

APPENDIX B

Table A. Demographic Characteristics of Family Caregivers				
Minnesota Behavioral Risk Factor Surveillance System (MN BRFSS), 2008				
Characteristics of Family Caregivers	Caregivers (n=780)		Full MN BRFSS (n = 4,271)	
	N	%	N	%
Age *				
18 - 44	174	22.8	1,184	27.7
45 - 54	201	26.4	920	21.5
55 - 64	209	27.4	922	21.6
65+	178	23.4	1,245	29.2
Total	762	100.0	4,271	100.0
Gender				
Female	549	70.4	2,653	62.1
Male	231	29.6	1,618	37.9
Total	780	100.0	4,271	100.0
Marital Status				
Married	451	61.9	2,535	59.5
Divorced	103	14.1	547	12.8
Widowed	62	8.5	550	12.9
Single/Separated/Unmarried Couple	113	15.5	629	14.8
Total	729	100.0	4,261	100.0
Residence				
Metro	390	52.3	2,176	51.4
Non-Metro	356	47.7	2,057	48.6
Total	746	100.0	4,233	100.0
Education				
< High School	43	5.7	213	5.0
High School	188	25.1	1,112	26.0
Some College	242	32.3	1,265	29.7
College Graduate	276	36.9	1,674	39.3
Total	749	100.0	4,264	100.0
Employment Status				
Employed for wages	400	53.9	2,139	50.1
Self-employed	67	9.0	378	8.9
Retired	188	25.3	1,218	28.5
Unemployed, student , homemaker, unable to work	88	11.8	532	12.5
Total	743	100.0	4,267	100.0
Total	777	100.0	N/A	N/A

* The survey data is weighted so that responses in each age group are proportionate to Minnesota's general population.

Table B. Characteristics of the Family Caregiving Experience
Minnesota Behavioral Risk Factor Surveillance System (MN BRFSS), 2008

Characteristics of Family Caregiving	Caregivers (n=780)		Full MN BRFSS (n = 4,271)	
	N	%	N	%
Time of Travel to Provide Care				
Same House	166	20.7	N/A	N/A
Less than 20 minutes	382	50.2	N/A	N/A
20 – 60 minutes	125	16.5	N/A	N/A
1 – 2 hours	46	5.4	N/A	N/A
Over 2 hours	57	7.2	N/A	N/A
Total	777	100.0	N/A	N/A
Average Number of Hours Care Provided per Week				
2 hours or less	214	31.3	N/A	N/A
3 – 10 hours	290	37.5	N/A	N/A
11 – 20 hours	97	16.8	N/A	N/A
21 – 40 hours	72	8.6	N/A	N/A
Over 40 hours	44	5.8	N/A	N/A
Total	717	100.0	N/A	N/A
Duration of Care				
3 months or less	164	22.5	N/A	N/A
4 – 12 months	88	12.1	N/A	N/A
13 – 24 months	182	25.6	N/A	N/A
3 – 5 years	160	19.4	N/A	N/A
6 years or more	177	20.4	N/A	N/A
Total	771	100.0	N/A	N/A
Caregiver Health Status (self-reported)				
	Caregivers		Non-Caregivers	
	N	%	N	%
Health Status Fair or Poor	94	12.0	391	11.2
Limitation of Activity	208	26.7	750	21.5
Difficulties Faced by Caregivers *				
	Number of Responses	Responses (%)	Full MN BRFSS	
Creates Stress	288	27.0	N/A	N/A
Not Enough Time for Self and Family	241	23.0	N/A	N/A
Financial Burden	76	7.0	N/A	N/A
Interferes with Work	60	6.0	N/A	N/A
Affects Family Relationships	54	5.0	N/A	N/A
Aggravates Health Problems	24	2.0	N/A	N/A
Other	21	2.0	N/A	N/A
Total	764	N/A	N/A	N/A
Type of Help Most Needed by Care Recipient *				
	Number of Responses	Responses (%)	Full MN BRFSS	
Moving Around	353	32.0	N/A	N/A
Taking Care of Self	185	17.0	N/A	N/A
Learning, Remembering, Confusion	162	15.0	N/A	N/A

Feeling Anxious or Depressed	148	13.0	N/A	N/A
Seeing or Hearing	72	7.0	N/A	N/A
Communicating	66	6.0	N/A	N/A
Getting Along with People	36	3.0	N/A	N/A
Total	1,022	N/A	N/A	N/A
* Caregivers were allowed up to two responses for these questions. Some caregivers did not provide a response.				

**Table C. Characteristics of Family Caregivers by Hours of Care Provided
Minnesota Behavioral Risk Factor Surveillance System (MN BRFS), 2008**

Characteristics of Family Caregivers	Caregivers providing 21 or more hours of care each week (n=116)		Caregivers providing 20 or fewer hours of care each week (n = 601)	
	N	%	N	%
Age				
18 – 44	22	33.8	149	45.6
45 – 59	38	32.6	281	37.7
60+	56	33.6	171	16.7
Total	116	100.0	601	100.0
Gender				
Female	91	75.6	416	57.3
Male	25	24.4	185	42.7
Total	116	100.0	601	100.0
Employment Status *				
Employed for wages	47	54.3	345	64.3
Self employed	10	5.2	63	10.0
Retired	45	27.4	115	11.5
Total	102	86.9	523	85.8
Length of Time Caregiving				
Less than 3 months	28	22.0	126	23.1
4 – 12 months	14	9.7	66	12.1
13 – 24 months	17	21.7	154	26.5
3 – 5 years	24	20.6	119	18.8
6 years or more	33	26.0	132	19.6
Total	116	100.0	597	100.0
Limitation of Caregiver Activity (due to physical, mental or emotional problems)				
Experiences Limitation of Activity	43	31.4	163	25.0
Relationship of Care Recipient to Caregiver *				
Parent	32	25.4	251	37
Parent-in-law	4	3.4	58	9.7
Child	25	23.9	43	5.8
Spouse	30	21.8	42	5.9
Non-relative	12	14.7	99	16.3
Total	103	89.2	493	74.7
Distance from Care Recipient *				
Same house	68	56.1	77	13.4

Less than 20 minutes	24	20.8	343	57.6
20 – 60 minutes	12	11.9	107	17.6
Total	104	88.8	527	88.6
Cancer				
Cancer	13	8.1	69	13.7
Heart Disease	13	10.3	70	10.5
Dementia	11	6.9	56	8.7
Diabetes	7	7.7	42	9.1
Total	44	33.0	237	42.0
Concern about Memory of Care Recipient *				
Concern about Memory	51	39.8	248	38.6
* Based on the number of responses received for each question. Not all respondents answered all questions.				

Table D. Demographic Characteristics of Care Recipients
Minnesota Behavioral Risk Factor Surveillance System (MN BRFSS), 2008

Characteristics of Care Recipients	Reported by Caregivers (n=780)		Full BRFSS (n = 4,271)	
	N	%	N	%
Age				
< 18 years*	38	5.6	N/A	N/A
18 - 44	68	12.9	N/A	N/A
45 – 64**	134	17.8	N/A	N/A
65 – 74**	132	19.2	N/A	N/A
75 – 84**	200	23.0	N/A	N/A
85+ **	207	21.5	N/A	N/A
Total	779	100.0	N/A	N/A
Gender				
Female	495	61	N/A	N/A
Male	285	39	N/A	N/A
Total	780	100.0	N/A	N/A
Relationship of Care Recipient to Caregiver				
Parent	303	35.3	N/A	N/A
Parent-in-law	65	8.6	N/A	N/A
Child	73	8.5	N/A	N/A
Spouse	88	9.3	N/A	N/A
Sibling	47	4.1	N/A	N/A
Grandparent	33	11.2	N/A	N/A
Grandchild	3	0.2	N/A	N/A
Other Relative (e.g., sister-in-law, aunt, uncle, niece or nephew)	48	7.3	N/A	N/A
Non-relative (e.g., partner, significant other, friend or neighbor)	118	15.4	N/A	N/A
Total	778	N/A	N/A	N/A
Top Four Health Condition of Care Recipient - reported by caregiver***				
Cancer	90	13.1	N/A	N/A

Heart Disease	87	10.4	N/A	N/A
Dementia	55	8.9	N/A	N/A
Diabetes	71	8.3	N/A	N/A
Totals	303	N/A	N/A	N/A

* Age of less than 18 years is not available for full BRFSS survey since it is administered to adults age 18+ years of age.
** Age categories of 45 – 64 and 65+ were merged to match the full BRFSS age data tables provided by the MDH.
*** Based on the number of responses. Not all respondents answered all questions.

Table E. Characteristics of Family Caregivers Providing Care to Recipients Age 45 and Older with Memory Concerns
Minnesota Behavioral Risk Factor Surveillance System (MN BRFSS), 2008.

Characteristics of Family Caregivers	Caregivers of People with Memory Concern (n=286)		Caregivers of People without Memory Concern (n=384)	
	N	%	N	%
Age				
35 - 44	33	14.5	44	14.4
45 - 54	87	30.5	105	25.6
55 - 64	85	21.6	106	20.4
65+	61	15.0	101	15.7
Total	266	N/A	356	N/A
Gender				
Female	197	58.6	281	61.5
Male	89	41.4	103	38.5
Total	286	100.0	384	100.0
Marital Status				
Married	185	70.4	247	63.1
Divorced	44	8.3	48	7.5
Widowed	16	2.3	41	5.4
Single/Separated/Unmarried Couple	41	19.0	47	24.0
Total	286	100.0	383	100.0
Children Present in Caregiver Household				
None	218	64.9	296	63.9
One or more	68	35.1	88	36.1
Total	286	100.0	384	100.0
Education				
High School	56	18.5	100	29.1
Some College	97	35.5	129	30.7
College Graduate	126	40.3	142	35.5
Employment Status				
Employed for wages	150	57.8	200	59.9
Self-employed	31	10.8	39	9.6
Retired	64	15.3	102	17.6
Average Number of Hours Care Provided per Week *				
2 hours or less	73	28.9	118	36.4
3 – 10 hours	117	43.4	139	35.8

11 – 20 hours	36	15.2	47	17.8
21 – 40 hours	28	8.1	29	6.8
Over 40 hours	-	-	-	-
Duration of Care				
3 months or less	42	15.2	100	29.6
4 – 12 months	34	13.9	43	11.2
13 – 24 months	77	25.8	92	26.9
3 – 5 years	66	23.3	76	16.6
6 years or more	66	21.8	69	15.7
Total	285	100.0	380	100.0
Time of Travel to Provide Care *				
Same House	42	14.2	80	18.8
Less than 20 minutes	140	48.5	203	55.7
20 – 60 minutes	58	21.4	51	12.5
1 – 2 hours	-	-	-	-
Over 2 hours	27	10.2	25	6.9
Difficulties Faced by Caregivers **				
Creates Stress	133	23.0	111	15.0
Not Enough Time for Self and Family	110	19.0	109	14.0
Financial Burden	30	5.0	25	3.0
Interferes with Work	23	4.0	27	4.0
Affects Family Relationships	34	6.0	13	2.0
Aggravates Health Problems	7	1.0	7	1.0
Other	9	2.0	10	1.0
Total	346	N/A	302	N/A
Caregiver Self-Reported Health Status				
Health Status Fair or Poor	36	11.4	44	10.1
Caregiver Self-Reported Activity Limitations Due to Health Problems				
Experiences Limitation of Activity	95	31.8	99	21.8
* Some data values are missing because the segment of respondents was too small to report.				
** Respondents were able to indicate one or more difficulties. For this reason the number of responses exceeds the total N.				

Table F. Characteristics of Care Recipients Age 45 and Older who were Reported to have Memory Concerns

Minnesota Behavioral Risk Factor Surveillance System (MN BRFSS), 2008

Characteristics of Care Recipients	Caregivers of People with Memory Concern (n=286)		Caregivers of People without Memory Concern (n=384)	
	N	%	N	%
Relationship of Care Recipient to Caregiver				
Parent	140	45.1	161	40.2
Parent-in-law	37	15.7	28	6.9
Spouse	26	8.1	56	11.5
Non-relative	36	9.7	57	11.9
Total	239	N/A	302	N/A

Gender				
Female	186	66.4	254	63
Male	100	33.6	130	37
Total	286	100.0	384	100.0
Memory Loss Interferes with Care Recipient's Quality of Life				
Yes	194	70.3	26	6.0
No	92	29.7	358	94.0
Total	286	100.0	384	100.0
Major Health Problem of Care Recipient				
Cancer	29	13.5	48	14.1
Heart Disease	33	10.9	53	14.0
Diabetes	20	6.5	34	13.9
Dementia	62	21.1	9	2.0
Assistance Required by Care Recipient *				
Moving Around	123	22.0	204	27.0
Taking Care of Self	70	12.0	82	11.0
Learning, Remembering, Confusion	118	21.0	25	3.0
Feeling Anxious or Depressed	61	11.0	52	7.0
Seeing or Hearing	26	5.0	42	5.0
Communicating	28	5.0	21	3.0
Getting Along with People	15	3.0	5	1.0
Total	441	N/A	431	N/A
* Respondents were able to indicate one or more difficulties. For this reason the number of responses exceeds the total N.				