



Poll Questions

November 2017

Dementia caregivers — Juggling, delaying, and looking forward

Questions were answered by respondents age 50–80.

Q1. Do you currently help to take care of an older adult (age 65 or older) who has memory problems such as dementia, Alzheimer's or another cognitive impairment?

1. Yes, 1 person
2. Yes, more than 1 person
3. No [END SURVEY]

Think about person you spend the most time caring for.

Q2. What is this person's relationship to you?

1. Spouse
2. Parent/in-law
3. Other relative
4. Friend/neighbor
5. Other

Q3. Does [your spouse/your parent/in-law/ your relative/this person] live with you?

1. Yes
2. No

Q4. Does [your spouse/your parent/in-law/ your relative/this person] live alone?

1. Yes
2. No

Q5. Where does [your spouse/your parent/in-law/ your relative/this person] live?

1. Home/apartment
2. Senior living community
3. Assisted living/nursing home/group home
4. Other

Q6. How would you describe [your spouse/ your parent/in-law/ your relative/this person]'s memory loss?

1. Mild
2. Moderate
3. Severe

Q7. How long can [your spouse/your parent/in-law/ your relative/this person] be safely left alone?

1. Less than 10 minutes
2. Less than one hour
3. 1–3 hours
4. Most of the day
5. A day or more

Q8. In addition to memory problems, does [your spouse/your parent/in-law/ your relative/ this person] also need assistance with:

[Yes/No for each]

1. Another health condition(s)
2. Disability/injury
3. Mental health problem(s)

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Q9. What types of care do you provide for [your spouse/your parent/in-law/ your relative/ this person]?

[Yes/No for each]

1. Monitor safety (to prevent accidents or wandering)
2. Personal care (such as bathing, dressing, toileting)
3. Medical assistance (such as giving medications, going to appointments, checking blood sugar)
4. Household help (such as meals, shopping, laundry, transportation, finances, home maintenance)

Q10. Who else helps care for [your spouse/your parent/in-law/ your relative/this person]?

1. Family members
2. Friends/Neighbors
3. Paid caregivers
4. Community agencies

Q11. How long have you been providing care for [your spouse/your parent/in-law/ your relative/ this person]?

1. Less than 1 year
2. 1 to 2 years
3. 3 to 5 years
4. 5 to 10 years
5. More than 10 years

Q12. How often do you care for [your spouse/ your parent/in-law/ your relative/this person]?

1. Daily
2. Several times a week
3. About once a week
4. 1-2 times a month or less

Q13. How many hours of care do you provide for [your spouse/your parent/in-law/ your relative/ this person]?

- _____ hours per day
_____ hours per week
_____ hours per month

Q14. How much do your caregiving responsibilities interfere with your ability to:

[A great deal/somewhat/not at all for each statement]

1. Take good care of yourself (get enough sleep, exercise, etc.)
2. Go to the doctor when you have a health concern or problem
3. Spend time with family and friends
4. Take care of your everyday responsibilities (shopping, household duties, etc.)
5. Stay on top of work responsibilities
6. Other

Q15. How stressful is caring for [your spouse/ your parent/in-law/ your relative/this person] for you?

1. Very stressful
2. Somewhat stressful
3. Not stressful

Q16. How rewarding is caring for [your spouse/ your parent/in-law/ your relative/this person] for you?

1. Very rewarding
2. Somewhat rewarding
3. Not rewarding

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Q17. In the past year, have you used, or would like to use, any of the following to help you in your role as a caregiver?

[Have used/would like to use/not interested for each statement]

1. Support groups
2. Family mediation or family therapy
3. Self-help resources
4. Classes, training or conferences
5. Respite care
6. Family leave
7. Other

Please choose your level of agreement with the following statements.

Q18. I put off or don't do things I should do for my health (such as get a check-up, test or elective procedure) because of my caregiving responsibilities.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

Q19. My physical and mental health are good enough to provide care to [your spouse/your parent/in-law/ your relative/this person].

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

Q20. Being a caregiver has made me think about MY OWN potential needs for caregiving in the future.

1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree

Participants were also asked demographic questions on age, gender, health status and insurance status.

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