



PUERTO RICO CAREGIVING SURVEY REGISTERED VOTERS AGE 45+

June 2021





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KEY FINDINGS

Key Findings

>>> There is a strong desire to remain at home.

The preferred living arrangement among Puerto Rican voters age 45+ for themselves or a loved one is at home with caregiver assistance (84%). Having more services is highly important, for things like home health care (68% extremely important), housekeeping (65%), transportation (63%), and meal delivery (60%) so that this desire can be achieved.

Yet many communities are lacking these necessary services that help older adults remain at home.



>>> Having more caregiving resources, including respite care, is highly important.

Nine in ten (94%) Puerto Rican voters age 45+ think more resources and training for family caregivers is *very or extremely important*, regardless of whether they personally have provided unpaid care.

Puerto Rican voters age 45+ think taking daily care tasks off a caregiver's plate would be most helpful, including transportation to appointments (70% very helpful) and assistance with household chores (69%) and meals (65%).

Other very helpful ways to support caregivers include providing information about available caregiving resources (67%) and respite care (63%).

While most 45+ voters find all of these resources important, many communities in Puerto Rico are lacking them.

Key Findings, (Cont.)

>>> Family caregiving is very common in Puerto Rico.

Two-thirds (67%) of Puerto Rican voters age 45+ have unpaid family caregiving experience. One-third (34%) of non-caregivers think it is *very or extremely* likely that they will provide unpaid care to an adult loved one at some point in the future.

>>> Caregivers are heavily involved in the day-to-day lives of the loved one in their care.

Caregivers provide support in a multitude of ways, including daily care activities like household chores (85%) and helping with meals (78%), as well as helping with health care in the form of transportation to appointments (82%) and medication management (80%).

Many (68%) caregivers also provide financial assistance or have had to stop working to provide care (21%). Some move in together (42%) or make changes to their home (47%) – or even move into another home to accommodate their loved one (15%).

>>> The impact of caregiving on the caregiver is substantial and widespread.

Caregivers face difficulties with their own self-care (like getting enough rest (61%) or socializing (47%)), balancing work and caregiving (56%), emotional stress (56%), and even health problems (53%).

>>> The COVID-19 pandemic has made caregiving even more challenging.

Half (51%) of current caregivers said the pandemic has had a *very or somewhat* negative impact on their mental health, and 41% said the mental health of the loved one in their care has also been impacted negatively.

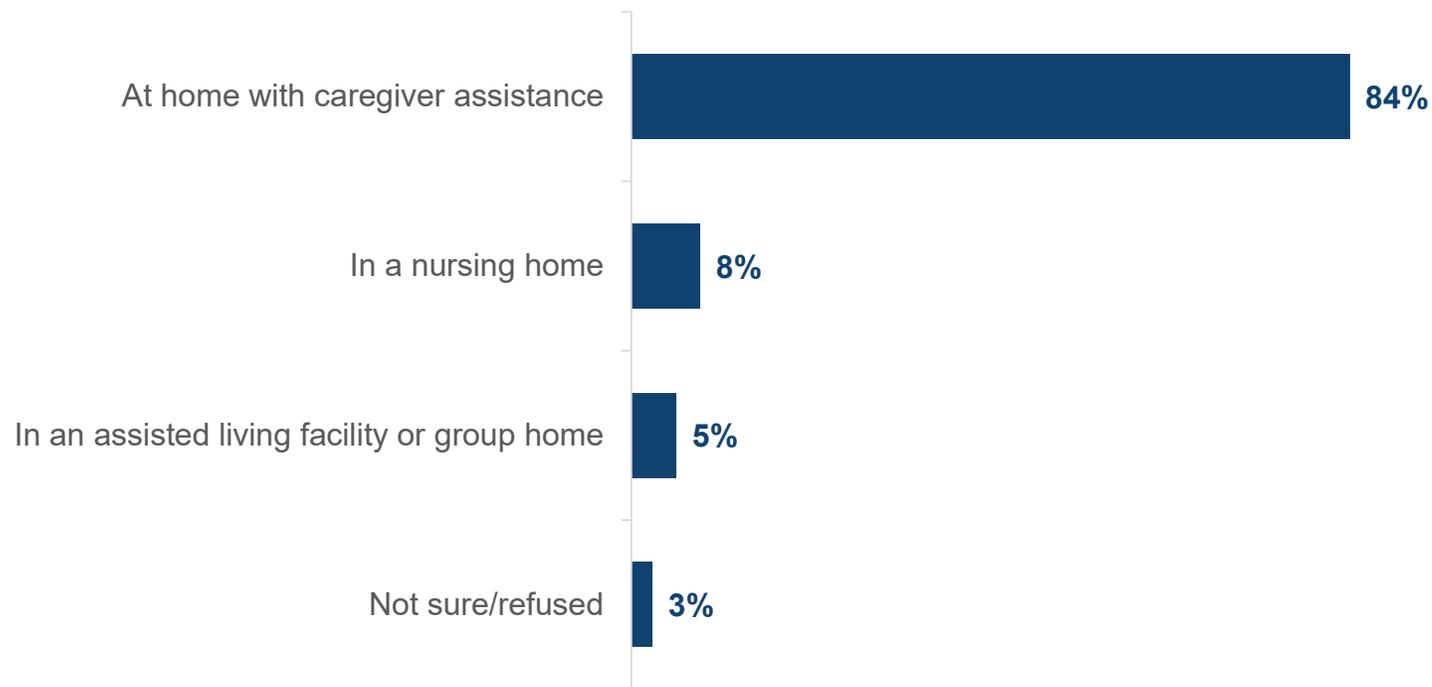


CARE AT HOME

Care at home is strongly preferred over residential settings.

Eighty-four percent (84%) of 45+ Puerto Rico voters would prefer at home care for themselves or a loved one if they needed help with basic tasks.

Preferred Living Arrangement if Care is Needed



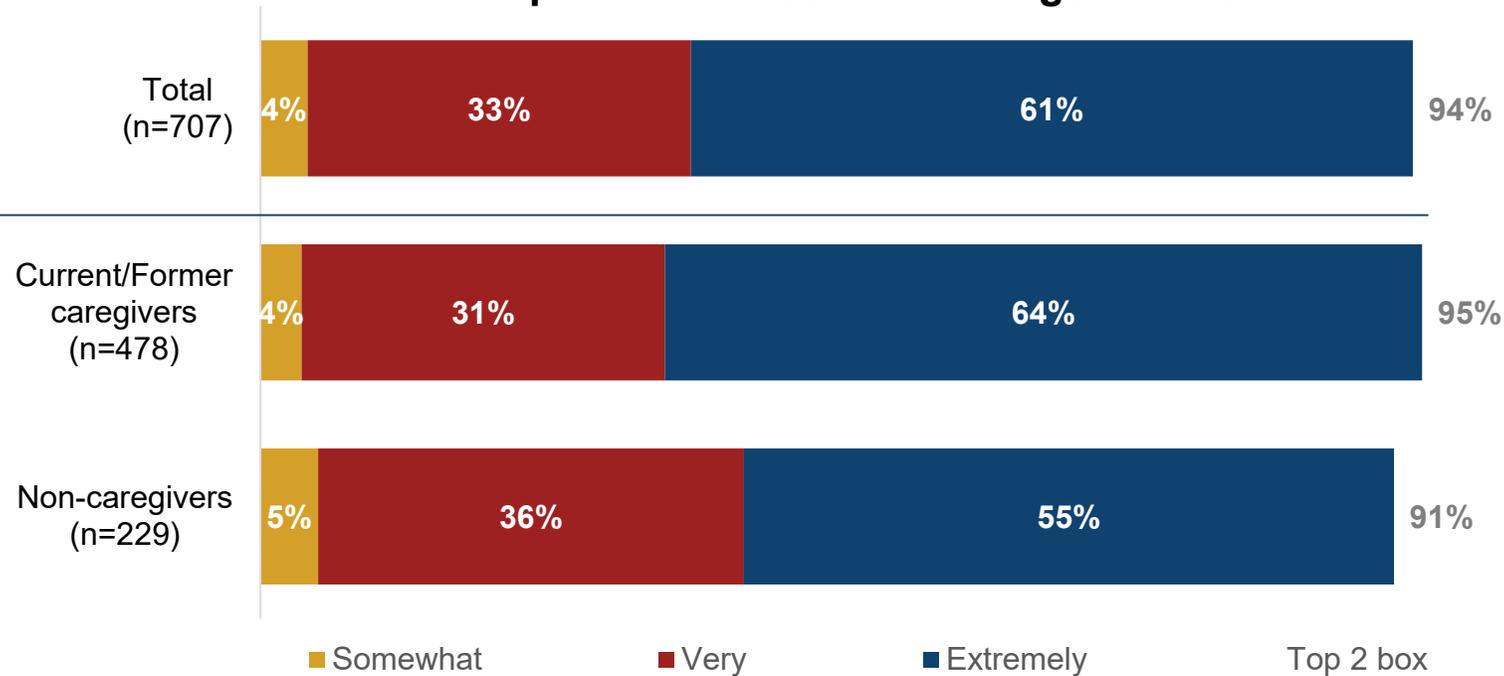
Q18. If you or a loved one needed help when the basic tasks of life become more difficult due to aging or illness, where would you prefer to receive that care or help for yourself or a loved one?

Base: All respondents (n=707)

Nearly all (94%) Puerto Rican voters age 45+ think it is important to have services available that help individuals remain at home.

While overall importance is strong despite caregiver status, caregivers are significantly more likely than non-caregivers to say these services are *extremely* important (64% and 55%, respectively).

Importance of Services to Age in Place

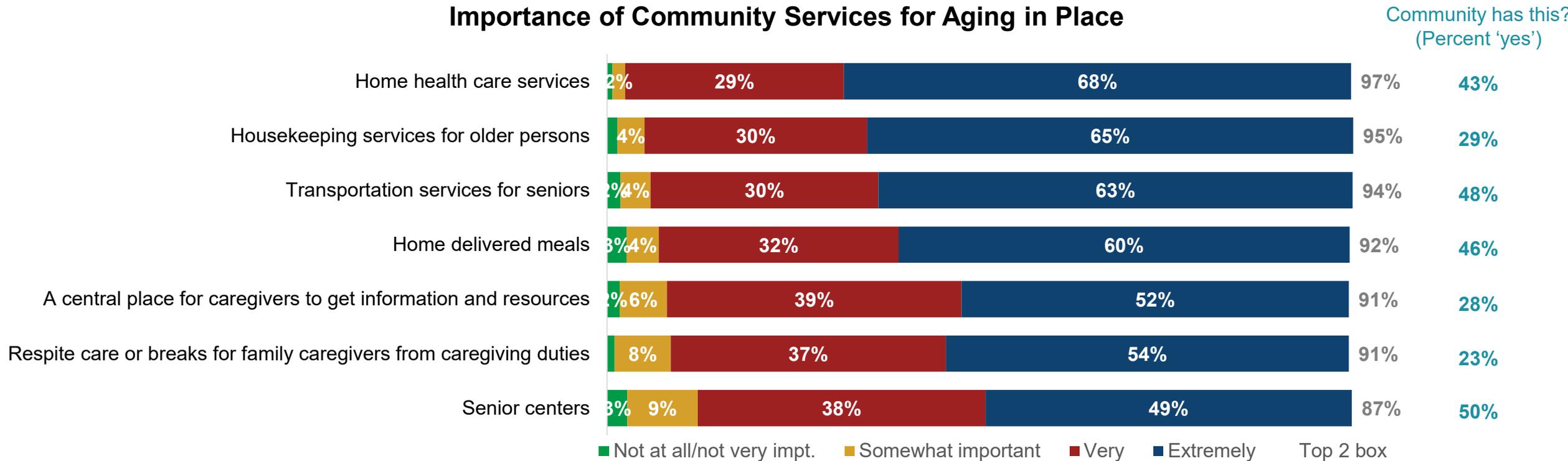


Q19. If you or a loved one needed help to remain independent, how important would it be to have services that would allow you or a loved one to live independently at home for as long as possible?
Base: All respondents (n=707)

Puerto Rican voters age 45+ think a variety of community services are important....yet many communities are lacking them.

The overwhelming majority of 45+ voters in Puerto Rico say having services such as home health care, housekeeping, and transportation is *extremely* important. However, a sizable portion report their community is lacking these services (for example, just 23% said their community has respite care yet 91% believe it is important).

Importance of Community Services for Aging in Place



Q23. Please tell me how important you think it is to have the following services in your community to help people remain in their own homes as they age.

Q24. Does your community have...?

Base: All respondents (n=707)



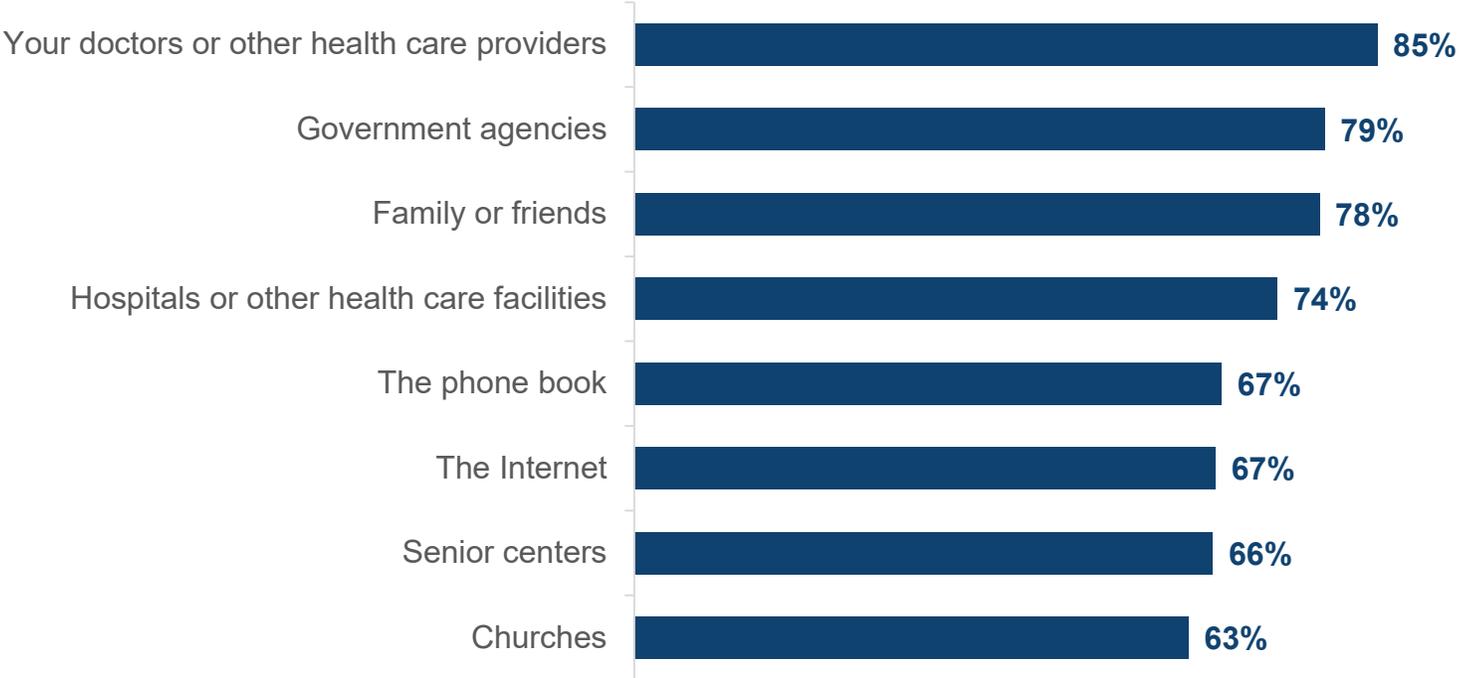
CAREGIVING RESOURCES AND SUPPORT



Puerto Rican voters age 45+ would most commonly turn to their health care providers for information about services.

Eight in ten (85%) would turn to their doctor or health care provider to learn about community services. They would also rely on government agencies (79%), family or friends (78%), and hospitals or health care facilities (74%).

Resources for Services on Aging

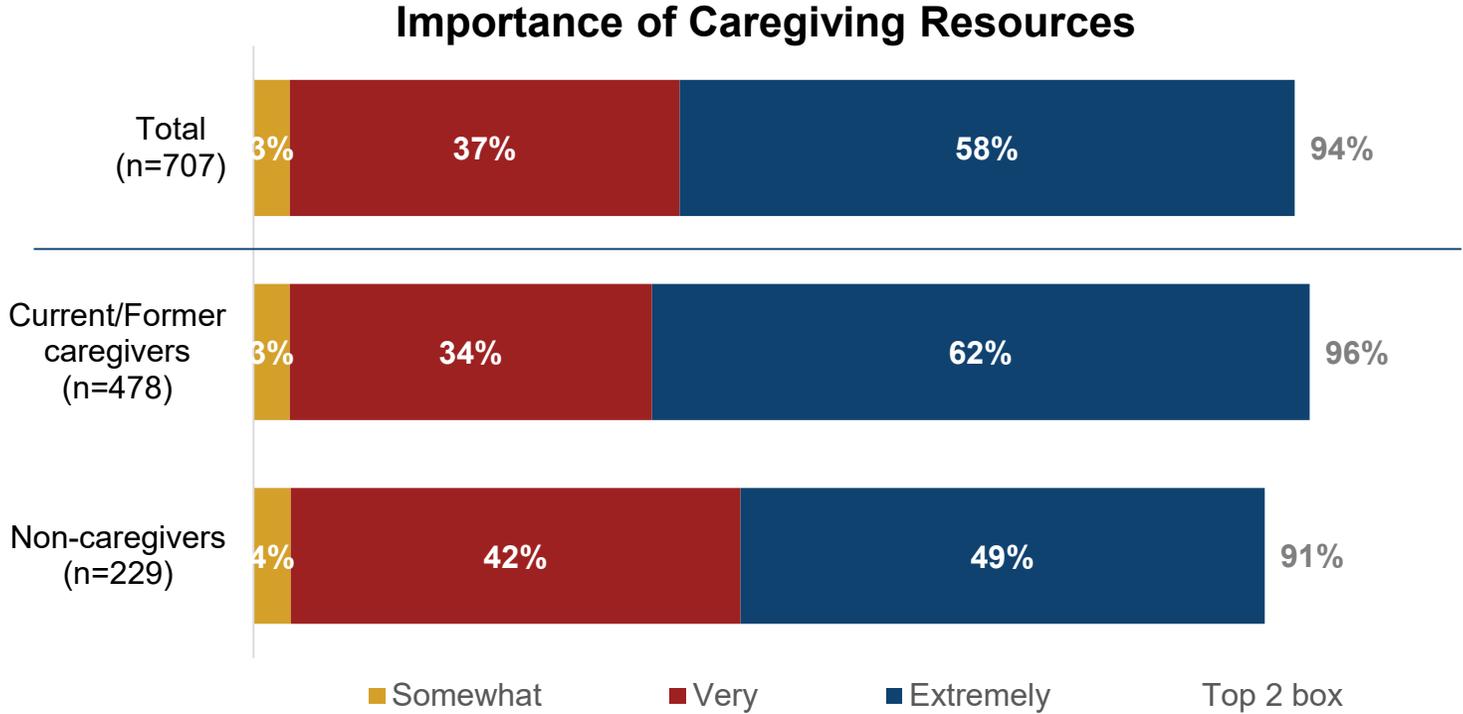


Q25. Where would you turn to find out information about services in your community that would help people remain in their own homes as they age? Would you turn to...?
Base: All respondents (n=707)



The majority of Puerto Rican voters age 45+ want more resources and training for family caregivers.

Nine in ten 45+ voters believe it is important to have more resources available. The percentage who say having more family caregiving resources is *extremely* important is significantly higher among current/former caregivers (62%) than non-caregivers (49%).

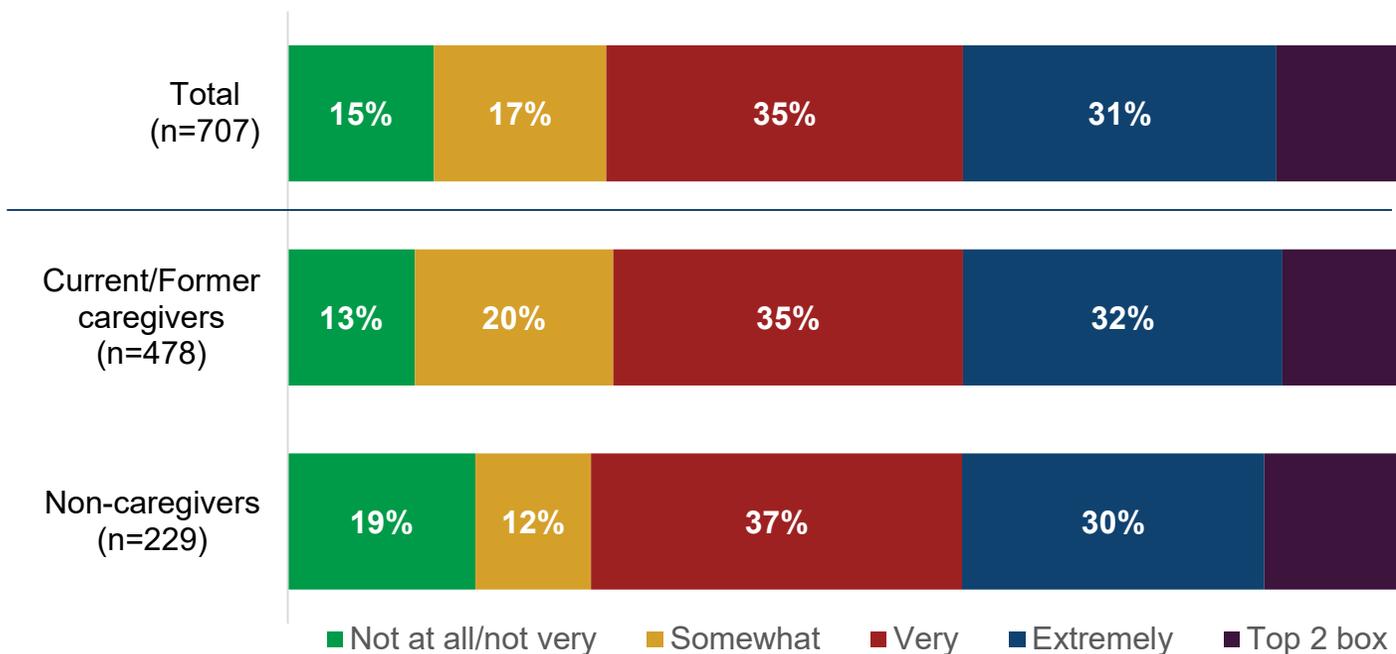


Q17. Family caregivers help older Puerto Ricans live independently by performing services like bathing and dressing as well as managing medication and paying bills. How important do you think it is to have more resources and training for family caregivers?
Base: All respondents

Two-thirds of Puerto Rican voters age 45+ see a need for financial services in their community.

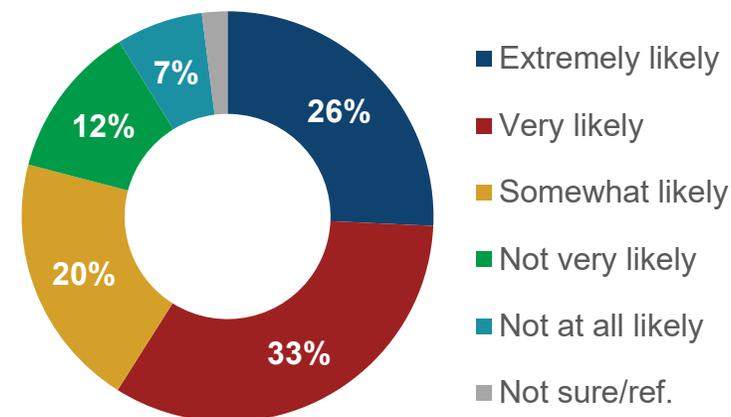
Regardless of caregiver status, two-thirds of 45+ voters believe it is important for financial services to be available in their community. One in five (19%) do not think they would have access to adequate legal assistance if it was needed.

Importance of Financial and Personal Affairs Services



Q21. How important is it that services, such as assistance handling financial and other personal affairs be available to you in your community?
Base: All respondents (n=707)

Likelihood of Access to Adequate Legal Assistance

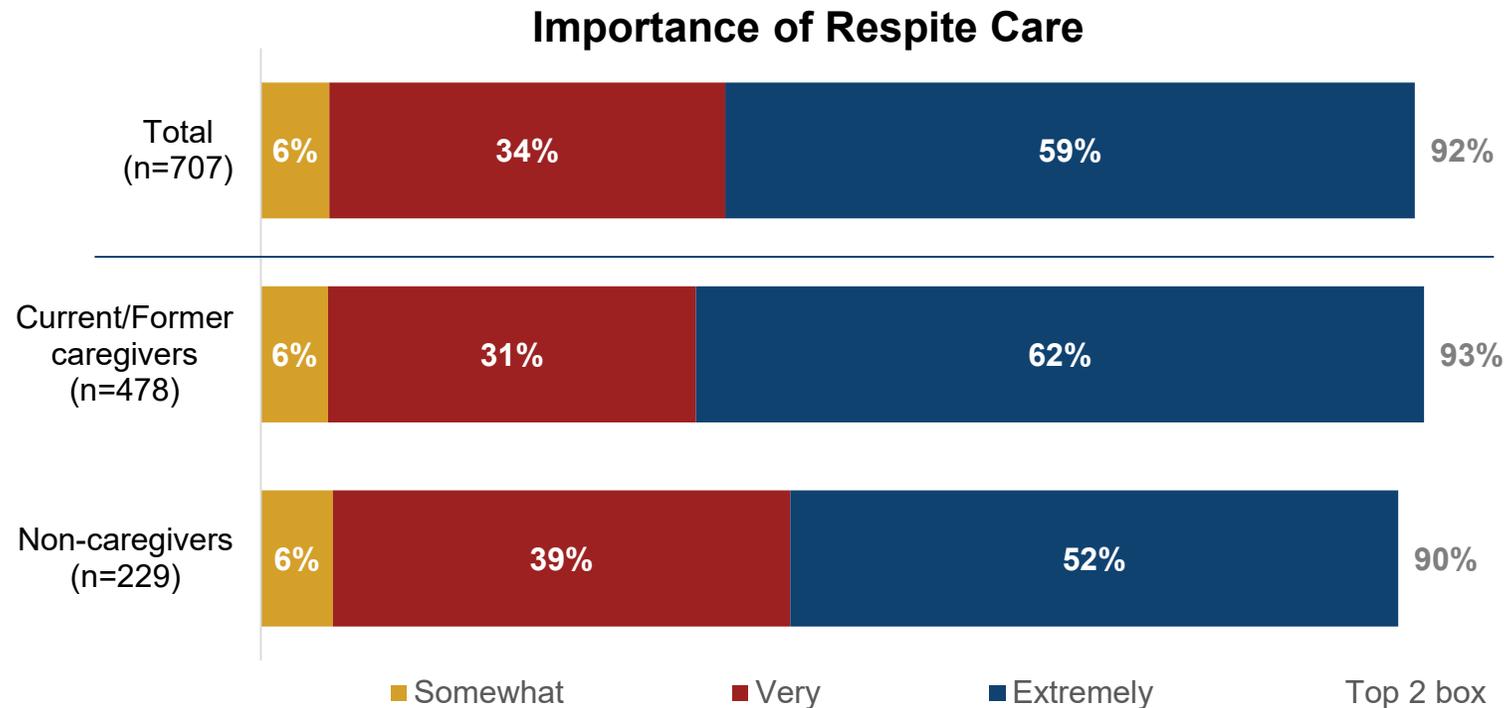


More than one in four caregivers (27%) have searched for legal advice with financial matters.

Q22. How likely is it, if at all, that you would have access to adequate legal assistance or information in handling your financial and personal affairs in the event you needed it?
Base: All respondents (n=707)

Respite care is equally as important.

Nine in ten (92%) find services that help caregivers take a break *very or extremely* important. Intensity of importance varies by caregiver status with over half (62%) of current/former caregivers saying respite care is *extremely* important compared to 52% of non-caregivers.

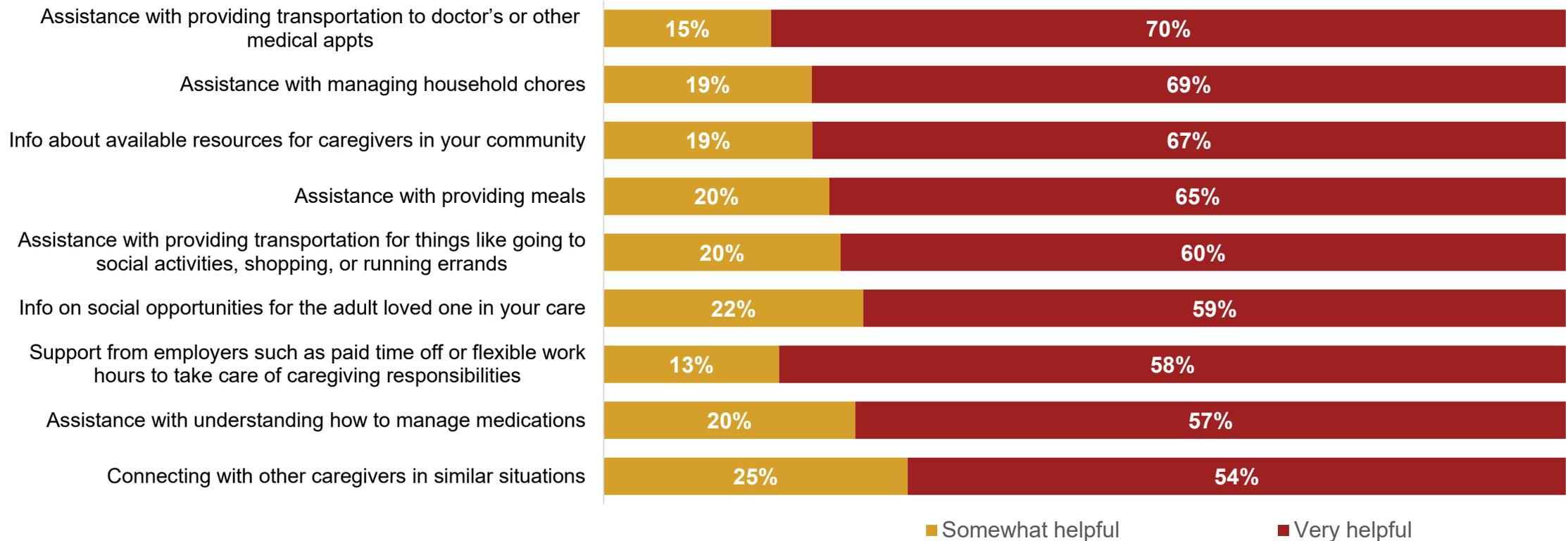


Q20. How important is it that services, such as home health care, personal care, day programs, and services so caregivers can take a break from their caregiving duties, are available in your community?
Base: All respondents (n=707)

Puerto Rican voters age 45+ desire many other types of support

Transportation to medical appointments, help with household chores, and information about what resources are available for caregivers in the community would be very helpful to two-thirds or more. A lesser percentage desire a connection with other caregivers.

Helpfulness of Caregiving Support



Q16. In your opinion, as a current or former caregiver or as someone who may provide care or assistance in the future, how helpful would the following types of caregiving support be to you?

Base: All respondents (n=707)

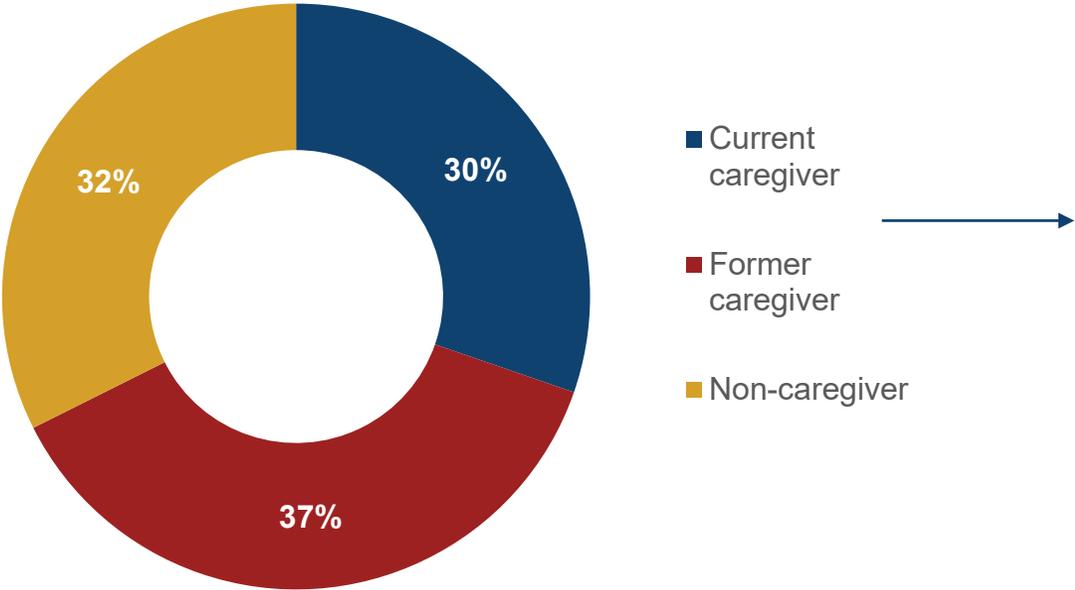


CAREGIVING PREVALENCE AND CAREGIVER RESPONSIBILITIES

Two-thirds (67%) of Puerto Rican voters age 45+ have family caregiving experience.

While one-third (30%) are currently providing unpaid care to an adult loved one, another 37% have provided this type of care in the past.

Caregiver Status



A family caregiver is someone who provides unpaid care for an adult loved one who is ill, frail, elderly, or has a physical, mental, or emotional disability.

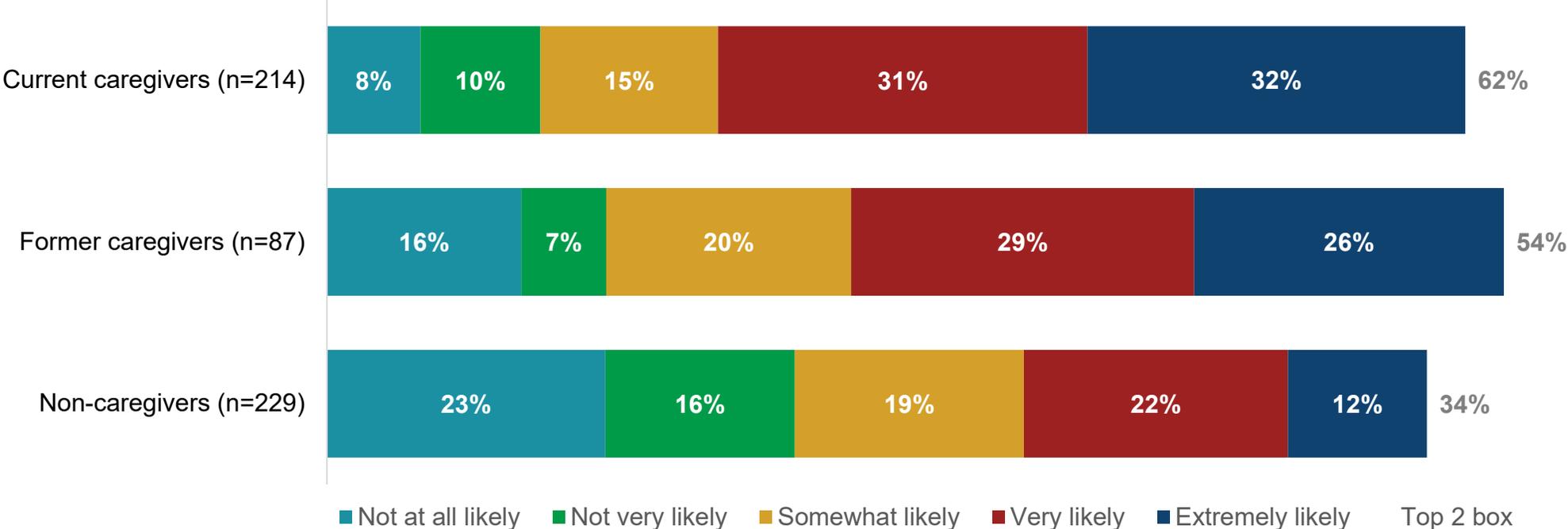
This unpaid care may include assisting with personal needs like bathing and dressing, household chores, meals, shopping, transportation, or managing finances or medical care.

Q1. Are you currently a family caregiver who is providing unpaid care or assistance to an adult loved one?
Q8. Have you ever been a family caregiver who has provided unpaid care or assistance to an adult loved one?
Base: All respondents (n=707)

And most expect their role to continue.

A majority of both current and former caregivers say it is likely they will be providing care to either the same person or another adult in the future. The percentage is substantially lower among non-caregivers, with only one-third (34%) expecting to take on the role of family caregiver.

Likelihood of Caregiving in the Future

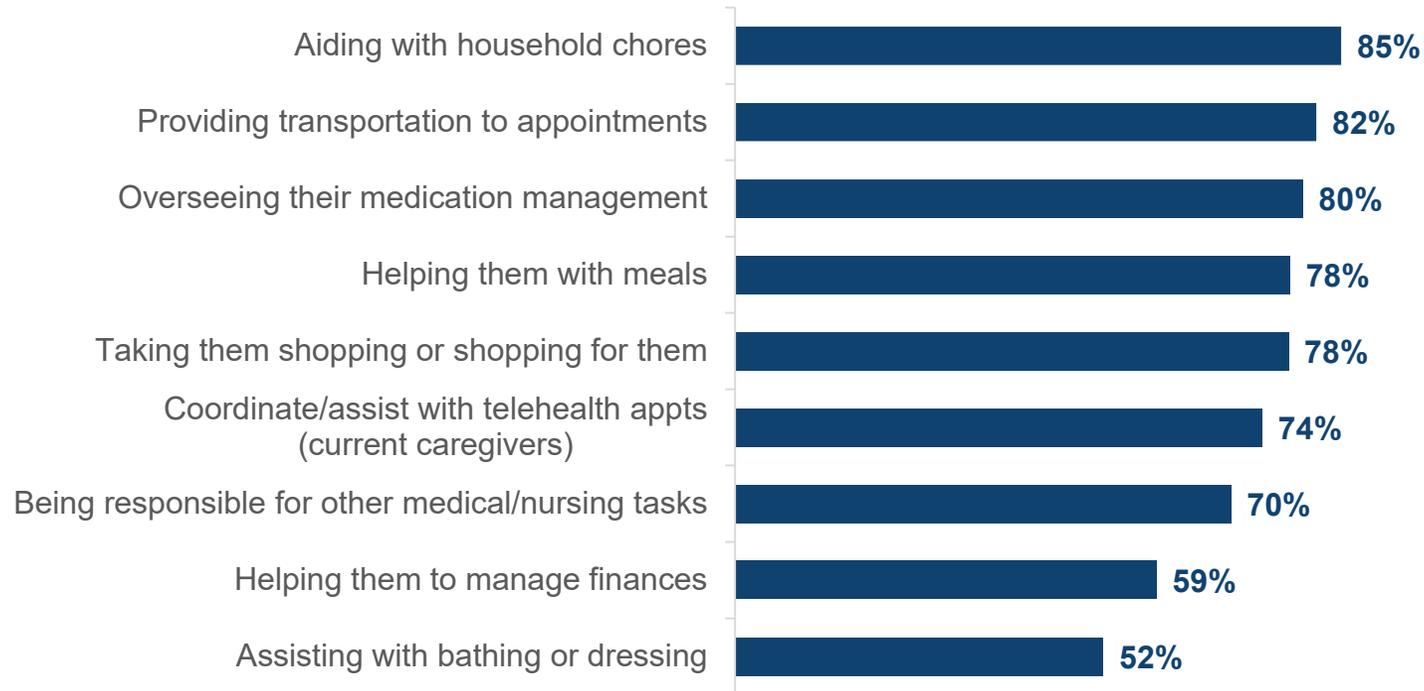


Q7/Q14. How likely do you think it is that you will provide any caregiving or assistance on an unpaid basis to (either the person you currently care for or another adult/an adult loved one) in the future?
 Base: All respondents

Caregivers provide a multitude of daily care activities.

Household chores (85%), transportation to appointments (82%), and medication management (80%) top the list.

Daily Care Activities



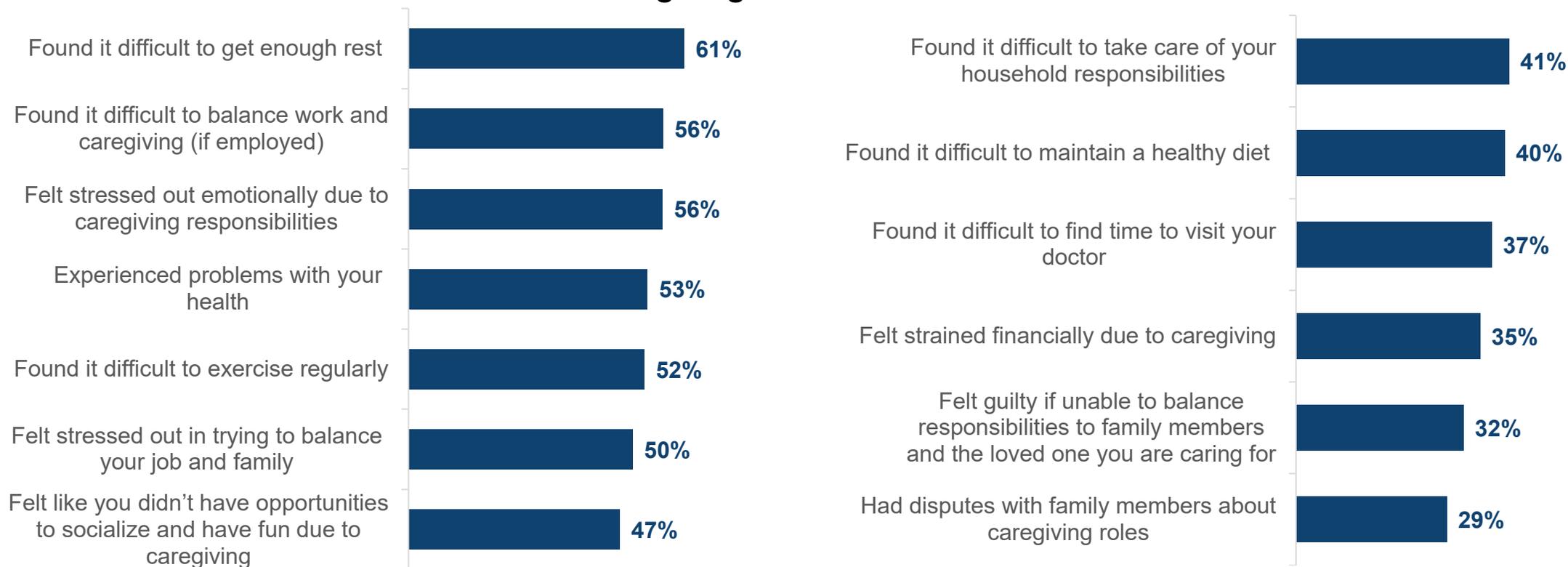
Q3/Q10. Still thinking about the person you are providing/most recently provided care or assistance to the most, which of the following daily activities are you providing/did you provide?

Base: Current/Former caregivers (n=302)

Caregivers face a variety of personal difficulties managing their responsibilities.

Getting enough rest (61%), balancing work/caregiving (56%), and emotional stress (56%) are the most common challenges. About one-third experience more substantial impact such as emotional guilt or family turmoil.

Caregiving Difficulties

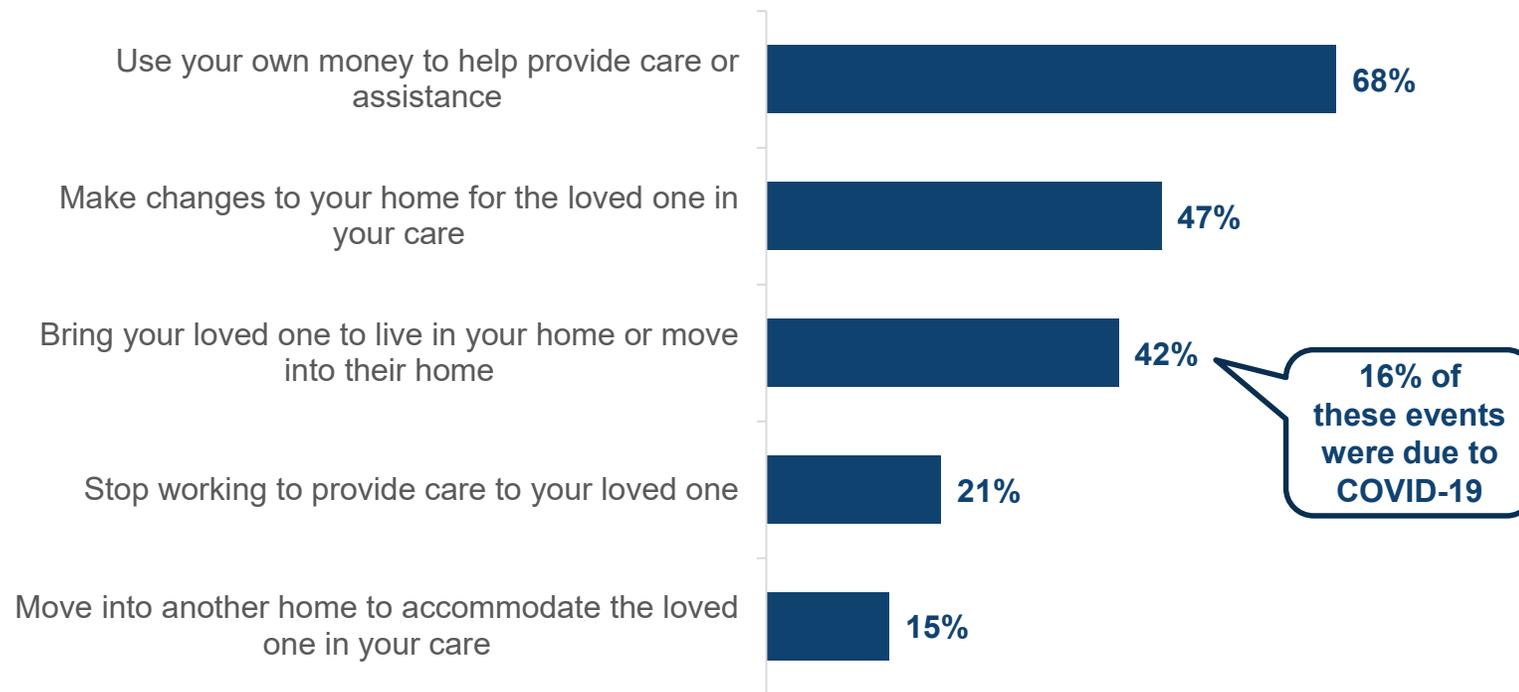


Q5/Q12. As a caregiver have you ever...?
Base: Current/Former caregivers (n=302)

And most have experienced financial or lifestyle changes as well.

Sixty eight percent of caregivers have had to spend money of their own to provide care. Nearly half have had to make modifications to their home (47%) or bring their loved one to live with them (42%). One in five (21%) had to stop working and one in six (15%) had to move into a different home to accommodate the needs of the person they care for.

Caregiving Activities



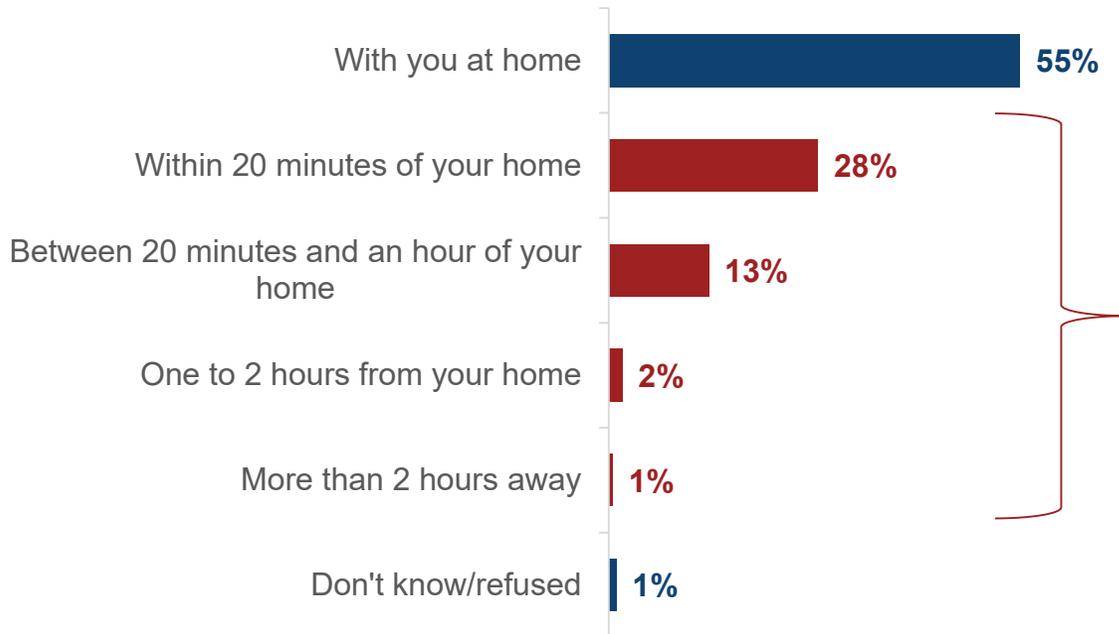
Q4/Q11. Now thinking again about the adult loved one you are currently providing/most recently provided care or assistance to, did you ever have to...?

Base: Current/Former caregivers (n=302)

Half of Current caregivers live with the person they care for.

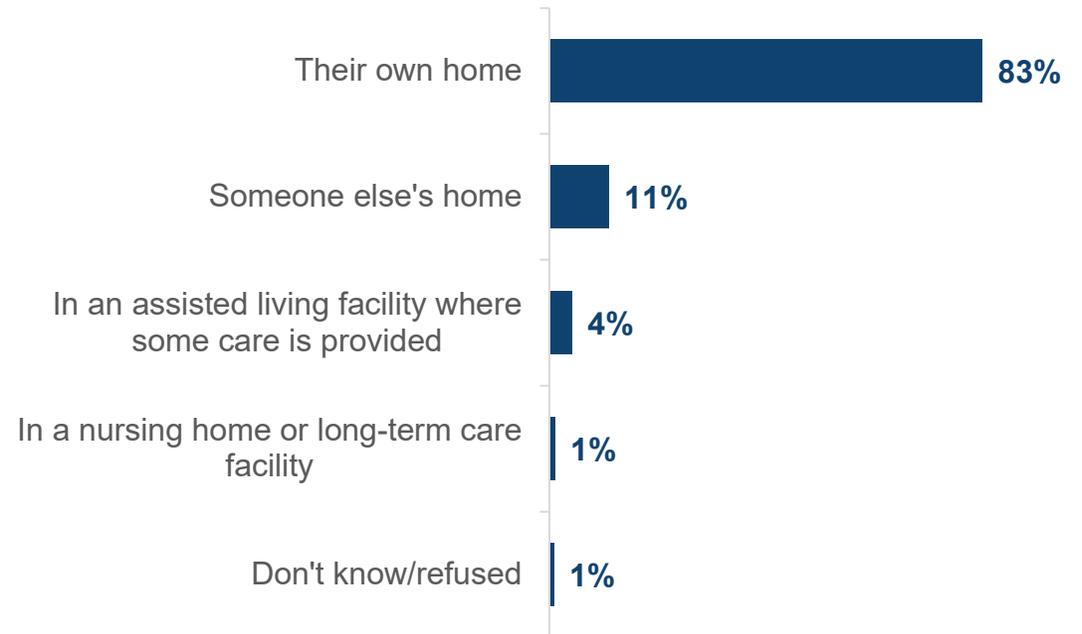
Among the 44% who do not live with their loved one, most say their loved one lives in their own home nearby. Residential facilities are uncommon in Puerto Rico.

Proximity to Loved One



Q1A. Where does the person you care for live?
Base: Current caregivers (n=214)

Loved One's Living Situation

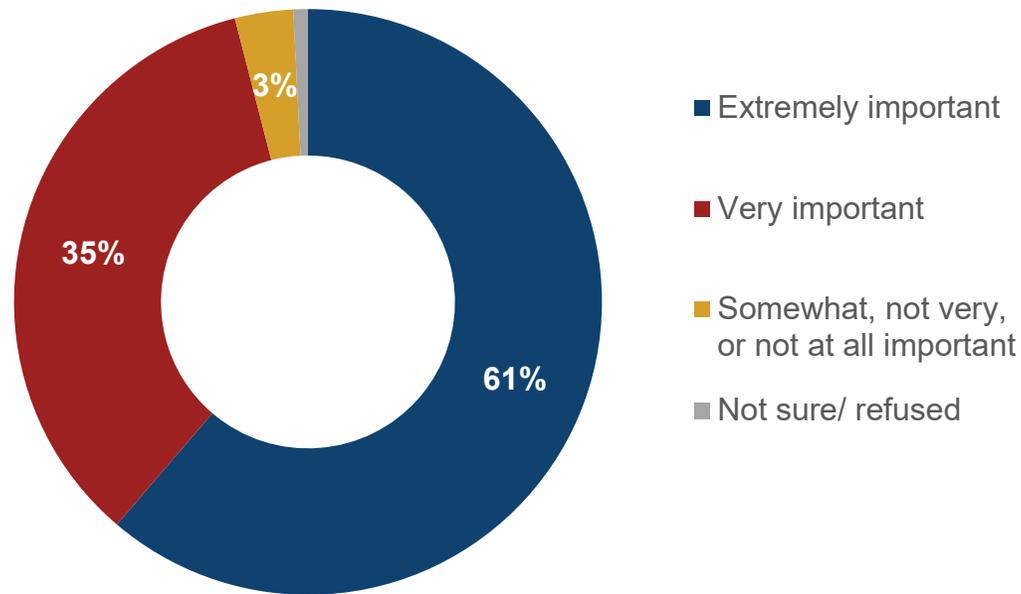


Q1B. Which of the following best describes where the person you care for lives?
Base: Current caregivers whose loved one does not live in their home (n=96)

Keeping loved ones in their own home is highly important to caregivers not living with the person they care for.

Over half (61%) say keeping their loved one living independently in their own home is *extremely* important, and one-third (35%) find it is *very* important.

Importance of Loved One Living Independently



Q6. How important is/was it to you to be able to provide care or assistance to your loved one so that they can/could keep living independently in their own home?

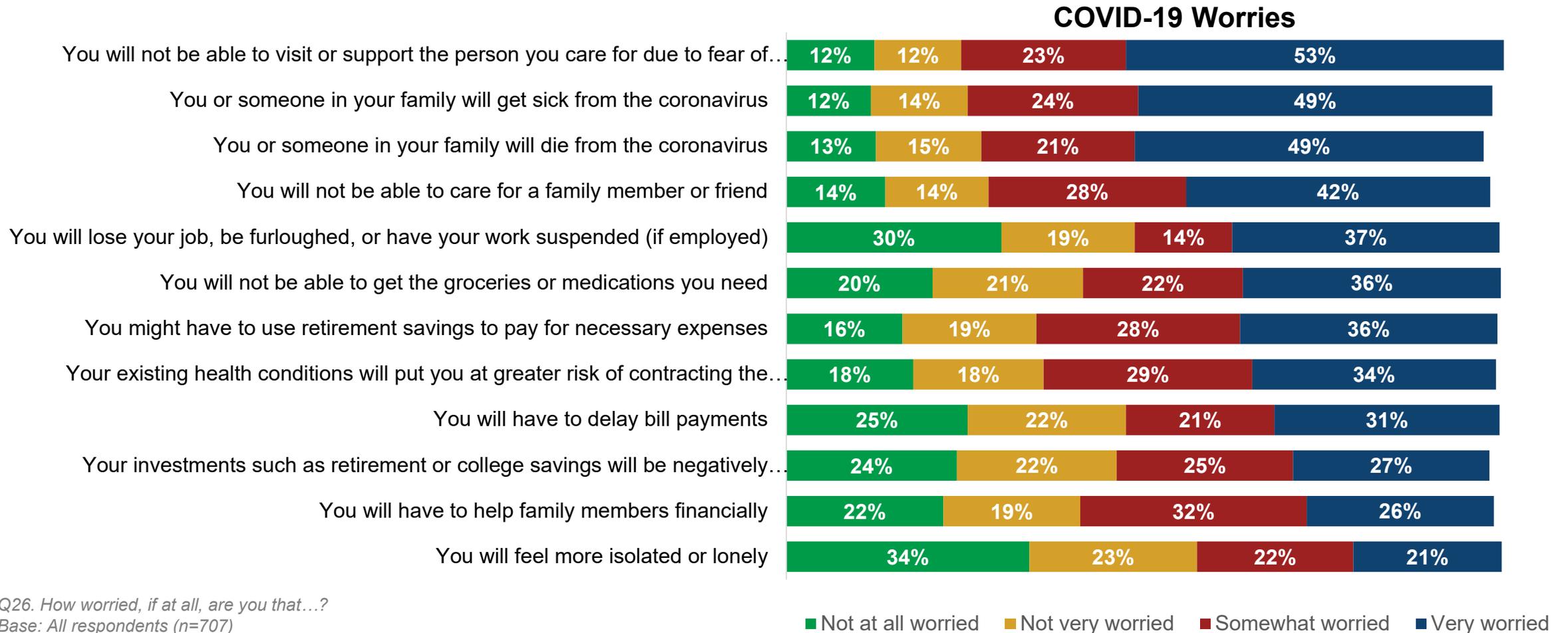
Base: Current/Former caregivers who are not living with/did not live with their loved one (n=183)



COVID-19 PANDEMIC

Puerto Rican voters age 45+ have many worries about COVID-19.

Not being able to visit or help loved ones tops the list for caregivers (53% of current caregivers are very worried), followed closely by fears among all Puerto Ricans age 45+ related to contracting (49%) or dying from (49%) COVID-19.

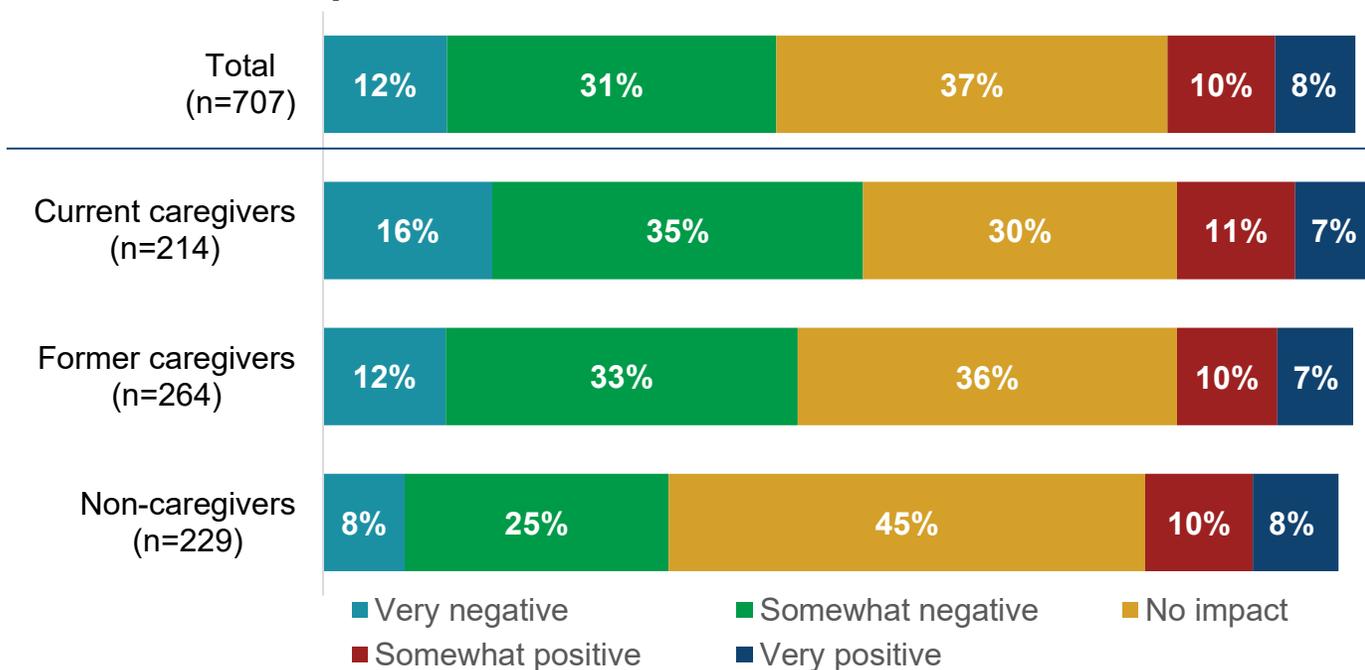


Q26. How worried, if at all, are you that...?
 Base: All respondents (n=707)

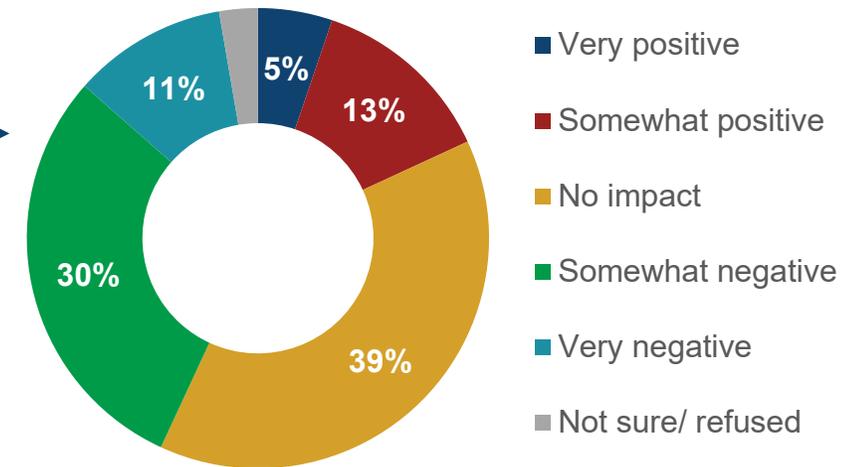
Four in ten Puerto Rican voters age 45+ said the pandemic has had a negative impact on their mental health.

Forty-three percent of 45+ voters say the pandemic had a negative impact on their mental health. The percentage is even higher among current (51%) and former (45%) caregivers.

Impact of Pandemic on Personal Mental Health



Impact of Pandemic on Care Recipient's Mental Health



Q27. What type of impact, if any, has the COVID-19 pandemic had on your mental health?

Base: All respondents (n=707)

Q28. What type of impact if any, has the COVID-19 pandemic had on the mental health of the person you care for?

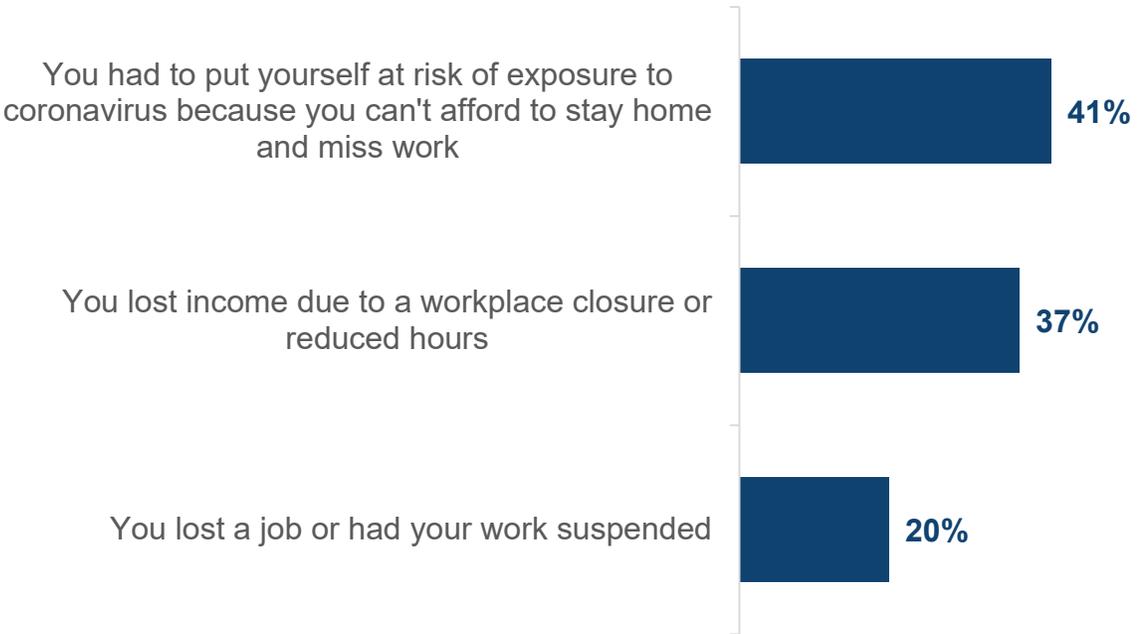
Base: Current caregivers (n=214)



One in five working Puerto Rican voters age 45+ lost a job due to COVID-19.

An even higher percentage (37%) lost income due to closures or reduced hours.

Impact of COVID-19 on Employment



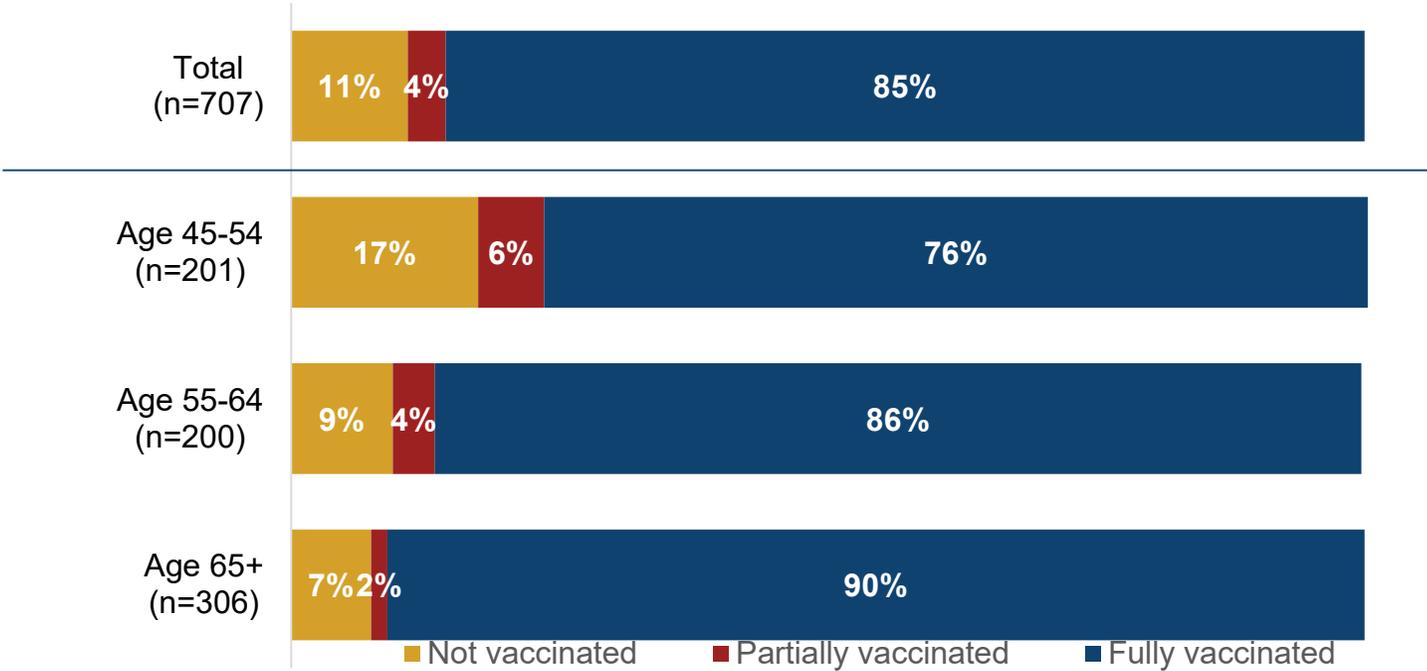
Q29. In what ways, if any, has the coronavirus affected your job or income?
Base: Workforce (employed or looking for work) (n=286)



Fortunately, eight in ten voters age 45+ are now fully vaccinated against COVID-19.

There are differences in vaccination status by age, with Puerto Ricans age 45-54 being least likely to have received the vaccine.

COVID-19 Vaccination Status as of June 2021



Q43. Thinking about the coronavirus vaccine, are you...?

Base: All respondents (n=707)



IMPLICATIONS

Implications

There is a **strong desire** among Puerto Rico voters to **remain at home for as long as possible** and avoid institutional care.

An overwhelming majority of residents find the resources that help one remain at home (e.g., transportation, housekeeping, home health, etc.) to be very important. **Yet many communities are lacking these necessary resources.**

It is important for policy makers to ensure residents have the resources available to make this desire to remain at home possible.

Family caregiving is a very common experience in Puerto Rico with most either a current caregiver or having been one in the past. Supporting family caregivers as they care for loved ones will be even more important in the future as the population needing care is only expected to grow.

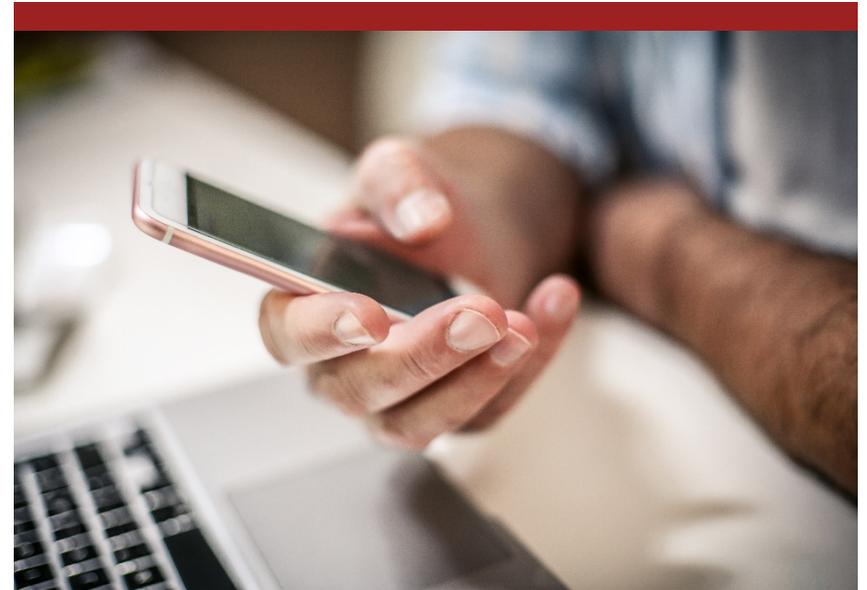




METHODOLOGY

Methodology

- **Objectives:** To understand the opinions and experiences of Puerto Rican voters age 45+ as they relate to unpaid family caregiving
- **Methodology:** Multi-mode survey (54% cell phone, 19% landline 16 online, and 11% in person)
- **Qualifications:** Age 45 or older; registered voter in Puerto Rico
- **Sample:** Aristotle and local (in-country) proprietary databases
- **Interviewing Dates:** May 20 – June 15, 2021
- **Weighting:** The total sample (n=707) was weighted by age and gender based on 2019 5-year American Community Survey (ACS) statistics
- **Questionnaire length:** 26 minutes on average by phone, 20 minutes online, and 26 minutes in person
- **Confidence Interval:** Total sample: $\pm 3.7\%$
- **Note:** Offered in both English and Spanish





DEMOGRAPHICS

A Demographic Overview

All respondents (n=707)		AARP membership, by age:	
Age:		Total	17%
45-49	15%	Age 45-54	7%
50-54	13%	Age 55-64	18%
55-64	28%	Age 65+	22%
65+	43%		
Gender:			
Male	45%		
Female	55%		

A Demographic Overview (Continued)

All respondents (n=707)

Employment status:

Self-employed full-time	10%
Self-employed part-time	4%
Employed full-time	18%
Employed part-time	3%
Unemployed and looking for work	6%
Retired and not working at all	49%
Not in the labor force for other reasons	9%
Not sure/refused	1%

Marital status:

Married	51%
Not married, living with partner	6%
Separated	3%
Divorced	15%
Widowed	11%
Currently single and never married	13%
Refused	2%

Household income:

Less than \$10,000	16%
\$10,000 to \$14,999	15%
\$15,000 to \$19,999	10%
\$20,000 to \$24,999	8%
\$25,000 to \$29,999	9%
\$30,000 to \$39,999	10%
\$40,000+	16%
Not sure/refused	17%

Residence Characteristics

All respondents (n=707)

Residence:

Own	84%
Rent	13%
Other	1%
Not sure/refused	2%

Living in household:

Children under age 18	13%
Children over age 18	30%
Children away at college	14%

Location:

Downtown/urban	54%
Suburbs	6%
Rural area	36%
Something else	2%
Not sure/refused	2%

Voting/Political Views

All respondents (n=707)			
State election voting in last 10 years:		Political party:	
Always	67%	New Progressive Party (PNP)	25%
Most of the time	15%	Vota Candidatura	22%
About half of the time	6%	Popular Democratic Party (PPD)	17%
Seldom	7%	Puerto Rican Independence Party (PIP)	4%
Never	4%	Proyecto Dignidad	3%
Not sure/refused	2%	Victoria Ciudadana	2%
Political views:		Some other political party	<1%
Conservative	38%	None of these	10%
Moderate	33%	Not sure/refused	18%
Liberal	16%		
None of these	5%		
Not sure/refused	8%		

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About AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.

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