AGELAB

Life Tomorrow

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An Exploratory Study of Caregiver Stress, Fatigue & Worry in the United States

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As the population ages, family caregiving is getting increased attention from business, government, and communities. Understanding its dimensions and potential costs is critical to informing innovations that may benefit caregivers as well as care recipients. This exploratory study looks at the relationship between caregiving and well-being. The analysis finds that caregivers, particularly women, were more likely to experience stress and worry than non-caregivers, and less likely to feel as if they had enough time and were well-rested. The paper presents findings and issues for future research.

Background

Demographic changes are creating an increasingly complex landscape of aging in America. As people are living longer, marrying later and having fewer children, the structure of the population is changing. By 2050, one in five adults will be 65 years of age or older, up from about one in eight today (U.S. Census Bureau, 2012). Living longer isn't synonymous with living in good health, however. Many Americans live with chronic health conditions and high levels of disability.

Family caregivers are defined as individuals who provide unpaid support to an adult family member or close friend. Caregivers often assume responsibility for a variety of tasks including helping with household tasks (such as cleaning and laundry), handling bills and finances, assisting with activities of daily living (such as eating, bathing, dressing, and toileting), managing multiple medications and other medical/nursing tasks (Reinhard, Levine, & Samis, 2012), coordinating health care and long-term services and supports (LTSS), and providing and facilitating transportation. The majority of LTSS are provided by family members, but the supply of family caregivers is unlikely to keep pace with future demand. The AARP Public Policy Institute defined a "caregiver support ratio" as the number of potential caregivers age 45–64 for each person age 80 or older. In 2010, the caregiver support ratio was more than 7 potential caregivers for every person

age 80 or older. By 2050, the ratio is projected to decline sharply to 3 to 1, when all boomers will be in the high-risk years of late life (Redfoot, Feinberg, & Houser, 2013).

Each year, about one fifth of the U.S. adult population (42 million people in 2009) provides care to an adult who is ill, disabled, or aged (Feinberg, Reinhard, Houser, & Choula, 2011). The typical family caregiver is a 49 year old woman who spends about 20 hours a week caring for a family member and also works outside the home. Women make up 62% of caregivers, and female caregivers are more likely to report that they were the primary caregiver and that they had a high level of burden (The National Alliance for Caregiving & AARP, 2009).

Caregiving is often emotionally burdensome and, in some cases, can lead to stress, anxiety, exhaustion, depression, and neglect of self-care (Family Caregiver Alliance, 2006). Family caregivers are often strained for time and resources, which can in turn be emotionally draining and can negatively impact a caregiver's quality of life and well-being (Pinquart & Sorensen, 2003; Schulz & Sherwood, 2008; Vitaliano, Zhang, & Scanlon, 2003). Some of this time strain emerges from a constant balancing act between personal responsibilities, such as work and caring for children, and caregiving responsibilities. Between 40% and 70% of caregivers have clinically significant symptoms of depression, and between 25% and 50% of these caregivers meet the diagnostic criteria for major depression (Zarit, 2006). Women tend to experience greater emotional stress than men amongst caregivers.

Caregiving's physically demanding tasks, such as bathing, toileting, ambulation and the like, are central aspects of the role and can take a toll on one's health. Previous research has found that in general, caregivers have poorer physical health than non-caregivers (Pinquart & Sorensen, 2007; National Alliance for Caregiving & AARP, 2009). In addition to the physically demanding nature of caregiving, the emotional experience of stress and worry can impact physical health.

Caregiving is financially costly both to individual families as well as to the broader economy. The AARP Public Policy Institute valued the contribution of family caregiving to the economy at $450 billion in 2009, a number based on 42.1 million caregivers over the age of 18 providing an average of 18.4 hours of care per week at an average value of $11.16 per hour. This is more than the total Medicaid spending in 2009, which was $361 billion (Feinberg et al., 2011). The productivity loss to business deriving from caregiving is further estimated at $33.6 billion per year (Metlife & National Alliance for Caregiving, 2006). Additionally, caregiving exacts costs on the health of employed caregivers (Coughlin, 2010). Research shows that employers pay about 8% more for the health care of employees with caregiving responsibilities than those without, potentially costing US employers an additional $13.4 billion per year (Metlife, National Alliance for Caregiving, & University of Pittsburgh, 2010).

Thus, caregiving exacts costs on individuals emotionally, physically, and financially; on productivity in the workplace; and on potential demand for public services for aging adults and their families. This paper seeks to measure the impact of caregiving on well-being by focusing on four dimensions of emotional well-being: feeling stressed, feeling worried, feeling as if one has enough time, and feeling well-rested. These were combined to create an indicator for overall well-being of family caregivers, and were included in *Raising Expectations 2014: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers* (Reinhard, Kassner, Houser, Ujvari, Mollica, & Hendrickson, 2014).

Methods

Data collected in 2010, 2011, and 2012 from the Gallup-Healthways Well-Being Index (GHWBI) surveys were used to evaluate the relationship between caregiving and well-being (N=695,255). In 2008, a 25-year partnership was created between Gallup and Healthways to track and understand key aspects of well-being. The GHWBI uses random digit dialing (including both landline and cell phones) to interview 1,000 U.S. adults each day. Surveys are conducted in both Spanish and English depending on an individual's primary language. The data are weighted to match the demographic composition of the U.S. population (Gallup, 2013). The data discussed in this paper are at the national aggregate level; however, state level data, which may reflect regional differences in geography and policy, can be found in Appendix A at the end of the paper. State level analysis used data weighted to match the demographic composition of each specific state.

For the purposes of this analysis, caregivers are defined as people who answered 'yes' to the following question: "Do you currently help care for an elderly or disabled family member, relative, or friend, or not?" All survey respondents in 2010 and half of respondents in 2011 and 2012 were asked this caregiving question.

To explore the well-being of caregivers, we looked at four individual items in the survey:

- Did you experience the following feelings a lot of the day yesterday? How about worry?
- Did you experience the following feelings a lot of the day yesterday? How about stress?
- Did you have enough time to get done what you needed to do yesterday?
- Did you feel well-rested yesterday?

Respondents could answer 'yes' or 'no' to each of these four items. Each of these items was asked of all respondents in 2010-2012.

The measures were scored so that for all four items, a score of 1 indicated positive well-being and a score of 0 indicated negative well-being. In addition to these individual questions, a mean composite measure of well-being (ranging from 0 to 1) of the four measures was calculated for each individual. The four measures were all moderately positively correlated (see Table 1), with an overall reliability (Cronbach's alpha) of 0.646. To look at the data in more detail, people were grouped by five-year age group, gender, and caregiving status (caregiver, non-caregiver).

Table 1: Correlations* between well-being measures, 2010-2012

	No worry	No stress	Enough time	Well-rested
Did not experience a lot worry yesterday	1.000			
Did not experience a lot stress yesterday	0.391	1.000		
Had enough time yesterday to get things done	0.458	0.340	1.000	
Felt well-rested yesterday	0.524	0.429	0.765	1.000

* Tetrachoric correlations are reported, as the outcome variables are all dichotomous but it is appropriate to think of them as reflecting underlying continuous variables.

Results

Two findings were clear and consistent across all of the data controlling for age: (1) family caregivers were more likely to report feeling stress and worry than non-caregivers, and less likely to report feeling well-rested and as if they have enough time; and (2) women were more likely to report feeling stress and worry than men, and less likely to report feeling well-rested and having enough time. When gender and caregiving status were considered together, female caregivers had the lowest levels of well-being across all of the groups for each of the measures. In contrast, male non-caregivers consistently had the highest levels of well-being across all of the groups for each of the measures. Female non-caregivers and male caregivers fell between these two groups. For emotional measures, higher percentages of male caregivers experienced stress and worry than female non-caregivers. However, similar percentages of people in both groups reported feeling well-rested and that they have enough time. The well-being data percentages by age, gender, and caregiving status are displayed in Appendix B.

Response patterns by age are shown in Figure 1. There were also patterns by age that are consistent for males and females, caregivers and non-caregivers. For all four measures, well-being was lower for people of typical working age (25-64) than for people of typical retirement age (age 65+), with a very sharp increase in late 50s and 60s, and a continued but slower increase in the 70s and 80s.

The percent not experiencing a lot of worry, feeling well-rested, and having enough time followed a similar pattern by age. The percentages of respondents who experienced

positive well-being for each of these measures decreased slightly from age 18-24 to a low during middle working age (late 30s or 40s). Across all age groups 25 or older, the measures were separated by no more than 7 percentage points. Looking at the relative frequencies across the lifespan, the largest percentage of people reported having enough time, followed by those feeling well-rested, and not experiencing worry (the latter two were approximately the same below age 40, and separated thereafter).

The percent not experiencing a lot of stress followed a different pattern. A much lower percentage of people age 18-24 reported not experiencing a lot of stress (55 percent compared to 70 to 81 percent) and then dropped only slightly until age 50. For people age 65 or older, the percentage not experiencing stress was in the same range as the other measures.

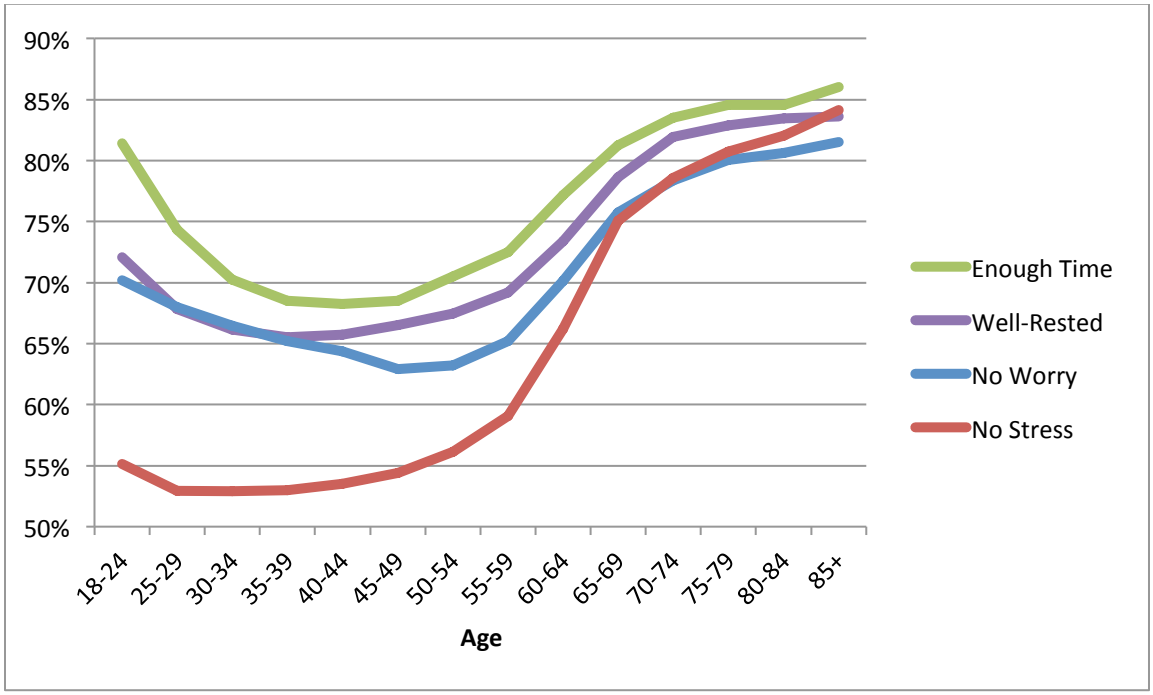

Figure 1. Percentage of people who reported having enough time yesterday, feeling well-rested yesterday, not experiencing worry yesterday, and not experiencing stress yesterday by age. Source: MIT AgeLab analysis of Gallup-Healthways Well-Being Index data from 2010-2012.

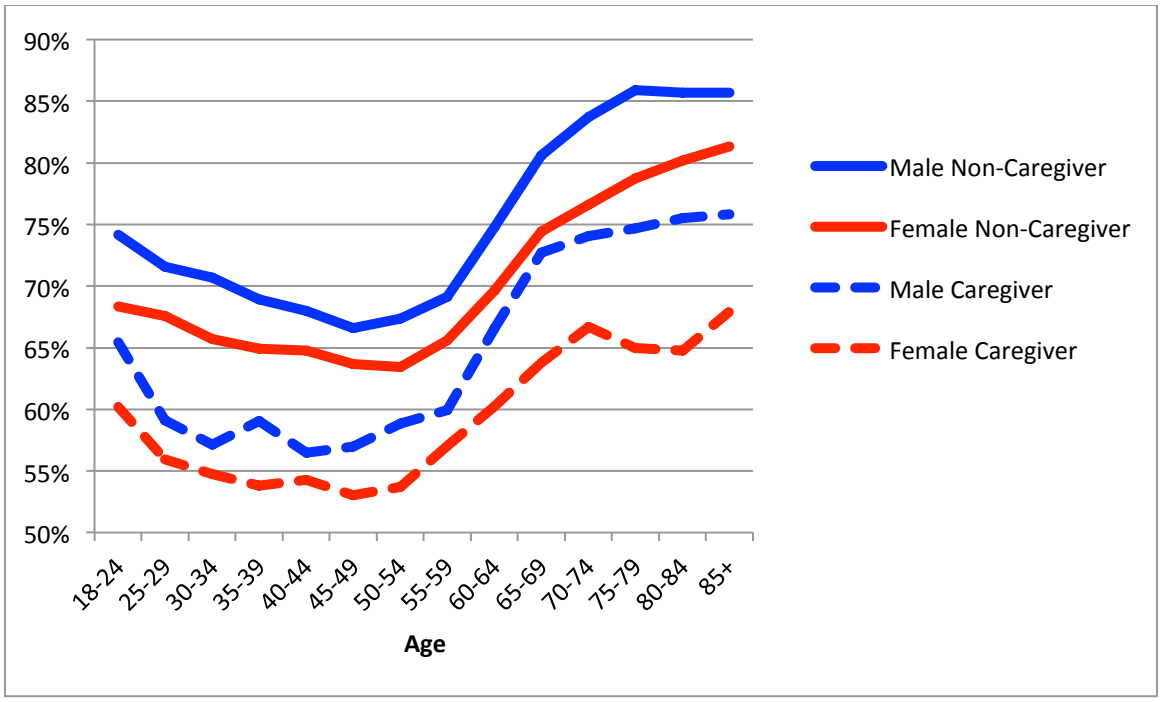

Figure 2. Percentage of people who reported not experiencing worry yesterday by age. Source: MIT AgeLab analysis of Gallup-Healthways Well-Being Index data from 2010-2012.

Figure 2 shows the percentage of people not experiencing a lot of worry yesterday (that is, experiencing positive well-being). On this measure, there was an average caregiver gap (difference in well-being between caregivers and non-caregivers, average across both genders and all age groups) of 11 percentage points and a gender gap (difference in well-being between women and men) of 5 percentage points. For all ages, the highest well-being was reported by male non-caregivers, followed by female non-caregivers, male caregivers, and finally female caregivers.

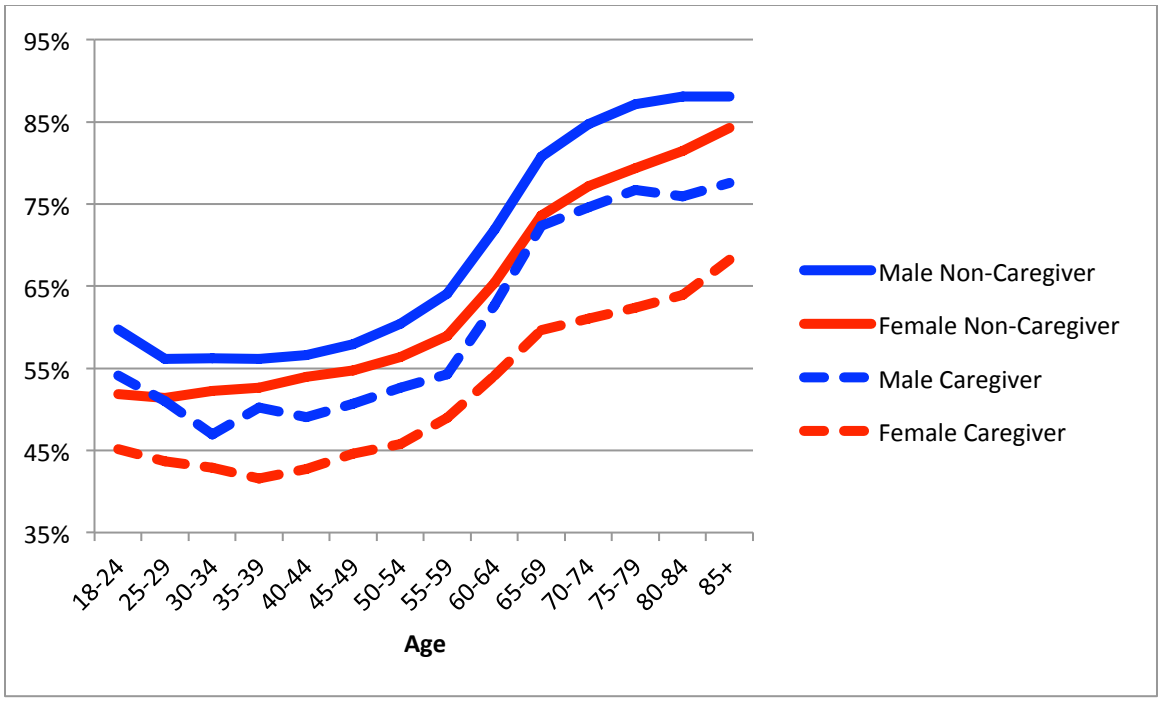

Figure 3. Percentage of people who reported not experiencing stress yesterday by age. Source: MIT AgeLab analysis of Gallup-Healthways Well-Being Index data from 2010-2012.

Figure 3 shows the percentage of people not experiencing a lot of stress yesterday. On this measure, there was an average caregiver gap of 10 percentage points and an average gender gap of 7 percentage points. For all ages except 18-24, the highest well-being was reported by male non-caregivers, followed by female non-caregivers, male caregivers, and finally female caregivers.

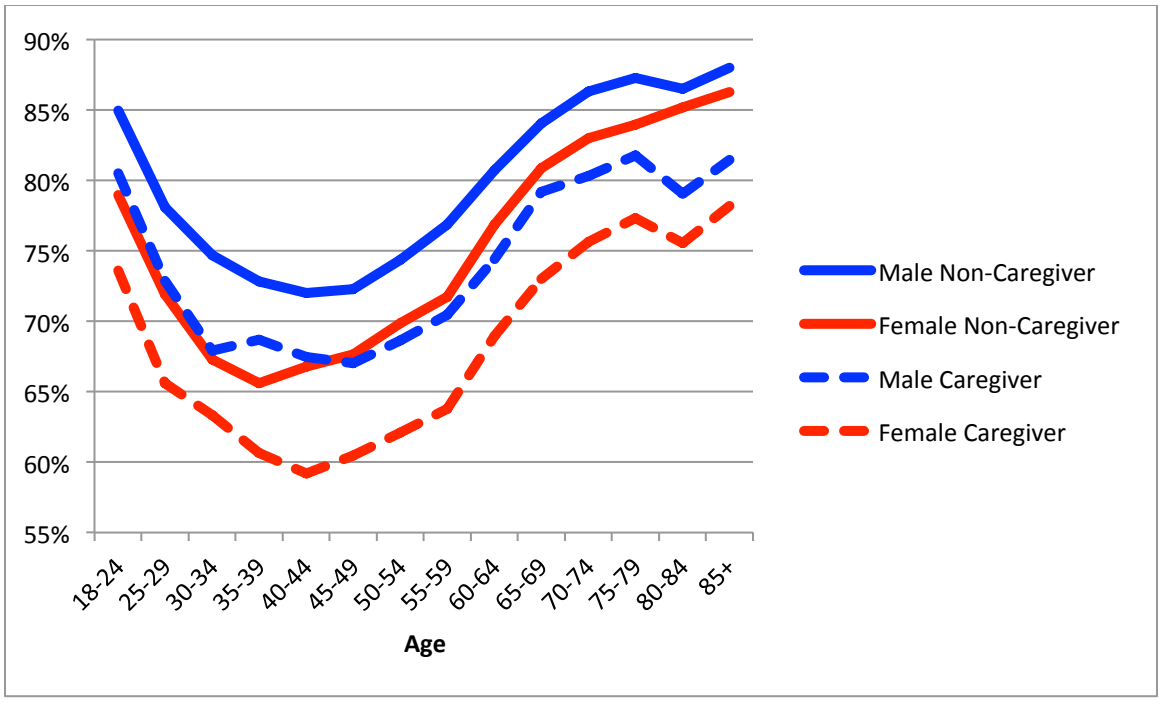

Figure 4. Percentage of people who reported feeling as if they had enough time yesterday to get things done by age. Source: MIT AgeLab analysis of Gallup-Healthways Well-Being Index data from 2010-2012.

Figure 4 shows the percentage of people who reported they had enough time yesterday to get things done. On this measure, there was an average caregiver gap of 6 percentage points and an average gender gap of 5 percentage points, the smallest separation of any of the measures. The highest well-being was reported by male non-caregivers, and the lowest by female caregivers; male caregivers and female non-caregivers reported similar percentages through working age, but for age 65+, these two groups diverged, with female non-caregivers showing higher well-being than male caregivers.

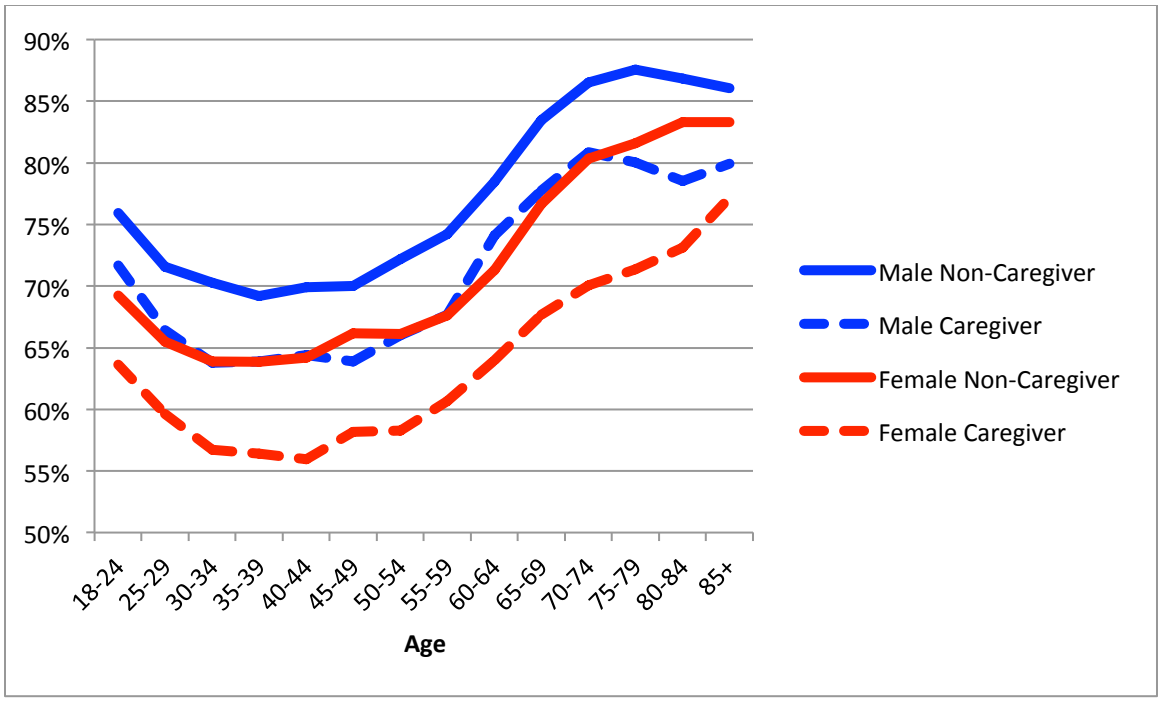

Figure 5. Percentage of people who reported feeling well-rested yesterday by age. Source: MIT AgeLab analysis of Gallup-Healthways Well-Being Index data from 2010-2012.

Figure 5 shows the percentage of people who reported feeling well-rested. On this measure, the average caregiver gap and average gender gap were both 7 percentage points. The highest well-being was reported by male non-caregivers, and the lowest by female caregivers; male caregivers and female non-caregivers reported similar percentages up to age 80.

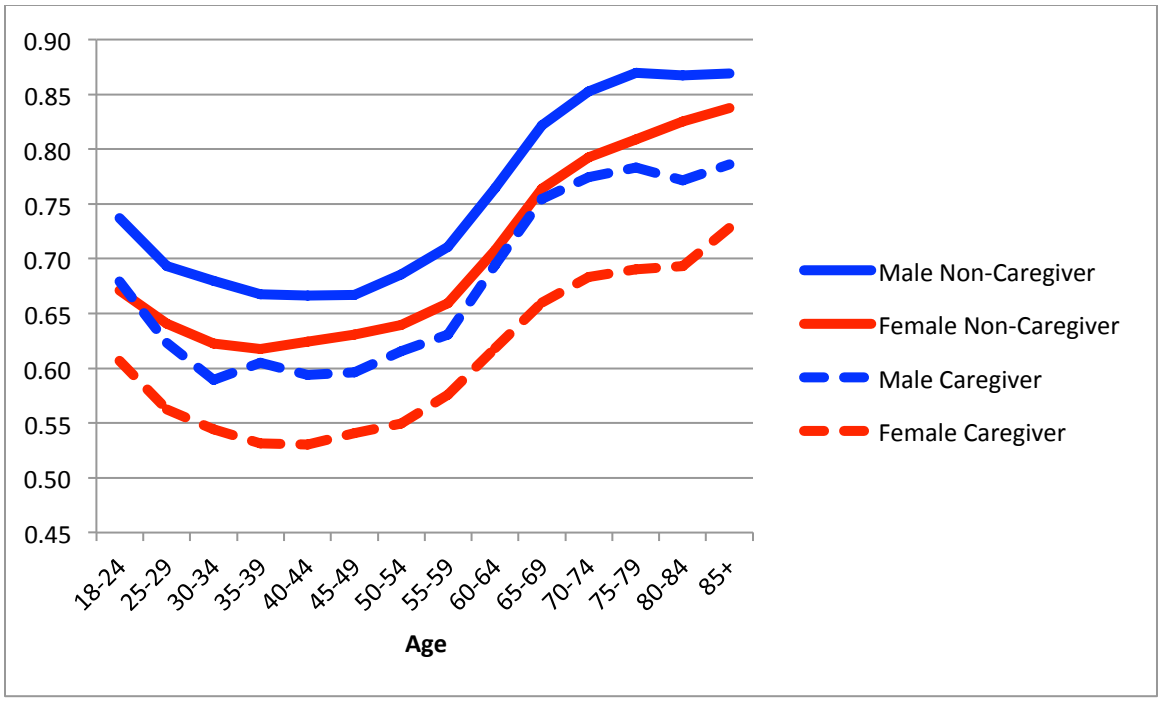

Figure 6. Mean composite score (reverse scored 'worry' and 'stress' as well as 'enough time' and 'well-rested') by age. Source: MIT AgeLab analysis of Gallup-Healthways Well-Being Index data from 2010-2012.

The composite score graph, Figure 6, closely resembles the four previous graphs. There was an average caregiver gap of 9 percentage points and an average gender gap of 6 percentage points. For all ages except 18-24, the highest well-being was reported by male non-caregivers, followed by female non-caregivers, male caregivers, and finally female caregiver.

Discussion

This analysis shows that family caregivers experience lower levels of well-being than non-caregivers, as measured by experiencing stress and worry, feeling well-rested, and having enough time.

For both caregivers and non-caregivers, women were more likely to have experienced stress and worry than men. Similarly, women were less likely to feel as if they had enough time and feel well-rested than men. These findings support previous research that caregivers, particularly women, are often emotionally burdened by caregiving and have constrained time. Caregiving had a larger effect than gender on the emotional well-being measures (stress and worry); this was evident in that the lowest percentage of people not experiencing stress and/or worry was in the female caregiver group, followed by the male caregiver group, the female non-caregiver group, and the male non-caregiver group.

The measures of enough time and well-rested across the lifespan followed similar patterns. Both demonstrated a dip (less well-being) in midlife and an increase (higher well-being) in older adulthood. In both measures, the percentage of female caregivers who indicated positive well-being was lowest amongst the four groups. Male caregivers and female non-caregivers reported similarly, while male non-caregivers were the most likely to say that they were well-rested and had enough time.

These findings suggest that women feel that they are bearing the brunt of the burden of caregiving. Regardless of the degree to which this represents a difference in care activities or the perception of those activities, thought should be given to what can be done to help women in the caregiving process.

The issues surrounding caregiving are particularly acute at midlife, a time when many caregivers are sandwiched between children and aging parents. While there is a well-being dip for non-caregivers as well at this life stage, caregivers appear to suffer more emotionally and physically compared to non-caregivers.

Additionally, older female caregivers (around the age of 70 and older) have the greatest gap between caregivers and non-caregivers. This suggests that caregiving is especially burdensome for older women.

Future Research

This exploratory research suggests that additional work should be conducted to develop and promote effective and evidence-based interventions to improve caregiver well-being, and to make such interventions available to the 42 million caregivers who may benefit. Supports include respite care, support groups, exercise programs that improve resilience and physical well-being, workplace adaptations such as flexible hours, and availability of employer-sponsored services for care recipients. In addition, future research should address in greater detail the impact of state policies or regional services that may address caregiver well-being.

The current study leaves outstanding research questions to be explored. Among them is the need to examine the differences associated with caring for persons with disabilities of various ages, or various relationships (e.g., child, parent, spouse). The current study data do not offer the opportunity to provide insights on the type of caregiving provided or the characteristics of the care recipient.

The data suggest that well-being for family caregivers improves after approximately age 60. Relative improvement in overall well-being is also observed in non-caregivers over age 60. It is unclear as to whether the improvement in caregiver well-being observed in this analysis is related to caregiving or changes in well-being over the life course. Future

research should examine the relative effects of caregiving during midlife (typical working age years) compared to after midlife (typical retirement age years).

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Appendix A
Table A1: Percent of Caregivers and Non-Caregivers Experiencing a Lot of Worry, by State

	2010		2011		2012		Total 2010-2012	
State	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers
Alabama	44.5%	29.3%	42.0%	29.6%	42.5%	28.9%	43.3%	29.3%
Alaska	44.2%	26.1%	32.7%	24.3%	38.7%	26.8%	39.9%	25.9%
Arizona	42.6%	31.2%	39.3%	29.3%	38.4%	29.1%	40.5%	30.1%
Arkansas	40.1%	31.2%	38.0%	27.1%	36.0%	29.9%	38.3%	29.8%
California	42.1%	32.4%	44.7%	31.3%	42.5%	30.3%	42.9%	31.6%
Colorado	41.5%	27.4%	39.6%	30.1%	38.4%	26.2%	40.2%	27.8%
Connecticut	41.5%	31.0%	40.3%	28.5%	39.5%	28.4%	40.6%	29.7%
Delaware	43.4%	28.2%	31.0%	28.5%	44.7%	29.9%	40.7%	28.7%
District of Columbia	33.3%	30.6%	45.7%	31.1%	38.6%	25.8%	38.5%	29.2%
Florida	45.2%	31.8%	41.5%	30.7%	42.1%	29.6%	43.4%	31.0%
Georgia	41.8%	28.8%	35.9%	29.3%	36.0%	29.0%	38.5%	29.0%
Hawaii	37.3%	21.7%	29.4%	22.3%	27.0%	27.7%	33.2%	23.4%
Idaho	47.7%	31.2%	47.4%	32.7%	43.5%	30.4%	46.4%	31.4%
Illinois	39.3%	30.6%	36.5%	31.5%	38.6%	28.7%	38.4%	30.3%
Indiana	42.6%	29.3%	42.0%	31.0%	41.4%	30.2%	42.1%	29.9%
Iowa	37.7%	26.9%	36.7%	26.4%	36.6%	25.1%	37.2%	26.2%
Kansas	41.2%	28.1%	35.8%	24.6%	39.2%	30.0%	39.1%	27.7%
Kentucky	47.3%	34.9%	45.2%	34.7%	48.5%	34.2%	47.1%	34.6%
Louisiana	39.7%	29.7%	38.8%	28.2%	34.9%	28.8%	38.1%	29.1%
Maine	36.1%	28.8%	40.2%	27.8%	41.0%	29.0%	38.4%	28.6%
Maryland	41.9%	29.8%	39.1%	29.5%	37.5%	28.3%	39.9%	29.3%
Massachusetts	41.8%	32.3%	42.2%	29.7%	43.2%	30.3%	42.2%	31.1%
Michigan	42.2%	29.0%	39.9%	28.4%	40.9%	26.0%	41.3%	28.1%
Minnesota	38.5%	27.1%	34.6%	24.1%	35.7%	24.2%	36.7%	25.6%
Mississippi	42.8%	31.0%	34.8%	27.8%	43.2%	28.0%	40.8%	29.4%
Missouri	42.3%	29.0%	42.3%	30.9%	37.5%	29.6%	41.1%	29.7%
Montana	38.0%	26.9%	43.2%	26.3%	52.4%	25.3%	43.7%	26.3%
Nebraska	34.7%	28.0%	44.5%	23.8%	34.5%	23.2%	37.4%	25.5%
Nevada	45.5%	34.6%	42.1%	32.9%	43.3%	29.2%	43.9%	32.9%
New Hampshire	41.3%	30.8%	38.6%	28.6%	43.6%	31.9%	41.2%	30.5%
New Jersey	41.7%	30.9%	43.8%	33.9%	39.8%	33.3%	41.8%	32.3%
New Mexico	42.8%	30.5%	41.5%	24.9%	38.8%	26.7%	41.3%	27.9%
New York	39.9%	31.4%	37.8%	31.7%	41.1%	30.5%	39.7%	31.3%
North Carolina	43.5%	31.9%	38.9%	28.9%	36.7%	27.6%	40.4%	30.1%
North Dakota	34.3%	25.0%	25.9%	25.2%	47.6%	25.8%	36.9%	25.3%
Ohio	43.3%	30.6%	38.5%	29.0%	37.0%	29.2%	40.4%	29.8%
Oklahoma	37.0%	30.2%	39.0%	29.2%	36.7%	25.8%	37.4%	28.9%
Oregon	42.3%	32.7%	40.5%	29.6%	42.8%	28.8%	42.0%	30.9%
Pennsylvania	41.1%	28.6%	38.9%	28.4%	38.8%	27.0%	39.9%	28.2%
Rhode Island	38.6%	31.4%	46.6%	32.0%	34.3%	27.5%	39.7%	30.5%
South Carolina	40.4%	28.7%	38.7%	28.6%	39.1%	25.4%	39.6%	27.8%
South Dakota	45.5%	23.3%	44.7%	26.6%	25.9%	23.4%	39.6%	24.2%
Tennessee	43.9%	30.6%	44.1%	30.2%	41.5%	30.1%	43.3%	30.4%
Texas	40.1%	30.9%	40.7%	29.3%	39.9%	28.6%	40.2%	29.9%
Utah	49.7%	33.1%	41.1%	34.0%	45.0%	32.2%	45.8%	33.1%
Vermont	46.2%	29.1%	37.1%	26.4%	43.7%	22.3%	43.1%	26.9%
Virginia	43.0%	28.9%	39.7%	27.9%	39.5%	29.1%	41.1%	28.7%
Washington	38.0%	29.7%	39.5%	29.5%	39.5%	29.3%	38.9%	29.5%
West Virginia	45.5%	33.8%	38.8%	32.2%	49.1%	33.4%	44.9%	33.3%
Wisconsin	37.9%	27.6%	40.5%	27.7%	40.5%	24.2%	39.3%	26.7%
Wyoming	37.9%	28.6%	39.8%	28.9%	21.2%	25.2%	32.7%	27.7%

Table A2: Percent of Caregivers and Non-Caregivers Experiencing a Lot of Stress, by State

	2010		2011		2012		Total 2010-2012	
State	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers
Alabama	52.7%	36.6%	50.5%	36.1%	51.1%	38.1%	51.6%	36.9%
Alaska	45.9%	37.1%	43.6%	32.2%	54.8%	37.4%	46.9%	36.0%
Arizona	48.2%	37.5%	46.5%	38.3%	46.2%	36.6%	47.2%	37.5%
Arkansas	48.6%	37.4%	48.1%	35.1%	44.6%	38.5%	47.3%	37.1%
California	46.5%	38.1%	47.3%	38.3%	47.6%	36.8%	47.0%	37.8%
Colorado	54.5%	37.4%	54.8%	40.5%	47.4%	35.7%	52.6%	37.7%
Connecticut	50.3%	38.4%	55.1%	40.1%	52.0%	39.6%	52.1%	39.1%
Delaware	47.4%	34.5%	36.8%	38.9%	52.9%	41.2%	46.4%	37.3%
District of Columbia	42.2%	36.3%	42.9%	43.2%	40.0%	36.8%	41.9%	38.1%
Florida	49.1%	37.1%	50.4%	37.0%	46.5%	35.8%	48.7%	36.7%
Georgia	47.2%	35.9%	44.3%	36.7%	45.5%	37.6%	45.9%	36.6%
Hawaii	44.7%	27.4%	38.2%	31.4%	28.6%	31.7%	40.1%	29.5%
Idaho	56.6%	40.3%	55.5%	39.7%	55.2%	41.0%	55.9%	40.3%
Illinois	44.3%	38.2%	45.6%	38.0%	47.1%	39.4%	45.4%	38.5%
Indiana	50.9%	38.3%	52.1%	40.2%	49.6%	40.2%	50.9%	39.2%
Iowa	46.6%	36.3%	45.9%	36.1%	49.0%	34.5%	47.1%	35.7%
Kansas	46.3%	37.8%	47.6%	37.1%	52.9%	40.5%	48.4%	38.3%
Kentucky	52.7%	42.7%	52.5%	43.6%	56.9%	41.3%	53.7%	42.6%
Louisiana	44.7%	36.4%	46.9%	35.2%	44.3%	35.5%	45.2%	35.8%
Maine	44.1%	39.0%	56.0%	34.4%	46.6%	41.6%	48.4%	38.4%
Maryland	50.5%	37.2%	50.5%	37.6%	46.2%	34.9%	49.2%	36.7%
Massachusetts	50.7%	40.7%	48.6%	39.7%	51.6%	40.7%	50.4%	40.4%
Michigan	47.7%	39.0%	49.5%	36.9%	51.8%	38.8%	49.4%	38.4%
Minnesota	47.6%	37.4%	47.8%	35.7%	46.4%	36.7%	47.3%	36.8%
Mississippi	49.1%	37.6%	41.2%	36.0%	48.2%	32.4%	46.8%	35.9%
Missouri	49.7%	37.9%	49.2%	38.7%	46.6%	41.1%	48.8%	38.9%
Montana	47.8%	37.9%	46.7%	36.0%	63.4%	34.4%	52.0%	36.5%
Nebraska	46.1%	36.4%	49.3%	36.1%	42.4%	35.8%	45.8%	36.2%
Nevada	47.5%	40.1%	46.5%	37.9%	51.4%	36.8%	48.1%	38.8%
New Hampshire	47.0%	39.8%	54.7%	40.7%	58.4%	40.6%	52.1%	40.2%
New Jersey	50.7%	37.8%	48.2%	42.1%	46.0%	38.8%	48.8%	39.2%
New Mexico	47.8%	37.5%	54.2%	35.5%	42.5%	34.6%	48.1%	36.2%
New York	48.3%	38.2%	45.5%	38.4%	44.5%	38.8%	46.5%	38.4%
North Carolina	48.7%	38.6%	49.4%	37.2%	44.5%	36.1%	47.7%	37.6%
North Dakota	47.1%	33.4%	50.0%	34.8%	51.2%	38.9%	49.0%	35.2%
Ohio	50.9%	39.9%	49.1%	38.9%	49.6%	39.7%	50.1%	39.6%
Oklahoma	45.5%	38.2%	43.9%	37.0%	44.8%	38.8%	44.9%	38.0%
Oregon	51.7%	40.6%	52.5%	40.6%	52.7%	39.2%	52.1%	40.2%
Pennsylvania	48.7%	37.3%	48.4%	37.7%	49.1%	37.0%	48.7%	37.4%
Rhode Island	51.0%	38.9%	47.5%	36.3%	43.5%	42.4%	48.2%	39.1%
South Carolina	51.0%	36.3%	45.4%	36.0%	47.0%	34.6%	48.3%	35.8%
South Dakota	47.7%	33.0%	46.6%	35.2%	38.8%	37.8%	44.8%	34.9%
Tennessee	53.2%	37.8%	53.3%	38.2%	50.8%	38.5%	52.6%	38.1%
Texas	46.8%	37.3%	45.1%	37.6%	45.3%	36.5%	45.9%	37.2%
Utah	48.8%	44.1%	48.8%	44.2%	51.6%	44.2%	49.7%	44.2%
Vermont	52.7%	36.3%	42.7%	35.6%	44.2%	33.5%	48.0%	35.5%
Virginia	47.7%	38.3%	51.5%	38.1%	45.6%	40.0%	48.1%	38.7%
Washington	51.3%	39.1%	52.0%	39.3%	51.0%	41.3%	51.4%	39.8%
West Virginia	53.1%	41.6%	50.4%	42.2%	52.4%	42.2%	52.3%	41.9%
Wisconsin	46.4%	36.9%	45.4%	39.3%	49.1%	35.1%	46.8%	37.0%
Wyoming	49.6%	31.8%	54.8%	41.2%	43.8%	35.5%	49.0%	35.3%

Table A3: Percent of Caregivers and Non-Caregivers Feeling Well-Rested, by State

	2010		2011		2012		Total 2010-2012	
State	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers
Alabama	59.4%	70.8%	56.1%	71.3%	66.0%	73.0%	60.5%	71.5%
Alaska	69.4%	72.2%	75.5%	73.0%	72.1%	66.1%	71.7%	71.0%
Arizona	65.4%	71.2%	63.6%	71.1%	66.7%	72.8%	65.3%	71.6%
Arkansas	59.2%	68.3%	66.6%	70.5%	58.6%	70.3%	60.9%	69.4%
California	66.9%	72.4%	66.2%	71.7%	65.0%	72.3%	66.2%	72.2%
Colorado	65.8%	72.6%	68.2%	70.2%	65.3%	75.1%	66.2%	72.7%
Connecticut	66.6%	70.9%	62.8%	72.8%	63.3%	72.0%	64.6%	71.7%
Delaware	64.9%	69.3%	72.4%	68.0%	68.0%	72.8%	67.6%	69.8%
District of Columbia	69.2%	72.0%	61.4%	73.9%	78.9%	74.9%	69.7%	73.4%
Florida	62.4%	73.9%	64.1%	73.7%	64.7%	72.6%	63.5%	73.5%
Georgia	65.1%	71.4%	67.8%	72.9%	65.9%	72.3%	66.0%	72.0%
Hawaii	71.4%	75.4%	71.6%	77.5%	84.4%	76.4%	74.3%	76.3%
Idaho	54.1%	70.6%	61.8%	71.7%	62.2%	70.3%	58.7%	70.8%
Illinois	65.5%	72.2%	72.4%	71.8%	69.4%	72.5%	68.3%	72.2%
Indiana	63.2%	71.3%	57.8%	71.7%	62.4%	70.0%	61.4%	71.0%
Iowa	67.2%	73.9%	66.0%	75.7%	69.3%	73.2%	67.4%	74.2%
Kansas	61.0%	72.8%	67.2%	73.7%	69.2%	69.5%	64.9%	72.2%
Kentucky	56.9%	67.0%	56.0%	66.7%	56.7%	68.8%	56.6%	67.4%
Louisiana	67.7%	72.5%	62.5%	73.4%	66.8%	74.0%	66.1%	73.1%
Maine	62.7%	70.5%	61.2%	69.4%	69.7%	66.6%	63.8%	69.3%
Maryland	63.5%	71.1%	61.1%	72.6%	65.7%	73.8%	63.6%	72.2%
Massachusetts	61.4%	70.9%	64.5%	72.1%	60.9%	71.0%	62.1%	71.2%
Michigan	66.5%	71.7%	66.7%	73.3%	65.2%	72.0%	66.2%	72.2%
Minnesota	68.0%	73.9%	66.7%	75.1%	63.4%	72.6%	66.3%	73.9%
Mississippi	61.1%	71.6%	65.4%	70.5%	61.5%	75.1%	62.3%	72.2%
Missouri	63.2%	71.7%	65.7%	72.0%	64.4%	71.0%	64.2%	71.6%
Montana	61.1%	70.9%	66.3%	74.8%	62.6%	72.5%	63.1%	72.3%
Nebraska	73.1%	74.1%	68.9%	77.8%	65.6%	72.8%	69.7%	74.7%
Nevada	67.0%	72.2%	62.2%	71.9%	70.6%	72.8%	66.5%	72.2%
New Hampshire	61.1%	68.8%	59.1%	73.5%	55.6%	71.7%	59.1%	70.8%
New Jersey	65.2%	72.2%	66.5%	71.0%	62.2%	72.0%	64.8%	71.8%
New Mexico	65.6%	72.0%	61.1%	74.2%	71.7%	73.4%	66.0%	73.0%
New York	61.8%	71.1%	65.8%	70.9%	65.4%	72.5%	63.9%	71.4%
North Carolina	64.7%	71.7%	64.4%	73.5%	66.7%	72.9%	65.2%	72.4%
North Dakota	71.6%	74.1%	61.4%	76.5%	64.7%	76.7%	66.5%	75.5%
Ohio	63.0%	71.1%	65.1%	72.0%	63.9%	70.3%	63.7%	71.1%
Oklahoma	63.9%	72.1%	69.7%	72.4%	61.3%	69.9%	64.6%	71.6%
Oregon	63.0%	71.0%	65.2%	69.2%	63.4%	72.5%	63.7%	71.0%
Pennsylvania	65.8%	72.6%	65.1%	72.3%	66.6%	74.7%	65.8%	73.0%
Rhode Island	65.7%	72.5%	67.8%	73.1%	73.8%	77.6%	68.3%	74.0%
South Carolina	67.6%	73.7%	65.3%	73.4%	64.2%	72.1%	66.0%	73.2%
South Dakota	71.8%	76.4%	63.5%	75.4%	67.4%	73.4%	67.9%	75.3%
Tennessee	61.4%	71.7%	62.0%	70.6%	62.4%	70.7%	61.8%	71.2%
Texas	63.1%	72.2%	66.0%	72.8%	66.0%	73.3%	64.7%	72.7%
Utah	64.0%	69.1%	66.6%	70.6%	55.1%	70.0%	61.8%	69.8%
Vermont	67.5%	72.2%	73.0%	70.3%	53.5%	73.9%	65.5%	72.0%
Virginia	63.7%	71.5%	61.1%	72.8%	64.4%	71.8%	63.2%	71.9%
Washington	65.7%	71.0%	64.6%	72.3%	63.2%	71.5%	64.7%	71.5%
West Virginia	54.9%	67.2%	60.8%	67.9%	64.0%	64.6%	58.7%	66.7%
Wisconsin	66.0%	73.5%	68.4%	73.3%	65.9%	72.8%	66.6%	73.3%
Wyoming	70.2%	72.9%	48.8%	69.6%	69.5%	74.9%	64.4%	72.6%

Table A4: Percent of Caregivers and Non-Caregivers Having Enough Time, by State

	2010		2011		2012		Total 2010-2012	
State	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers
Alabama	67.9%	76.4%	67.5%	75.2%	67.5%	78.0%	67.7%	76.5%
Alaska	74.6%	72.5%	69.3%	72.9%	53.2%	76.2%	68.8%	73.4%
Arizona	71.8%	78.0%	68.6%	76.8%	69.5%	77.2%	70.2%	77.5%
Arkansas	63.0%	75.0%	77.7%	74.4%	64.6%	75.2%	67.2%	74.9%
California	69.6%	77.5%	73.2%	76.2%	71.6%	78.2%	71.0%	77.3%
Colorado	67.8%	75.3%	67.5%	73.6%	67.8%	77.4%	67.7%	75.4%
Connecticut	67.2%	75.6%	65.1%	74.4%	70.8%	76.0%	67.7%	75.4%
Delaware	65.5%	76.3%	73.6%	77.4%	64.1%	77.6%	67.1%	76.9%
District of Columbia	71.4%	75.6%	85.7%	73.5%	69.0%	82.9%	75.2%	77.4%
Florida	69.9%	77.9%	69.3%	77.1%	70.2%	78.9%	69.8%	78.0%
Georgia	69.8%	77.2%	72.1%	75.8%	70.0%	78.0%	70.4%	77.0%
Hawaii	77.0%	79.7%	68.7%	76.6%	81.3%	82.8%	76.1%	79.6%
Idaho	63.4%	74.3%	64.6%	76.4%	61.1%	77.0%	63.0%	75.6%
Illinois	71.6%	76.1%	71.9%	75.3%	70.3%	76.7%	71.4%	76.0%
Indiana	64.6%	74.5%	67.5%	75.5%	69.7%	73.9%	66.8%	74.6%
Iowa	65.7%	76.1%	64.8%	75.4%	63.4%	75.1%	64.7%	75.7%
Kansas	74.4%	75.4%	68.1%	76.7%	67.1%	73.1%	70.7%	75.1%
Kentucky	66.9%	72.6%	62.8%	72.4%	61.7%	72.3%	64.5%	72.5%
Louisiana	73.6%	77.9%	69.1%	76.6%	72.7%	78.1%	72.2%	77.6%
Maine	63.3%	73.0%	64.1%	72.7%	69.1%	72.8%	64.8%	72.9%
Maryland	69.5%	76.5%	66.2%	74.1%	69.9%	75.7%	68.8%	75.7%
Massachusetts	66.3%	75.3%	66.7%	73.9%	64.6%	75.4%	66.0%	75.0%
Michigan	69.8%	75.4%	68.7%	76.5%	67.3%	74.1%	68.8%	75.4%
Minnesota	66.2%	75.2%	68.8%	74.2%	68.1%	74.9%	67.4%	74.9%
Mississippi	72.5%	80.0%	71.9%	78.9%	72.4%	78.5%	72.3%	79.3%
Missouri	70.7%	75.5%	67.0%	74.4%	69.1%	74.4%	69.3%	74.9%
Montana	68.5%	76.8%	66.8%	76.3%	62.0%	75.6%	66.3%	76.4%
Nebraska	70.4%	74.5%	63.5%	75.1%	68.3%	75.3%	67.8%	74.9%
Nevada	72.3%	77.2%	69.4%	77.0%	71.4%	76.3%	71.3%	77.0%
New Hampshire	67.3%	73.7%	58.7%	70.7%	65.3%	72.5%	64.2%	72.6%
New Jersey	67.5%	77.6%	67.6%	77.0%	74.0%	77.6%	69.2%	77.4%
New Mexico	70.0%	75.3%	63.8%	76.9%	68.2%	74.8%	67.7%	75.6%
New York	69.6%	76.4%	71.1%	76.4%	70.1%	78.4%	70.1%	76.9%
North Carolina	69.2%	75.4%	66.5%	75.1%	70.3%	77.7%	68.8%	75.9%
North Dakota	74.8%	75.5%	75.4%	76.9%	68.2%	77.2%	73.0%	76.4%
Ohio	67.1%	75.6%	66.2%	75.3%	68.7%	76.4%	67.3%	75.7%
Oklahoma	71.8%	75.5%	72.1%	75.0%	72.4%	74.7%	72.1%	75.2%
Oregon	65.6%	75.4%	67.0%	73.7%	65.8%	75.7%	66.0%	75.1%
Pennsylvania	68.3%	75.8%	64.7%	75.6%	67.5%	77.2%	67.1%	76.1%
Rhode Island	74.3%	77.4%	73.7%	74.5%	74.8%	76.2%	74.3%	76.3%
South Carolina	70.9%	78.8%	64.5%	77.7%	68.7%	77.2%	68.5%	78.1%
South Dakota	63.6%	79.0%	67.0%	75.1%	74.4%	78.4%	67.9%	77.9%
Tennessee	66.1%	76.1%	70.2%	74.2%	67.3%	75.6%	67.5%	75.5%
Texas	69.6%	78.1%	70.7%	76.8%	71.1%	77.7%	70.3%	77.7%
Utah	66.2%	71.4%	58.1%	71.8%	62.7%	72.7%	62.9%	71.9%
Vermont	68.3%	71.5%	70.8%	69.9%	58.6%	72.0%	66.4%	71.2%
Virginia	67.8%	74.8%	64.8%	73.9%	69.4%	76.0%	67.5%	74.9%
Washington	65.9%	74.9%	67.0%	75.3%	67.0%	76.4%	66.5%	75.4%
West Virginia	63.4%	73.9%	64.9%	72.4%	68.4%	72.5%	65.2%	73.2%
Wisconsin	66.6%	75.3%	69.0%	74.1%	67.5%	76.4%	67.4%	75.3%
Wyoming	61.0%	75.8%	69.0%	75.9%	70.5%	70.9%	66.3%	74.4%

Table A5: Composite Measure of Caregiver Well-Being, by State

	2010		2011		2012		Total 2010-2012	
State	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers	Caregivers	Non-Caregivers
Alabama	57.5%	70.3%	57.8%	70.2%	59.9%	71.0%	58.3%	70.5%
Alaska	63.4%	70.3%	67.0%	72.3%	57.8%	69.6%	63.5%	70.6%
Arizona	61.6%	70.1%	61.6%	70.1%	63.0%	71.1%	62.0%	70.4%
Arkansas	58.4%	68.7%	64.5%	70.7%	60.7%	69.2%	60.6%	69.3%
California	62.0%	69.8%	61.9%	69.6%	61.7%	70.9%	61.9%	70.0%
Colorado	59.4%	70.8%	60.3%	68.3%	61.8%	72.6%	60.3%	70.6%
Connecticut	60.4%	69.3%	58.1%	69.6%	60.8%	70.0%	59.9%	69.6%
Delaware	59.9%	70.7%	69.4%	69.6%	58.8%	69.8%	61.9%	70.2%
District of Columbia	66.2%	70.2%	64.8%	68.3%	67.5%	73.8%	66.2%	70.9%
Florida	59.6%	70.7%	60.4%	70.8%	61.6%	71.5%	60.3%	70.9%
Georgia	61.4%	71.0%	64.9%	70.6%	63.5%	70.9%	62.9%	70.9%
Hawaii	66.7%	76.6%	68.1%	75.1%	77.6%	74.9%	69.4%	75.7%
Idaho	53.3%	68.4%	55.9%	68.9%	56.1%	68.9%	54.8%	68.7%
Illinois	63.4%	69.9%	65.6%	69.4%	63.5%	70.3%	64.0%	69.9%
Indiana	58.6%	69.6%	57.8%	69.0%	60.2%	68.4%	58.8%	69.1%
Iowa	62.1%	71.7%	62.1%	72.2%	61.7%	72.2%	62.0%	72.0%
Kansas	62.0%	70.5%	62.9%	72.2%	61.2%	68.1%	62.1%	70.3%
Kentucky	56.0%	65.5%	55.3%	65.1%	53.2%	66.4%	55.1%	65.7%
Louisiana	64.2%	71.0%	61.6%	71.6%	65.1%	71.9%	63.8%	71.4%
Maine	61.4%	68.9%	57.2%	70.0%	62.7%	67.2%	60.4%	68.8%
Maryland	60.2%	70.1%	59.4%	69.9%	63.0%	71.6%	60.8%	70.5%
Massachusetts	58.8%	68.3%	60.1%	69.2%	57.7%	68.9%	58.9%	68.7%
Michigan	61.6%	69.8%	61.5%	71.1%	60.0%	70.4%	61.1%	70.3%
Minnesota	62.0%	71.2%	63.3%	72.4%	62.4%	71.6%	62.5%	71.6%
Mississippi	60.5%	70.7%	65.2%	71.3%	60.6%	73.4%	61.7%	71.6%
Missouri	60.5%	70.1%	60.3%	69.2%	62.4%	68.7%	60.9%	69.5%
Montana	61.0%	70.7%	60.9%	72.2%	52.3%	72.1%	58.4%	71.5%
Nebraska	65.7%	71.1%	59.1%	73.3%	64.3%	72.3%	63.4%	72.0%
Nevada	61.6%	68.7%	60.8%	69.5%	61.8%	70.8%	61.4%	69.4%
New Hampshire	60.0%	68.0%	56.1%	68.7%	54.7%	67.9%	57.5%	68.2%
New Jersey	60.1%	70.3%	60.5%	68.0%	62.6%	69.4%	60.9%	69.5%
New Mexico	61.3%	69.8%	57.3%	72.6%	64.7%	71.7%	61.1%	71.1%
New York	60.7%	69.4%	63.3%	69.3%	62.5%	70.4%	61.9%	69.6%
North Carolina	60.4%	69.1%	60.8%	70.6%	64.0%	71.7%	61.5%	70.2%
North Dakota	66.3%	72.8%	65.3%	73.4%	58.5%	72.4%	63.3%	72.9%
Ohio	59.0%	69.0%	60.9%	69.8%	61.5%	69.5%	60.1%	69.3%
Oklahoma	63.3%	69.8%	64.7%	70.3%	63.0%	70.0%	63.6%	70.0%
Oregon	58.6%	68.3%	59.9%	68.2%	58.4%	70.1%	58.9%	68.7%
Pennsylvania	61.1%	70.6%	60.6%	70.5%	61.6%	71.9%	61.1%	70.9%
Rhode Island	62.6%	69.9%	61.9%	69.9%	67.7%	70.9%	63.6%	70.1%
South Carolina	61.8%	71.9%	61.4%	71.6%	61.7%	72.3%	61.7%	71.9%
South Dakota	60.5%	74.8%	59.8%	72.2%	69.4%	72.7%	62.8%	73.5%
Tennessee	57.6%	69.8%	58.7%	69.1%	59.3%	69.4%	58.4%	69.5%
Texas	61.5%	70.5%	62.7%	70.7%	63.0%	71.5%	62.2%	70.8%
Utah	57.9%	65.8%	58.7%	66.0%	55.4%	66.6%	57.3%	66.1%
Vermont	59.1%	69.5%	66.1%	69.5%	56.2%	72.4%	60.2%	70.2%
Virginia	60.2%	69.8%	58.8%	70.2%	62.2%	69.7%	60.4%	69.8%
Washington	60.6%	69.3%	60.0%	69.7%	60.0%	69.4%	60.3%	69.4%
West Virginia	54.9%	66.4%	59.2%	66.4%	57.8%	65.3%	56.7%	66.1%
Wisconsin	62.1%	71.1%	62.9%	70.1%	60.9%	72.5%	62.0%	71.2%
Wyoming	61.0%	72.1%	55.7%	68.8%	68.9%	71.2%	62.2%	71.0%

The composite measure is the average of the percentage (a) not experiencing a lot of worry, (b) not experiencing a lot of stress, (c) feeling well-rested, and (d) having enough time.

Appendix B: Well-Being Measures for Male and Female Caregivers, 2010-2012

	Female Caregivers					Male Caregivers				
Age	Experience Worry	Experience Stress	Have Enough Time	Feel Well-Rested	Well-Being Composite*	Experience Worry	Experience Stress	Have Enough Time	Feel Well-Rested	Well-Being Composite*
18-24	39.8%	54.8%	73.6%	63.6%	60.7%	34.6%	45.9%	80.5%	71.7%	67.9%
25-29	44.1%	56.3%	65.6%	59.6%	56.2%	40.9%	49.0%	72.9%	66.4%	62.3%
30-34	45.3%	57.1%	63.3%	56.7%	54.4%	42.9%	53.1%	67.9%	63.8%	58.9%
35-39	46.2%	58.4%	60.6%	56.4%	53.1%	41.0%	49.8%	68.7%	63.9%	60.5%
40-44	45.7%	57.3%	59.2%	56.0%	53.0%	43.5%	51.0%	67.5%	64.4%	59.4%
45-49	47.0%	55.4%	60.5%	58.2%	54.1%	43.0%	49.3%	67.0%	63.9%	59.6%
50-54	46.3%	54.3%	62.1%	58.3%	55.0%	41.1%	47.4%	68.6%	66.0%	61.5%
55-59	43.0%	51.0%	63.8%	60.6%	57.6%	40.0%	45.7%	70.5%	67.7%	63.1%
60-64	39.8%	45.9%	69.0%	64.0%	61.8%	33.4%	37.3%	74.4%	74.1%	69.4%
65-69	36.2%	40.3%	73.0%	67.7%	66.0%	27.3%	27.7%	79.2%	77.7%	75.5%
70-74	33.3%	39.0%	75.7%	70.1%	68.3%	25.9%	25.4%	80.3%	80.9%	77.5%
75-79	35.0%	37.6%	77.3%	71.4%	69.0%	25.3%	23.3%	81.8%	80.0%	78.3%
80-84	35.2%	36.1%	75.5%	73.1%	69.4%	24.5%	24.1%	79.1%	78.5%	77.2%
85+	32.1%	31.8%	78.2%	77.2%	72.9%	24.2%	22.4%	81.4%	79.9%	78.6%
	Female Non-Caregivers					Male Non-Caregivers				
Age	Experience Worry	Experience Stress	Have Enough Time	Feel Well-Rested	Well-Being Composite*	Experience Worry	Experience Stress	Have Enough Time	Feel Well-Rested	Well-Being Composite*
18-24	31.6%	48.1%	79.0%	69.3%	67.1%	25.8%	40.2%	84.9%	75.9%	73.7%
25-29	32.4%	48.6%	71.9%	65.5%	64.1%	28.4%	43.9%	78.1%	71.6%	69.3%
30-34	34.3%	47.8%	67.3%	63.9%	62.3%	29.3%	43.8%	74.7%	70.3%	68.0%
35-39	35.1%	47.4%	65.6%	63.9%	61.8%	31.1%	43.9%	72.8%	69.2%	66.8%
40-44	35.2%	46.0%	66.8%	64.2%	62.4%	32.0%	43.4%	72.0%	69.9%	66.6%
45-49	36.3%	45.2%	67.7%	66.2%	63.0%	33.4%	42.1%	72.3%	70.0%	66.7%
50-54	36.6%	43.7%	69.9%	66.1%	63.9%	32.6%	39.6%	74.4%	72.2%	68.6%
55-59	34.4%	41.0%	71.7%	67.6%	66.0%	30.9%	35.9%	76.9%	74.2%	71.1%
60-64	30.3%	34.6%	76.9%	71.3%	70.8%	25.2%	28.1%	80.7%	78.5%	76.5%
65-69	25.6%	26.4%	80.9%	76.7%	76.4%	19.4%	19.3%	84.0%	83.5%	82.2%
70-74	23.4%	22.9%	83.0%	80.3%	79.2%	16.3%	15.3%	86.3%	86.5%	85.3%
75-79	21.3%	20.6%	84.0%	81.6%	80.9%	14.1%	12.9%	87.3%	87.6%	87.0%
80-84	19.8%	18.6%	85.2%	83.3%	82.5%	14.3%	11.9%	86.5%	86.8%	86.7%
85+	18.6%	15.7%	86.3%	83.3%	83.7%	14.3%	12.0%	88.0%	86.1%	86.9%