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# 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

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Enhance and expand the coordination and availability of respite services

# Survey Purpose

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

# Survey Methods

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- 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

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- 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

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2,649 surveys received total (both modes)

- 60% U.S. mail

- 40% Online

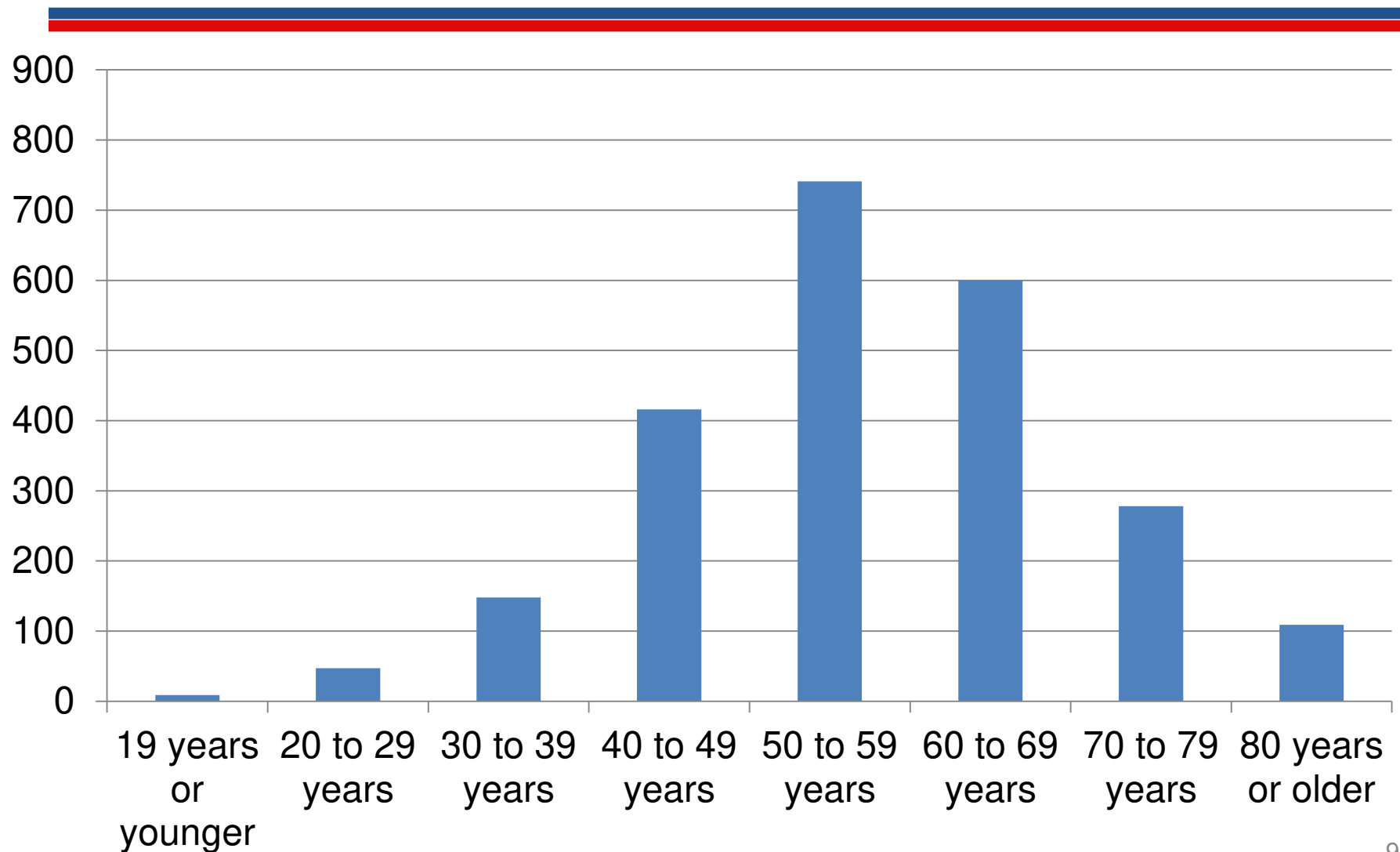
# Caregivers

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



# Caregivers



# Caregivers

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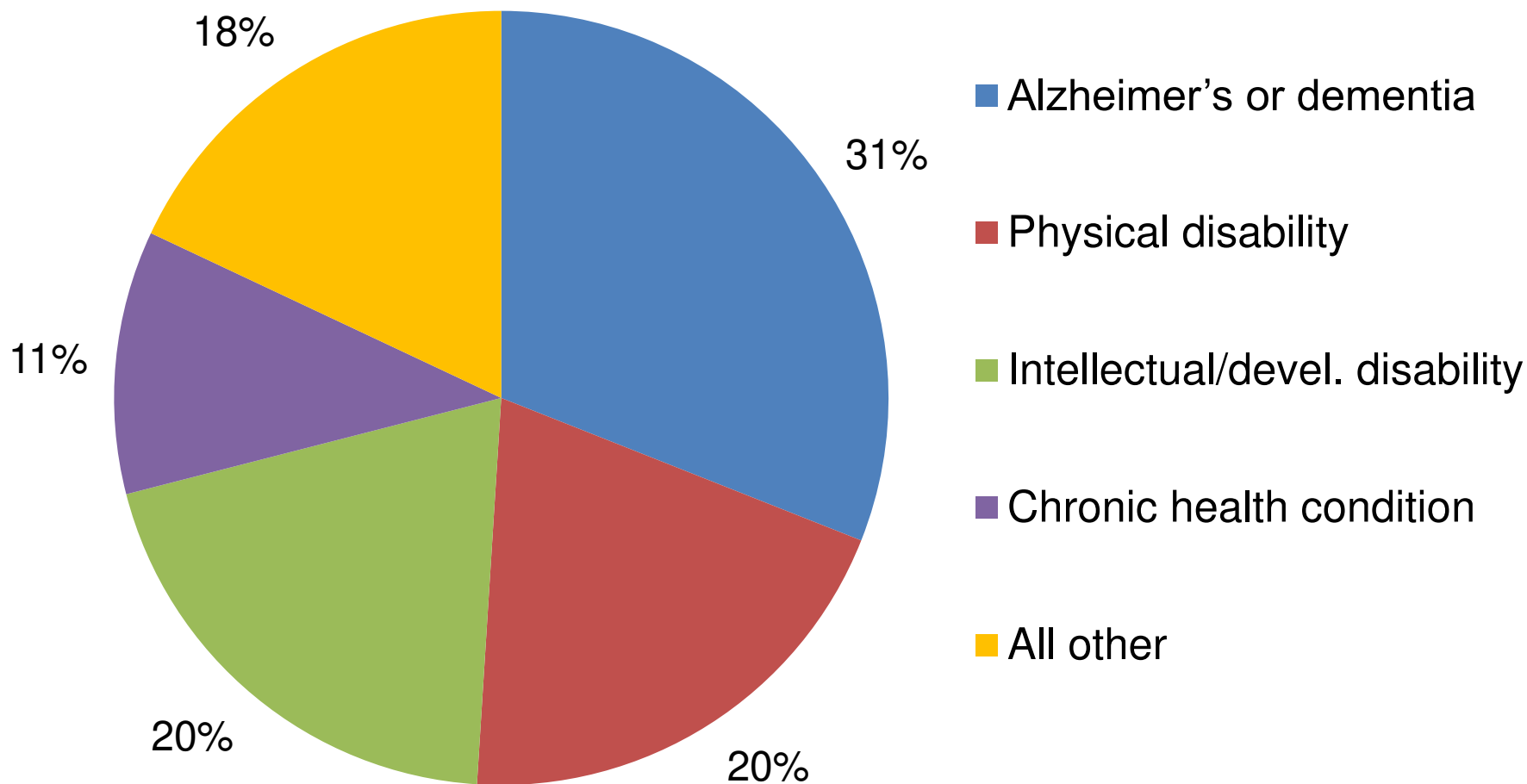
- 56% White
- 28% Hispanic
- 13% Black
- 3% Other

# Caregivers

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

# Care Recipients

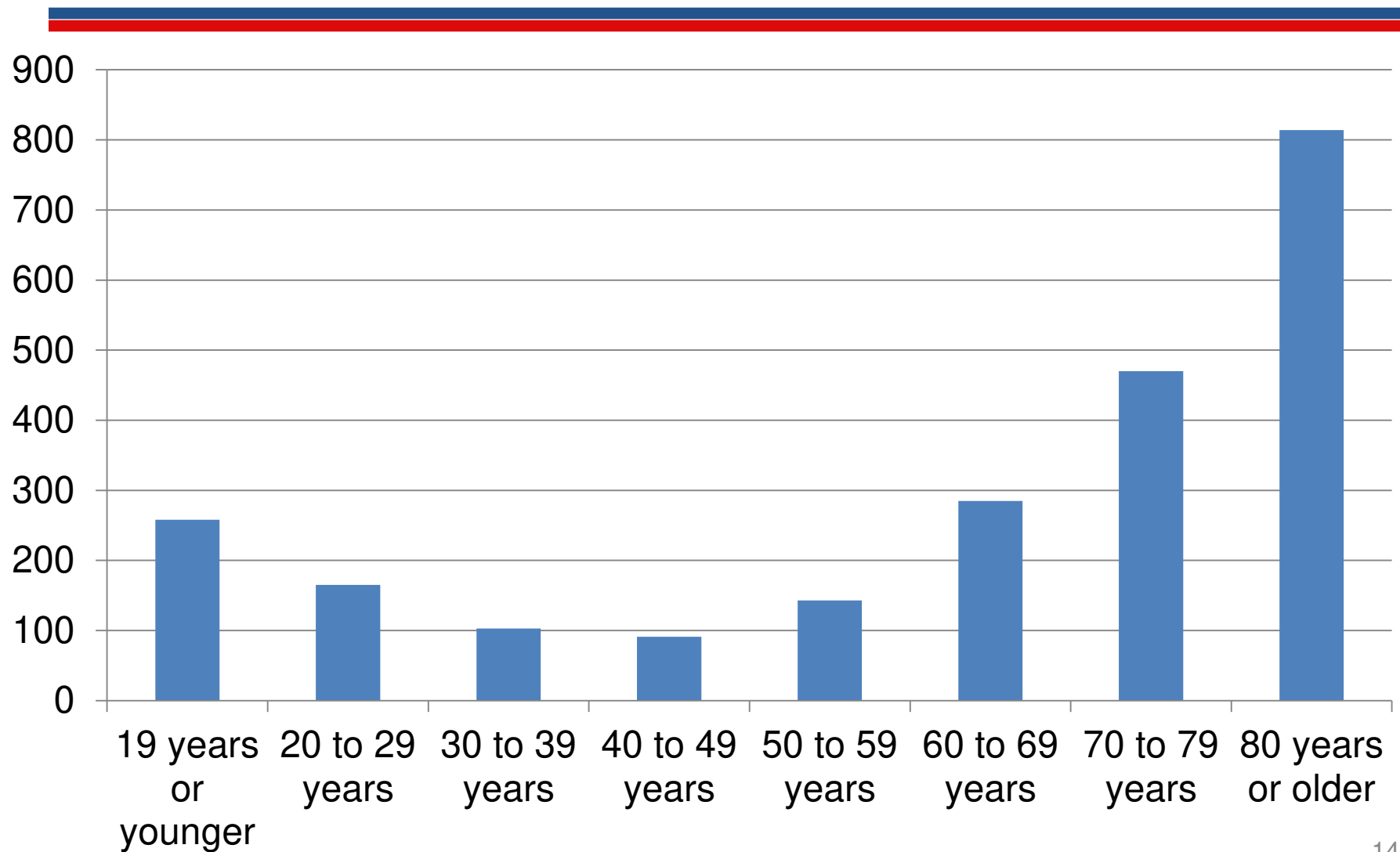


# Care Recipients

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

# Care Recipients

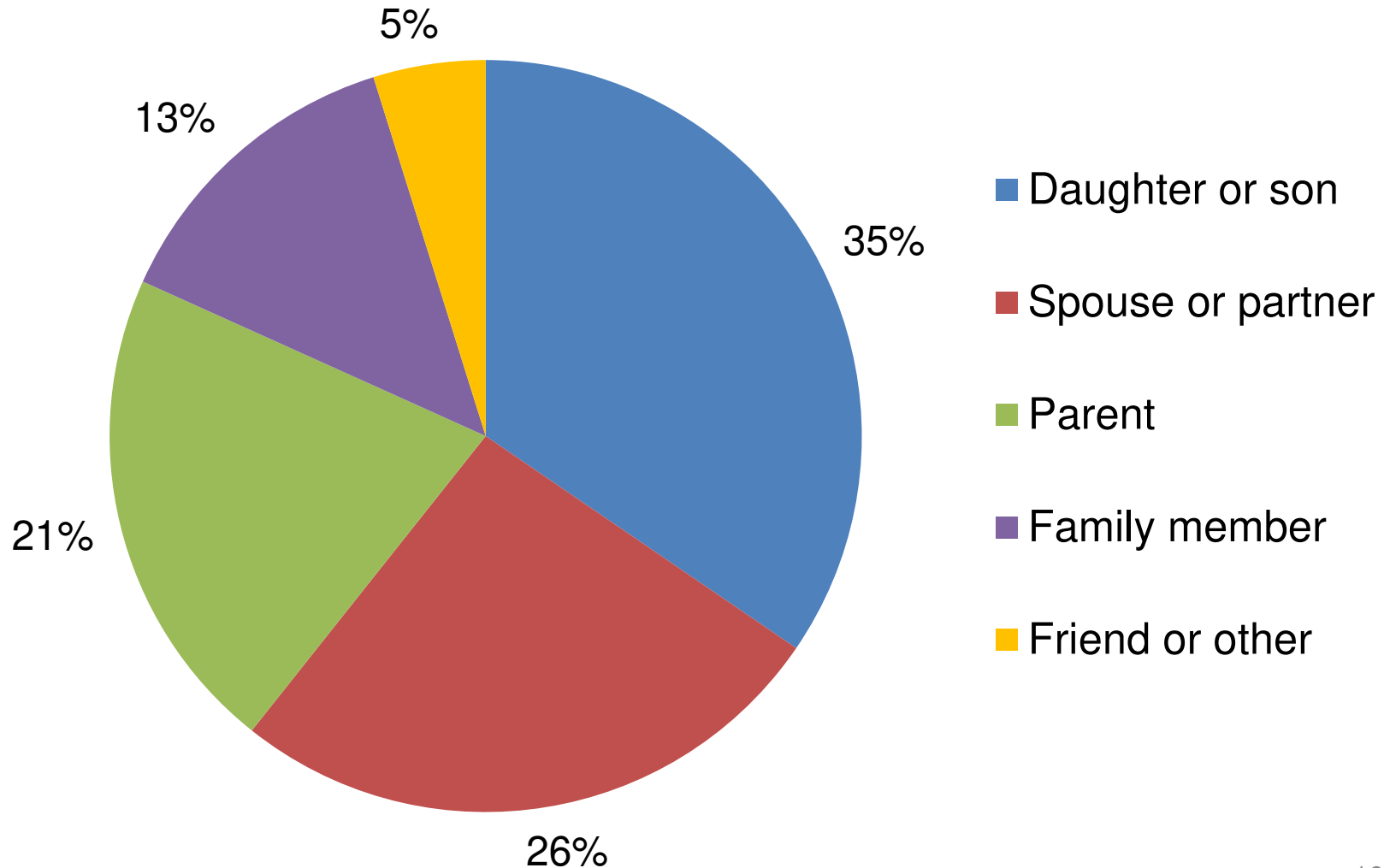


# Care Recipients

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- 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

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- 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%).

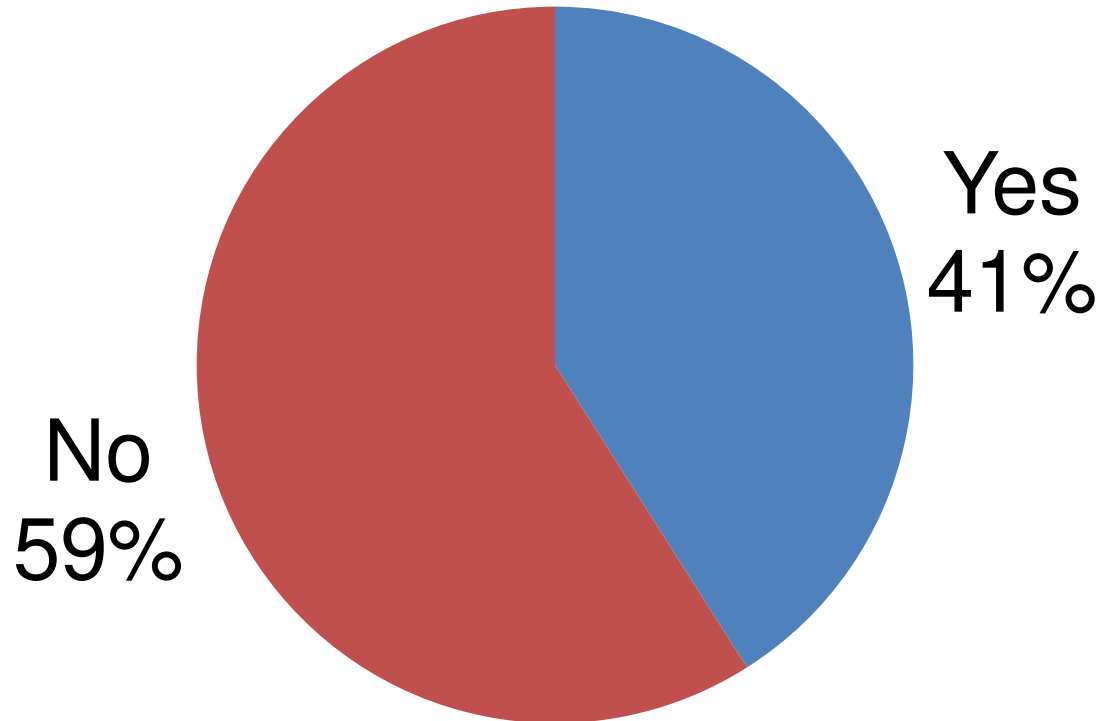
# Patterns, Caregivers and Care Recipients

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- 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

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- 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

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*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

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

# 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

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

Is a relationship between hair color and club

# Analysis Methods

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- **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:
<b>Gender</b>	
Caregiver	-
Care recipient	Male
<b>Age</b>	
Caregiver	Age 40 or older (highest among 70 or older)
Care recipient	Age 39 and younger
<b>Race</b>	
Caregiver	White (compare to non-White)
Care recipient	White (compare to non-White)
<b>Location</b>	
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

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- Not statistically significant:
  - Gender of caregiver

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

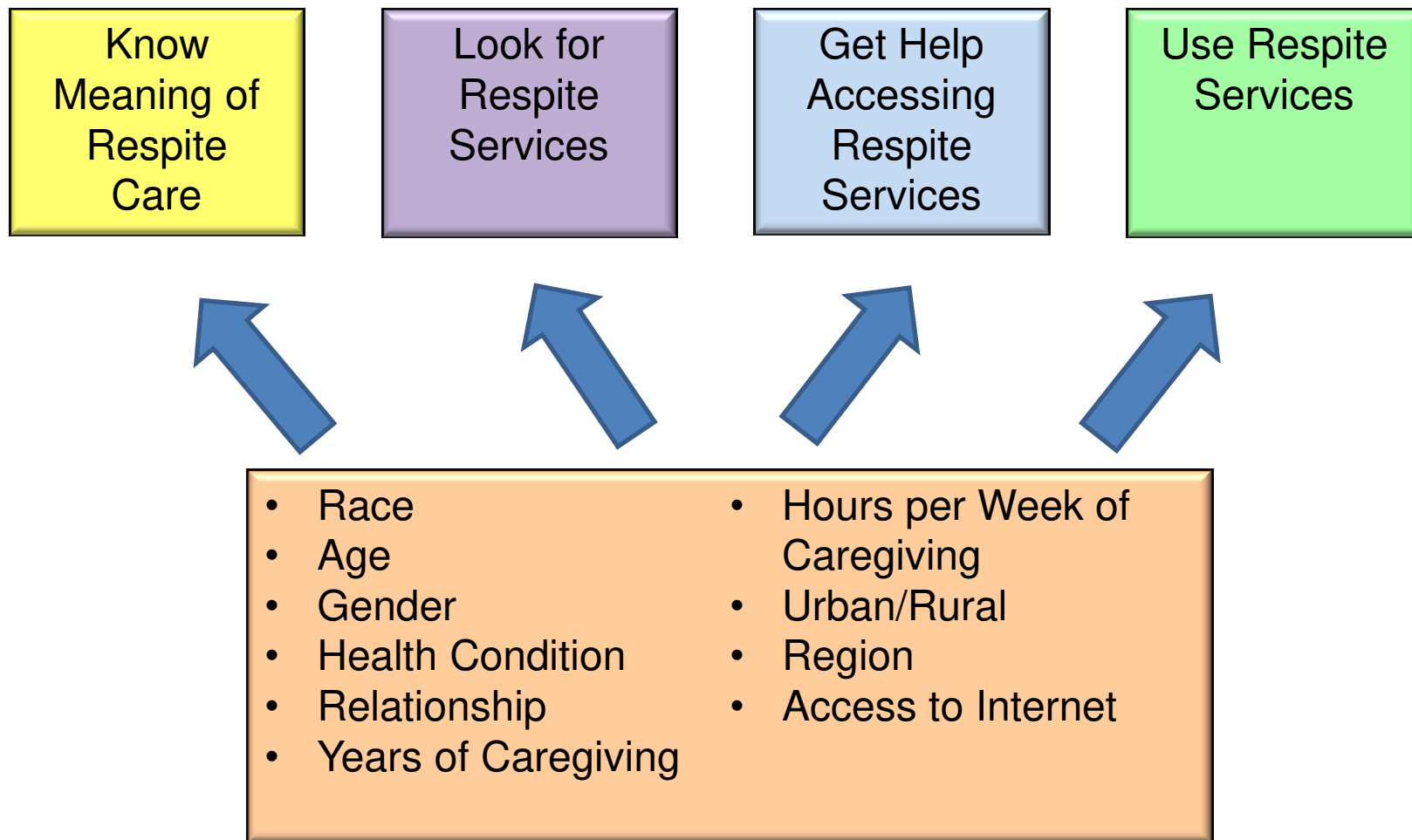
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Associations that had the greatest effect size with having used respite care services were:

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

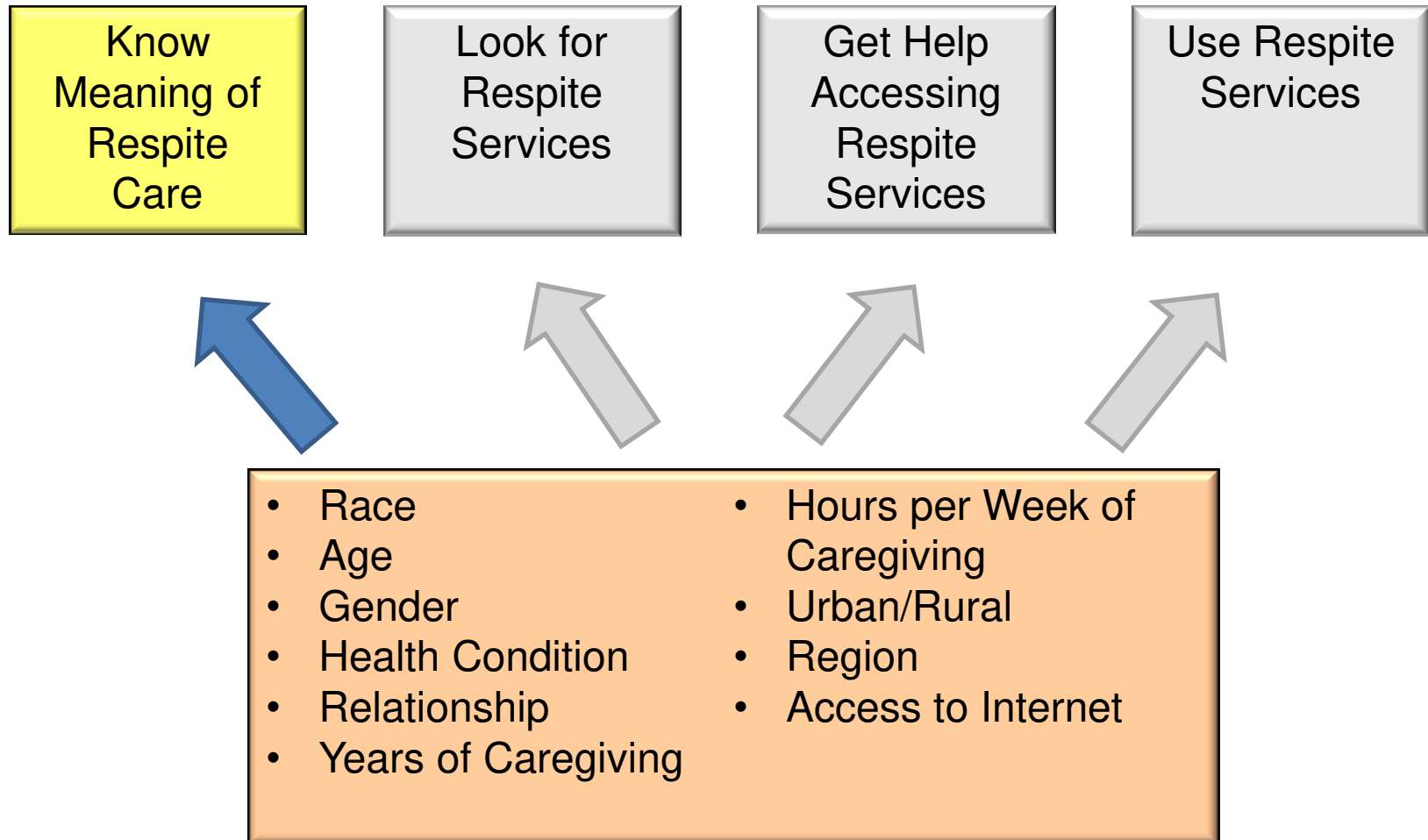
These three variables were also highly correlated with each other.

# Conceptual Model





# Conceptual Model



# Significant Associations with Knew Meaning of Respite Care

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- 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:
<b>Gender</b>	
Caregiver	Female
Care recipient	Male
<b>Age</b>	
Caregiver	Age 40-69
Care recipient	Child/youth (19 or younger)
<b>Race</b>	
Caregiver	White
Care recipient	White
<b>Location</b>	
Caregiver	Urban

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

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

# Significant Associations with Knew Meaning of Respite Care

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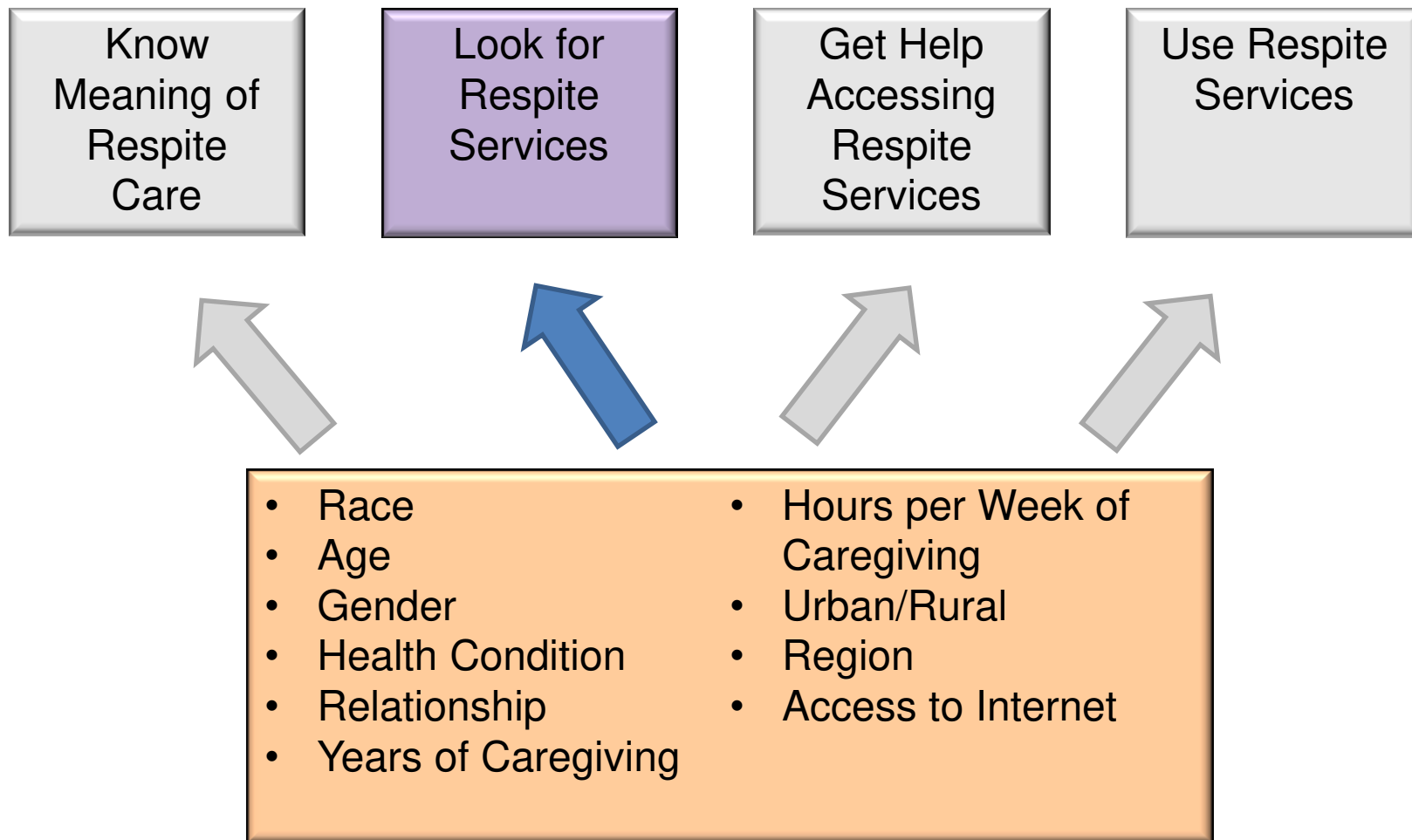
- Not significant:
  - Hours/week caregiving

# Significant Associations with Knew Meaning of Respite Care

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- 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

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- 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:
<b>Gender</b>	
Caregiver	-
Care recipient	Male
<b>Age</b>	
Caregiver	Age 70 or older
Care recipient	Child/youth (19 or younger)
<b>Race</b>	
Caregiver	-
Care recipient	-
<b>Location</b>	
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

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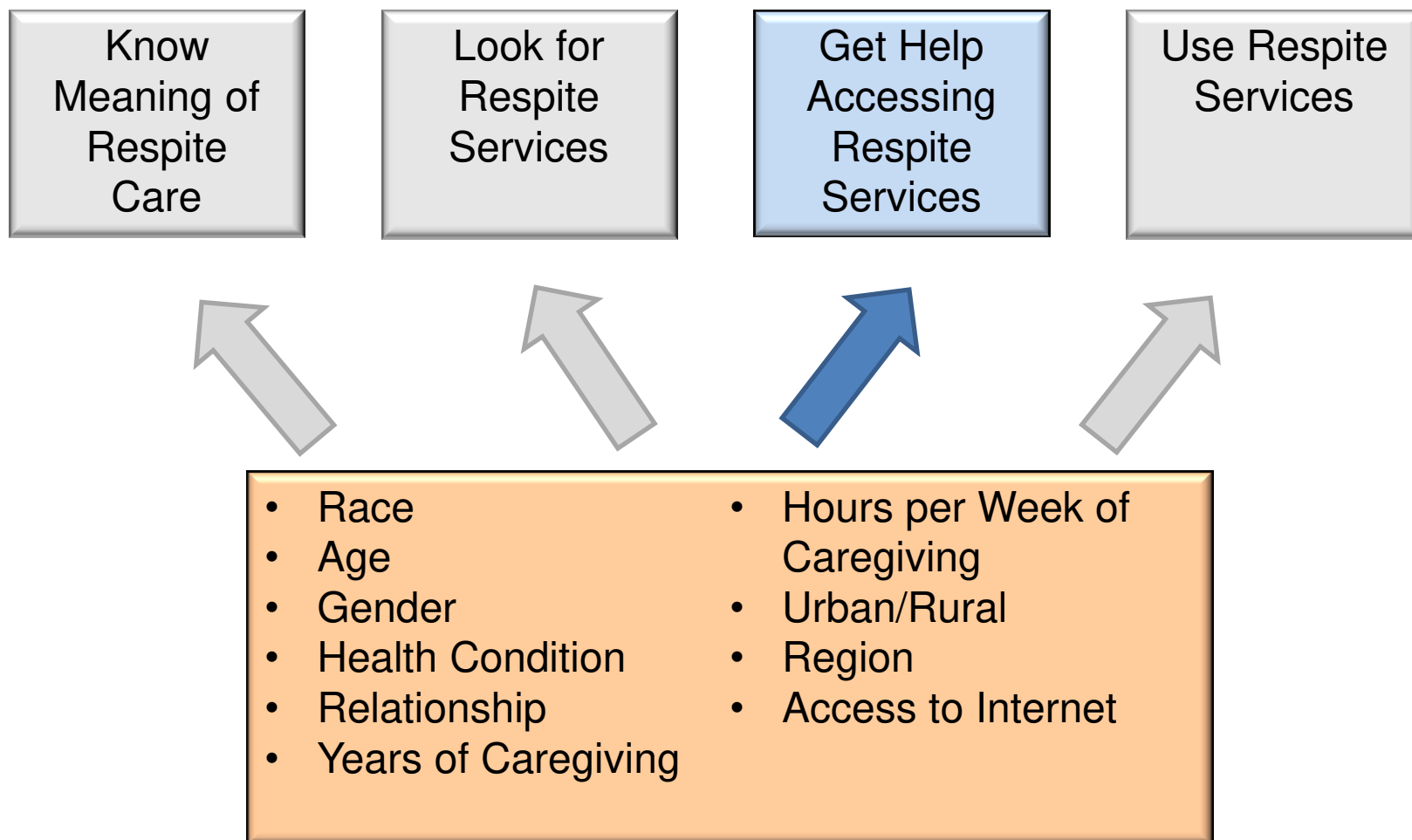
- Not significant:
  - Gender (caregiver)
  - Race (caregiver or care recipient)
  - Caregiver access to internet

# Looked for Respite Care

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- 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

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- 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:
<b>Gender</b>	
Caregiver	-
Care recipient	-
<b>Age</b>	
Caregiver	Age 70 or older
Care recipient	Child/youth (19 or younger)
<b>Race</b>	
Caregiver	-
Care recipient	-
<b>Location</b>	
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

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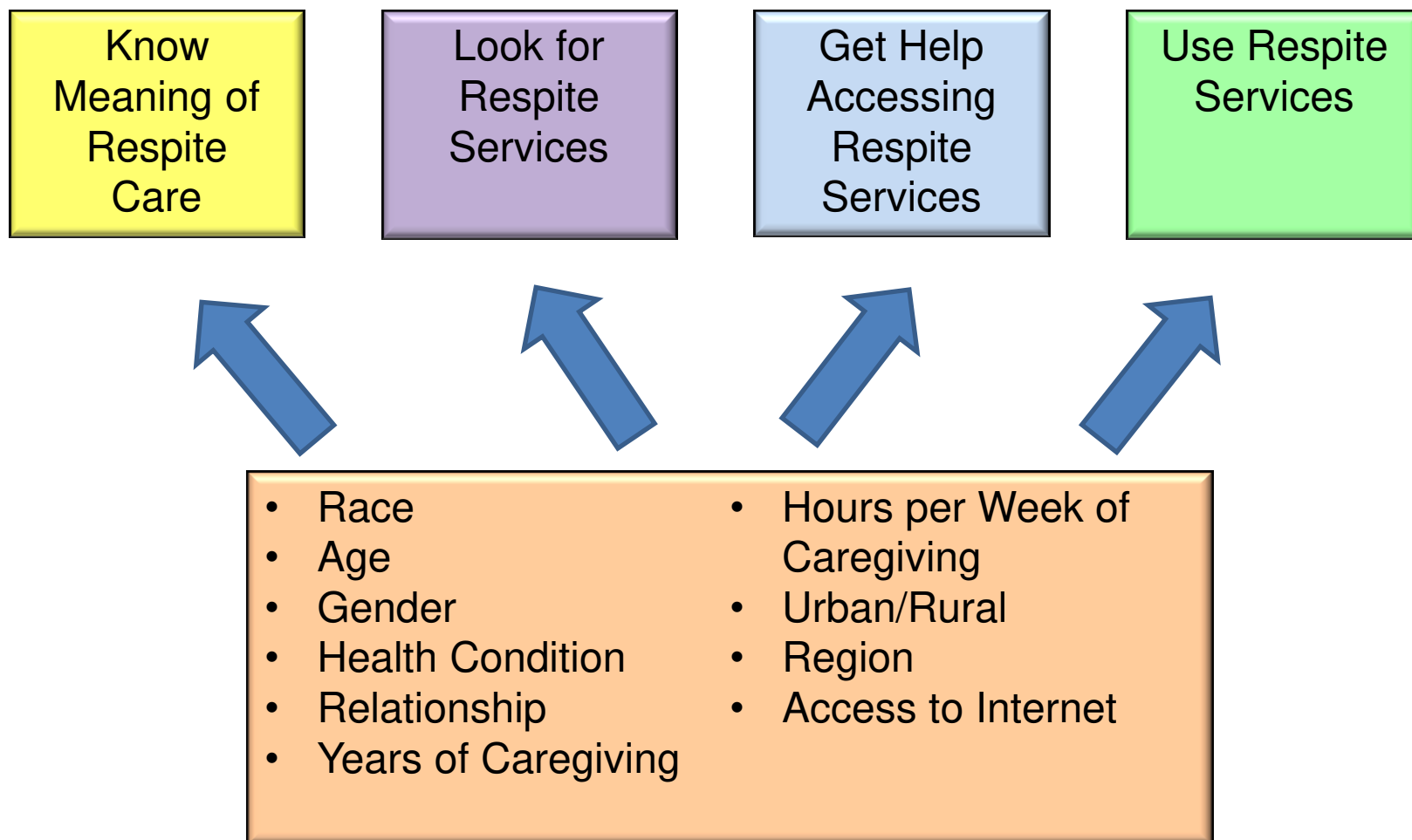
- Not statistically significant:
  - Gender (caregiver or care recipient)
  - Race (caregiver or care recipient)
  - Caregiver access to internet

# Got Help Accessing Respite Care

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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.**

# Acknowledgements and Contact Information

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