32% of caregivers have been providing care for 5 years or more.
- 19% of caregivers provide 40+ hours of care per week.
- 13% of care recipients need care due to physical debilitation; 10% due to Alzheimer's and other dementias; and 10% due to cancer.

Behavioral Risk Factor Surveillance System (BRFSS) 2022 Report

The 2022 BRFSS captured numerous data points related to the overall health of Vermonters 65+ and provides important information the State Plan on Aging can use to address overall health issues in this population. Specifically:

- 21% report fair or poor health.
- 38% report having a disability of any kind.
- 54% report having arthritis; 20% cardiovascular disease; 16% diabetes; 55% hypertension; 27% obesity.
- 12% report subjective cognitive decline.
- 28% report engaging in no leisure time physical activity during the previous month.

Age Strong VT Family Caregiver Focus Group 6/1/23

To inform Age Strong VT, Vermont's 10-year multi-sector action plan for aging well, a family caregiver focus group was held on 6/1/23. It provided important insights into the experiences and needs of family caregivers, and emphasized the value of in-home respite, education, counseling, and support services for family caregivers. This information can also help formulate a 4-year State Plan on Aging.

Vermont Action Plan for Aging Well (Age Strong VT) Listening Session Report (2023)

Similar to the focus group noted above, these public listening sessions conducted across Vermont in November 2022 provided key insights to help inform Age Strong VT and can also help shape the State Plan on Aging. Noteworthy takeaways from these sessions include the importance of the following:

- Exercise
- Medically-Tailored Meals
- Transportation
- Isolation, loneliness, social connection, and interaction
- Fraud & scam prevention
- Cost saving programs
- Adult Day Centers
- Intergenerational programming
- Home modifications

Statewide Needs Assessment Survey of Vermonters Age 60 and Over

This survey was open mid-August 2024 through late-October 2024 (extended from September). There were 1104 respondents across the state. Answers to many of the questions highlighted significant issues and concerns to be addressed by an aging services plan. Specifically:

- Problems with receiving help. For example, 45% of respondents reported frequently or sometimes having problems finding qualified help.
- Transportation access. For example, 32% of respondents don't drive their own vehicle.
- Financial support. For example, 33% of respondents have just enough money to pay expenses, nothing left over.
- Food security. 30% of respondents have sometimes or often worried about running out of food in the past year.
- Incomes at or below poverty. 43% reported incomes of less than \$25,000.
- Social isolation. 56% reported living alone.

Statewide Needs Assessment Survey of Family Caregivers

This survey was open mid-August 2024 through late-October 2024 (extended from September). There were 149 respondents across Vermont. Responses indicated the importance of continuing to address challenges associated with unpaid family caregiving. Specifically:

- Care for those in cognitive decline. 52% of respondents care for someone with Alzheimer's Disease or other dementia.
- Length of time providing care. 53% report having been a caregiver for over 4 years.

- Respite Services. For example, 40% reported not being able to afford respite.
- Overall health & well-being. For example, 59% of respondents reported caregiving has a negative impact on their sleep.
- Individual counseling & support groups. For example, 32% reported trying individual counseling and found it helpful.
- Older adults providing care. Approximately 70% of respondents were 60+.

Vermont Dementia Resource Guide (Alzheimer's Association, Vermont Chapter)

This guide was published in January 2024 and includes statistics on Alzheimer's and dementia in Vermont. For example, 13,000 Vermonters age 65 and over were diagnosed with Alzheimer's in 2020, with this number expected to increase to 17,000 in 2025.

Caregiver Characteristics and Barriers to Resource Use: Findings From a Rural State Caregiver Survey^{***}

This study surveyed 85 caregivers in Vermont and found burden levels to be high, concluding there is a need for paid time off and respite care.

^{***} Reblin M, Gell N, Melekis K, Proulx CM. Caregiver Characteristics and Barriers to Resource Use: Findings From a Rural State Caregiver Survey. *Gerontol Geriatr Med*. 2024 Aug 27;10:23337214241275050. doi: 10.1177/23337214241275050. PMID: 39193008; PMCID: PMC11348341.

Perceived helpfulness of caregiver support resources: Results from a state-wide poll^{***}

This study polled 428 caregivers in Vermont, asking them to report on the helpfulness of different services:

- 33.9% reported hands-on services as potentially helpful.
- 21.5% reported help coordinating care from multiple providers would be potentially helpful.
- 18.9% reported they could use help with finances.

^{***} Reblin M, Ambrose N, Pastore N, Nowak S. Perceived helpfulness of caregiver support resources: Results from a state-wide poll. *PEC Innov*. 2024 May 25;4:100295. doi: 10.1016/j.pecinn.2024.100295. PMID: 38855072; PMCID: PMC11157270.

Analysis & Application

There are many common themes of challenges and need areas spread across the data that can contribute to the formation of a comprehensive State Plan on Aging with clear objectives for enhancement of supports to older Vermonters and unpaid family caregivers. Specific strategies that produce measurable outcomes and lead to long-term sustainability are the key to success. It is important to build off successes, leverage existing resources, and create new opportunities to fill service gaps.

Financial Supports

The available data on older Vermonters highlights the need for resources they can use to improve their financial situation. A concerning number of older adults live at or below the poverty line, are food insecure, and are not aware of programs and services that can save them money.

Social Isolation

Feedback from surveys and other forms of information-gathering suggest social isolation should be a focus area for an aging services plan, with respect to both older Vermonters and family caregivers. With many older adults living alone and family caregivers juggling time between work, caregiving, and other responsibilities, social connection and community cohesion are critical.

Physical Health & Wellness

A strong pattern across data sets emphasizes the importance of health promotion and disease prevention regarding physical health and wellness. Many older Vermonters have a disability and require care related to a physical disability, while many respondents age 65 and over who participated in the 2022 BRFSS reported having health problems and no recent engagement in exercise of any kind. In addition, many caregivers who participated in the 2024 Statewide Needs Assessment of Family Caregivers Survey reported negative impacts on multiple aspects of health.

Falls Prevention

Several data points suggest falls prevention work across the state can be an extremely valuable tool to support older adults with aging in place and reduce the physical risks of living alone. Affordable home modifications/repairs to address problem infrastructure and exercises focused on balance and bodily awareness can increase safety in the home.

Respite Awareness, Availability, Accessibility, and Affordability

In Vermont, the number of unpaid caregivers, the amount of hours they work, and the length of time they've provided regular care for their loved ones make it very clear that they are part of the fabric of this state. While caregivers value the time they have with those they care for, it can take a toll, causing stress and burnout. Caregivers deserve respite options that give them the opportunity to self-care, pursue individual interests, and connect with others, all while knowing their care partner is in good hands with a professional or qualified volunteer.

Caregiver Support

Access to beneficial resources and community supports can help caregivers take better care of themselves and their loved ones. These include educational opportunities and materials pertaining to caregiving as well as individual counseling and support groups.

Nutrition

The 2022 BRFSS shows a notable percentage of Vermonters 65+ have medical conditions—such as cardiovascular disease and obesity—that could be mitigated or improved with a healthy diet. For example, many of Vermont’s congregate and home-delivered meal providers offer meals designed for heart health and diabetes, often referred to as therapeutic meals and medically-tailored meals. Expanding both the amount and diversity of these meals provides more opportunities for older individuals to eat healthy.

Transportation

Quality transportation that is available when needed and easy to access can be hugely beneficial to older adults. Both public and tailored transportation options can support older adults with their independence and staying engaged in their communities.

Fraud & Scam Prevention

Attempts to defraud individuals and scams to collect financial and other private information are becoming increasingly sophisticated. Technology can make us more vulnerable to bad actors. Educating older Vermonters on securing their devices (smart phones, computers, etc.) and warning signs of potential fraud and scams makes it less likely they will be victims of successful attacks on their finances and privacy.

Intergenerational Programming

Many who have participated in the different types of intergenerational programming across Vermont have stated how valuable and eye opening it has been. Intergenerational programs connect older adults to younger generations while giving them the opportunity to learn from each other. In some programs, working towards a common goal can foster a strong social bond between older and younger individuals.

Alzheimer’s Disease and Related Dementias (ARD)

Data sources indicate an increasing need to provide a wide range of substantive services for both individuals diagnosed with ARD and their caregivers. The population of individuals with ARD in Vermont is expected to increase, making it extremely important to educate the public on prevention, warning signs, and proper care. Access to both quality clinical care and home & community-based services (HCBS) can increase the likelihood of best possible outcomes for those diagnosed with ARD. Smooth navigation and coordination within and between these care domains is also highly important.

Conclusion

The data reviewed for this needs assessment comes from a variety of sources that corroborate each other in many respects. Surveys, focus groups, listening sessions, peer-reviewed studies, and other statistical sources contributed to a body of information highlighting the need to continue and improve upon services for older adults and unpaid caregivers in Vermont. While these aren't the only factors a State Plan on Aging can address, they comprise many of the need areas associated with these populations.

Survey of Vermonters Age 60 and Older

PURPOSE The Vermont Department of Disabilities, Aging, and Independent Living (DAIL) wants to learn about older Vermonters' needs and aspirations to plan how best to serve Vermonters as we age.

Who? Anyone age 60 or older who lives in Vermont.
All answers are confidential and anonymous.

How? **Complete an Online Survey using this link:**

www.surveymonkey.com/r/TYGRRT7

Complete Online Survey no later than **September 27, 2024**

OR

Complete a Paper Survey

Return the survey to your Meals on Wheels driver by
September 27, 2024

For questions about the survey, contact your Area Agency on Aging.

For questions about how the survey results will be used, contact Jason Pelopida, DAIL State Unit on Aging Director, at
jason.pelopida@vermont.gov

TURN THIS PAGE OVER TO BEGIN SURVEY

1. What help do you need to live where you wish?

I need help with...	Need, get enough	Need get some, not enough	Need do not get	Do not need help	Don't need now, may in future
Housekeeping					
Preparing meals					
Shopping					
Personal care (such as bathing, dressing, etc.)					
Taking medication(s)					
Home maintenance and yardwork					
Keep track of bills and paying them on time					
Home modifications					
Transportation					

2. In getting the help you need, have you experienced any of the following problems?

	Frequently	Sometimes	Never	Does not apply
Finding qualified help				
Negative experiences with agencies providing help.				
Knowing where to look for help.				
Cannot afford help.				
Culture or language difficulties.				
Services not available where I live.				
Do not qualify for help.				
Prefer not to ask for help.				
Other, please describe				

3. What forms of transportation do you use?

	Frequently	Sometimes	Never	Don't know about this
Drive my own vehicle.				
Walk to get what I need.				
Motorized scooter.				
Ride service (like Uber) or taxi.				
Driven by family member or friend.				
Public transportation (bus).				
Transportation service for seniors and/or persons with disabilities.				
Not applicable – Never leave house.				
Other, please describe				

4. How easily can you get to the following? (Check one box for each place.)

	Very easy	Somewhat easy	Somewhat difficult	Very difficult	Do not go here
Medical appointments					
Grocery store					
Pharmacy					
Place of worship					
Family or friends					
Entertainment/social events					

5. Do you agree with the following statements?

I have...	Agree	Disagree	Does not apply
sufficient income to keep my car running.			
access to affordable public transportation.			
nearby public transportation.			
transportation available at the time I need.			
transportation that takes me where I want to go.			
information about transportation options & schedules.			

6. Which of the following best describes your financial situation?

- ☐ I have enough money to pay expenses, with extra in case of unexpected bills
- ☐ I have just enough to pay expenses, nothing left over
- ☐ I do not have enough to pay all expenses, so must choose what to pay

TURN THIS PAGE OVER TO CONTINUE SURVEY

7. **Falling is a risk factor for injury as we age. Have you taken any steps to reduce your risk of falling?** For example: check vision, make changes in home (e.g., securing rugs, rearranging furniture), talk to health care provider to reduce risk of falling.

- ☐ Yes
☐ Not yet, have been thinking about it
☐ No, have not thought about it

8. **Do you know about and use the following?** (Check one box for each type of care)

	Currently Use	Don't use now, have in past	Would use, not available	Do not need, do not use	Don't know about this
Meals on Wheels					
Food shelf or pantry					
Three Squares VT					
CSFP (Commodity Supplemental Food Program)					

9. **In the past year, how often have you worried whether your food would run out before you got more?**

- ☐ Never
☐ Sometimes
☐ Often

10. **How much do you know about the following?**

	Know all about	Know some about	Do not know anything about
Senior Centers			
Senior Help line			
2-1-1 Information Referral and Assistance			
Local Area Agency on Aging			
Transportation services			
Volunteer Opportunities			
Adult Protective Services			
Legal assistance/Legal Aid			
Respite care for family caregivers			
Family caregiver support groups			

11. Do you provide unpaid assistance to spouse, family member or friend? For example, help with housework, cooking, transportation, dressing, bathing, managing money, etc.

- ☐ No
- ☐ Yes, the person I care for has Alzheimer's or other type of dementia
- ☐ Yes, the person I care for has other conditions that require help

12. What year were you born? _____

13. What is your zip code? _____

14. What was your total household income last year?

- ☐ Less than \$25,000
- ☐ \$25,000 to \$49,999
- ☐ \$50,000 to \$100,000
- ☐ More than \$100,000
- ☐ Prefer not to say

15. Who lives with you? (Check all that apply.)

- ☐ I live alone
- ☐ Spouse/life partner
- ☐ One or more of my children/grandchildren/other relatives
- ☐ Other adults (for example, roommate)

16. What is your gender?

- ☐ Male
- ☐ Female
- ☐ Transgender
- ☐ Decline to state

17. What is your sexual orientation?

- ☐ Heterosexual
- ☐ Bisexual
- ☐ Gay
- ☐ Lesbian
- ☐ Prefer not to answer

18. Do you consider yourself to be Hispanic or Latino?

- ☐ Yes
- ☐ No

19. How would you describe yourself? (Check all that apply.)

- ☐ White
- ☐ Black or African American
- ☐ American Indian, Alaskan Native
- ☐ Asian American
- ☐ Other, describe:

Statewide Needs Assessment Survey of Vermonters 60 and Over

Results Overview

Not all respondents answered all questions

1. What help do you need to live where you wish?
 - a. Most respondents report not needing help or not needing help but may in the future.
2. In getting the help you need, have you experienced any of the following problems?
 - a. 45% report Frequently or Sometimes having problems finding qualified help
 - b. 40% report Sometimes having problems knowing where to look for help
 - c. 44% report Frequently or Sometimes having problems with affording help
 - d. 39% report Frequently or Sometimes having problems with no qualifying for help
3. What forms of transportation do you use?
 - a. 32% don't drive their own vehicle
 - b. 70% Frequently or Sometimes driven by family member or friend
 - c. 21% Frequently or Sometimes use transportation for seniors and/or persons w/ disabilities
4. How easily can you get to the following?
 - a. Most report it is Very Easy/Somewhat Easy to get to Medical Appointments, Grocery Store, Pharmacy, and Family/Friends.
5. Do you agree w/ the following statements?
 - a. 30% believe they don't have access to affordable transportation
 - b. 35% don't have nearby public transportation
 - c. 28% don't have info about transportation options & schedules
6. Which of the following best describes your financial situation?
 - a. 33% have just enough money to pay expenses, nothing left over
 - b. 12% do not have enough money to pay all expenses, so must choose what to pay
7. Have you taken any steps to reduce your risk of falling?
 - a. 73% Yes
 - b. 17% Not yet but thinking about it
 - c. 10% No and have not thought about it
8. Do you know about and use the following?
 - a. 57% use MOW and 37% don't need MOW
 - b. 15% not aware of Three Squares VT
 - c. 34% not aware of CSFP
9. In the past year, how often have you worried whether food would run out before you got more?

- a. 23% Sometimes and 7% Often

10. How much do you know about the following?

- a. 19% don't know about senior centers
- b. 49% don't know about Senior Helpline
- c. 48% don't know about 211
- d. 25% don't know about local AAA
- e. 29% don't know about transportation services
- f. 43% don't know about don't know about volunteer opportunities
- g. 52% don't know about APS
- h. 48% don't know about legal assistance/legal aid
- i. 56% aren't aware of respite for family caregivers
- j. 59% aren't aware of family caregiver support groups

11. Do you provide unpaid assistance to spouse, family member or friend? For example, help with housework, cooking, transportation, dressing, bathing, managing money, etc. (Check all that apply)

- a. 6% Yes, the person I care for has ADRD
- b. 13% Yes, the person I care for has other conditions that require help

12. Age Groups

- a. 60-64: 112
- b. 65-69: 184
- c. 70-74: 231
- d. 75-79: 195
- e. 80-84: 115
- f. 85 and over: 210

13. County

- a. Grand Isle: 14
- b. Franklin: 33
- c. Chittenden: 185
- d. Addison: 23
- e. Rutland: 186
- f. Bennington: 58
- g. Lamoille: 66
- h. Washington: 145
- i. Orange: 50
- j. Windsor: 105
- k. Windham: 24
- l. Orleans: 72
- m. Caledonia: 67
- n. Essex: 11

14. Total Household Income: 43% (most respondents) less than \$25,000

15. Live alone: 56% (most respondents)

16. Male: 29% Female: 70%

17. 75% heterosexual 21% preferred not to answer

18. 1% Hispanic/Latino(a)

19. 99% White

Survey of Family Caregivers

PURPOSE The Vermont Department of Disabilities, Aging, and Independent Living (DAIL) wants to learn about the needs of family caregivers of Vermonters age 60 and over, and how best to support them.

Who? Anyone who lives in Vermont and provides care to a family member age 60 or older.
All answers are confidential and anonymous.

How? **Complete an Online Survey using this link:**

www.surveymonkey.com/r/LV5325F

Complete Online Survey no later than September 27, 2024

OR

Complete a Paper Survey

Return the survey to your Area Agency on Aging staff or volunteer by **September 27, 2024**

For questions about the survey, contact your Area Agency on Aging.

For questions about how the survey results will be used, contact Jason Pelopida, DAIL State Unit on Aging Director, at jason.pelopida@vermont.gov

TURN THIS PAGE OVER TO BEGIN SURVEY

1. What is your relationship to the person age 60 or older for whom you primarily provide care?

- | | |
|---|---|
| <input type="checkbox"/> Spouse/Life partner) | <input type="checkbox"/> Grandparent |
| <input type="checkbox"/> Parent/parent-in-law | <input type="checkbox"/> Other relative |

2. What is the age of person you care for?

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> 60-64 | <input type="checkbox"/> 75-84 |
| <input type="checkbox"/> 65-74 | <input type="checkbox"/> 85+ |

3. What are the health conditions of your family member that require your care?

- ☐ Alzheimer's or another form of dementia
- ☐ Brain injury (i.e. from a stroke, fall, accident, etc.)
- ☐ Physical disability
- ☐ Chronic physical health condition or illness
- ☐ No diagnosis
- ☐ Other (please describe: _____)
- ☐ I prefer not to say.

4. How long have you been a caregiver for your age 60+ family member?

- ☐ Less than 1 year
- ☐ 1-3 years
- ☐ 4-6 years
- ☐ More than 6 years

5. In a typical week, approximately how many hours do you spend caregiving?

- ☐ 7 or less hours/week
- ☐ 8-19 hours/week
- ☐ 20-29 hours/week
- ☐ 30-40 hours/week
- ☐ More than 40 hours/week
- ☐ 24/7 (24 hours/day, 7 days/week)

6. Respite care is an opportunity for you to have a break from providing care while someone else helps the person you care for. That "someone else" can be a family member, friend, volunteer, or a paid worker. Respite can be for a few hours a month to several days or nights each week.

Do you get respite services?

- ☐ Yes
- ☐ No, but would like to
- ☐ No, not interested

7. If you do not use respite care, why? (Check all that apply.)

- ☐ I do not need or want respite services
- ☐ I do not like to ask for help
- ☐ The person I care for will not accept care from anyone else
- ☐ I cannot afford respite services
- ☐ Respite service does not fit with our culture
- ☐ Respite is not available when I need it
- ☐ It does not feel safe
- ☐ I have had negative experiences with respite
- ☐ I do not know where to find respite services

8. Has caregiving impacted you in the following areas?

	Positive Impact	No impact	Negative Impact
Physical health			
Emotional health			
Financial security			
Employment status			
Connections with family and friends			
Physical activity / exercise			
Pursuit of hobbies & personal interests			
Sleep			
Substance use			
Other, please describe			

9. Which of the following best describes your experience?

	Tried it, was helpful	Tried it, <u>not</u> helpful	Have not tried, expect it would help	Have not tried, expect it would <u>not</u> help
Individual Counseling				
Caregiver Support Groups				

10. Which of the following do you use to find support, resources, and/or information that you need as a family caregiver? (Check all that apply.)

- ☐ Health care provider
- ☐ Home Health agency
- ☐ Senior Help Line / Area Agency on Aging
- ☐ Vermont 2-1-1
- ☐ Internet search
- ☐ Social Media (e.g., Facebook, Twitter)
- ☐ Library
- ☐ Family, friends (word of mouth)

11. What year were you born? _____

12. What is your zip code? _____

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13. What types of insurance cover the family member for whom you provide care?

(Check all that apply.)

- ☐ Medicaid
- ☐ Medicare
- ☐ Medicare gap coverage
- ☐ Veteran's benefits
- ☐ Private insurance other than gap coverage
- ☐ Long term care
- ☐ He/she does not have health insurance

Statewide Needs Assessment Survey of Family Caregivers

Results Overview

Not all respondents answered all questions

1. What is your relationship to the person age 60 or older for whom you primarily provide care?
 - a. 45% spouse
 - b. 41% parent/parent-in-law
2. What is the age of the person you care for?
 - a. 42% 75-84
 - b. 38% 85+
3. What are the health conditions of your family member that require your care? (Check all that apply)
 - a. Alzheimer's/Dementia: 52%
 - b. Brain injury/Physical Disability/Chronic physical health condition or illness: 79%
4. How long have you been a caregiver for your family member?
 - a. 4 to 6+ years: 53%
5. In a typical week, approximately how many hours do you spend caregiving?
 - a. 26% report 24/7
6. Do you get respite services?
 - a. Yes: 29%
 - b. No, but would like to: 39%
 - c. Not interested: 31%
7. If you do not get respite care, why? (Check all that apply)
 - a. Don't need/want: 24%
 - b. The person I care for will not accept care from anyone else: 40%
 - c. I cannot afford respite services: 40%
 - d. Respite is not available when I need it: 12%
 - e. I do not know where to find respite services: 35%
8. Caregiving has a negative impact on:
 - a. Physical health: 65%
 - b. Emotional health: 76%
 - c. Financial security: 43%
 - d. Employment status: 33%
 - e. Connections w/ family/friends: 59%
 - f. Physical activity/exercise: 60%
 - g. Pursuit of hobbies/personal interests: 76%

- h. Sleep: 59%
- i. Notable comment from a caregiver:
 - i. "I never had been on any medications, and back in April of 2024 was put on an antidepressant. I have taken care of my father, and mother full time since 2020. I do this 24/7 with the exception of the Alzheimer's Grant. My mother has separation issues, and gets extremely upset when I tried to have someone come so I could run to the store. I am trapped, and in severe debt trying to do this. I provide excellent care, and work alone 24/7. I only don't have to worry about my mother constantly, but about the amount of debt I have racked up from non-payment. The bills are the most stressful, and I struggle every month. I am very worried about this coming winter. I am behind on the electric bill which is electric, and I was told to call for help, which I did, and was told there was no money available."

9. A. Individual Counseling:

- a. Tried, Helpful: 32%; Not Tried, Expect it would help: 29%

B. Caregiver Support Groups:

- a. Tried, Helpful: 22%; Not Tried, Expect it would help: 38%

10. Which of the following do you use to find support, resources, and/or info? (Check all that apply)

- a. Health care provider: 65%
- b. Home health agency: 31%
- c. Senior Helpline/AAA: 37%
- d. Internet search: 47%
- e. Family/Friends (word of mouth): 72%

11. Age Groups:

- a. 40-49: 13
- b. 50-59: 23
- c. 60-69: 52
- d. 70-79: 36
- e. 80 and over: 14

12. County

- a. Grand Isle: 2
- b. Franklin: 14
- c. Chittenden: 42
- d. Addison: 3
- e. Rutland: 15
- f. Bennington: 4
- g. Lamoille: 2
- h. Washington: 7
- i. Orange: 3

- j. Windsor: 15
- k. Windham: 10
- l. Orleans: 12
- m. Caledonia: 14
- n. Essex: 0

13. What types of insurance cover the family member for whom you provide care? (Check all that apply)

- a. Medicaid: 21%
- b. Medicare: 90%
- c. Medicare gap coverage: 32%