

Caregiving for Individuals with Dementia and Cognitive Impairment in Los Angeles County, 2019-2020



Purpose

In 2019-2020, an estimated 1.6 million adults provided care to individuals aged 18 years or older, representing 21% of Los Angeles County. Approximately 1 in 5 (322,880) provided care for individuals with dementia and cognitive impairment. This brief presents a demographic profile of these caregivers. It also examines differences in caregiving experiences with those who care for adults with and without dementia and cognitive impairment as well as differences among care recipients. The information provided can help organizations, policy makers, practitioners, and other key stakeholders understand the impact of caring for someone living with dementia and cognitive impairment.

Demographic Profile

This profile summarizes the demographic characteristics of caregivers of adults with dementia and cognitive impairment.



Gender

More than half (59%) were female.



Race and Ethnicity

Majority (44%) were Latino/Hispanic, followed by non-Hispanic White (32%), non-Hispanic Asian (15%), and non-Hispanic African American (7%).



Marital Status

Over half (55%) were married or living with a partner.



Age

Majority (32%) were between 50-64 years of age, followed by ages 18-34 (28%), 35-49 (20%), and 65 and older (20%).



Education

Two-thirds (66%) had more than a high school education.



Employment

Nearly 3 in 5 (59%) were employed full-time.



Income Status

Over half (57%) had incomes above 300% of the federal poverty level.

Data Source

Unless noted otherwise, all data presented are pooled from the 2019 and 2020 California Health Interview Survey, a web and telephone survey conducted by the UCLA Center for Health Policy Research. In the survey, caregivers were identified as adults who reported providing care for a family member or friend aged 18 years or older in the last 12 months. They were then asked to select one or more health conditions for their care recipient. Data were analyzed using weights to provide population estimates. For some measures, estimates were not available due to small sample size.

Definitions

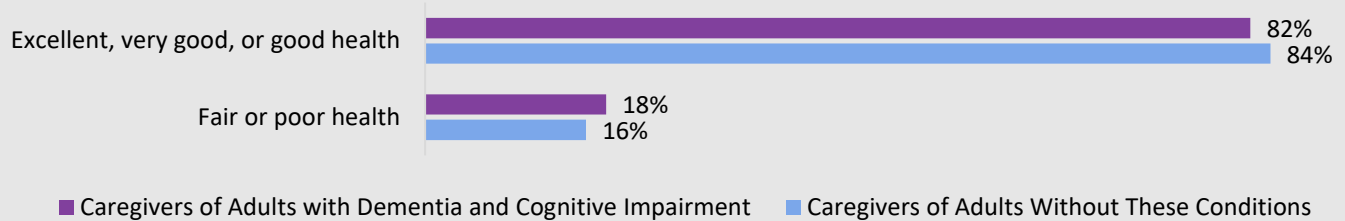
In this brief, caregivers of adults with dementia and cognitive impairment are those who selected “Alzheimer’s, confusion, dementia, forgetfulness” as a health condition for which the care recipient required their help.

Differences in Caregiving Experiences

This comparison examines the differences in caregiving experiences between caregivers of adults with dementia and cognitive impairment and caregivers of adults without these conditions.

General Health

Fewer caregivers of adults with dementia and cognitive impairment considered their health excellent, very good, or good (82%) compared with caregivers of adults without these conditions (84%).



Average Time Caregiving

On average, caregivers of adults with dementia and cognitive impairment provided more hours of care per week than caregivers of adults without these conditions.



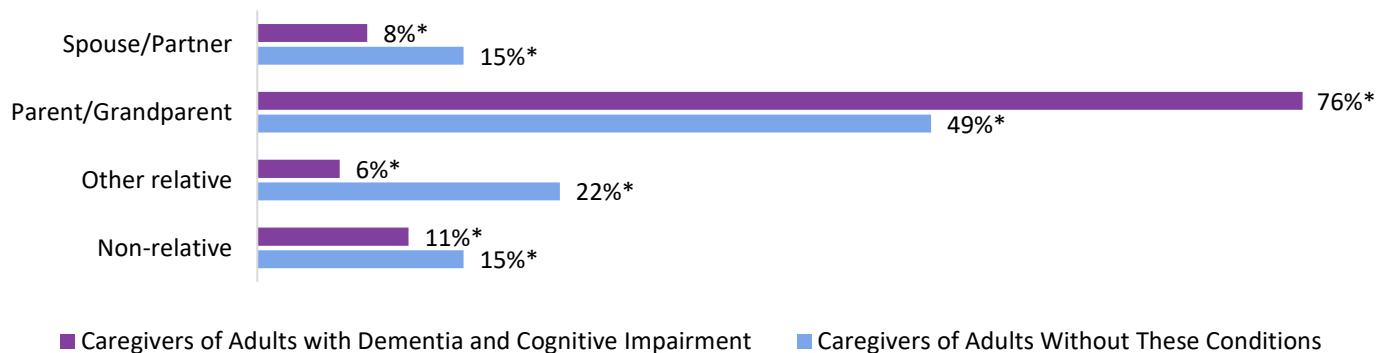
Caregivers of Adults with Dementia and Cognitive Impairment:
18.7 hours*



Caregivers of Adults Without These Conditions:
13.2 hours*

Relationship with Care Recipient

More caregivers of adults with dementia and cognitive impairment provided care for a parent/grandparent (76%*) compared with caregivers of adults without these conditions (49%*).

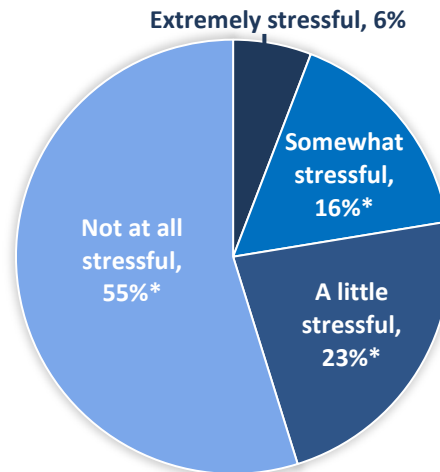


Financial Stress Due to Caregiving

Caregivers of adults with dementia and cognitive impairment experienced extreme financial stress due to caregiving two and a half times more often (15%*) than caregivers of adults without these conditions (6%).

Caregivers of Adults with Dementia and Cognitive Impairment

Caregivers of Adults Without These Conditions

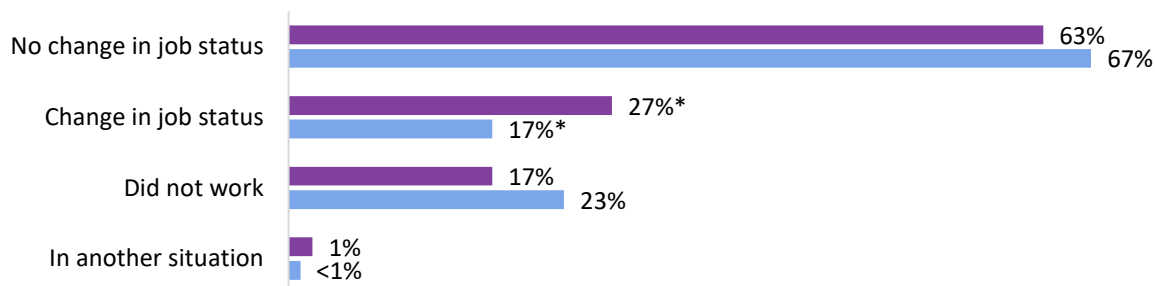


Paid Caregiving

In 2020, 10% of caregivers of adults with dementia and cognitive impairment and 9% of caregivers of adults without these conditions were paid for some caregiving hours.

Change in Job Status Due to Caregiving

More caregivers of adults with dementia and cognitive impairment had a change in job status (e.g., changed jobs, increased work hours, decreased work hours, quit job, laid off) due to caregiving (27%*) compared with caregivers of adults without these conditions (17%*).



■ Caregivers of Adults with Dementia and Cognitive Impairment ■ Caregivers of Adults Without These Conditions



Physical/Mental Health Problems due to Caregiving

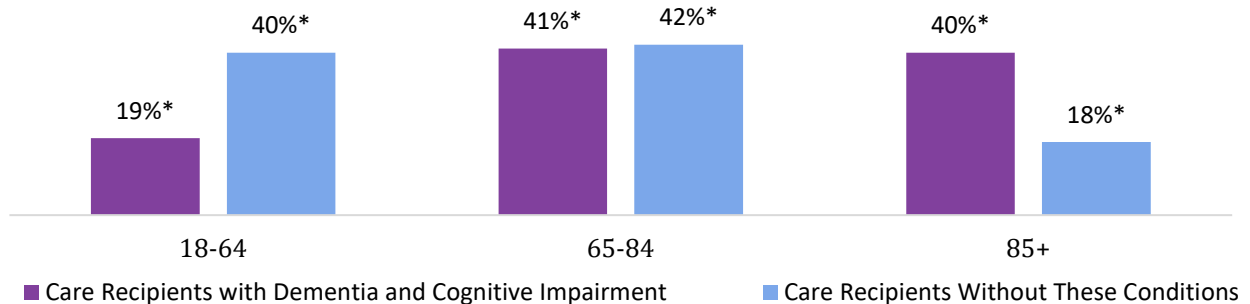
More caregivers of adults with dementia and cognitive impairment suffered physical and/or mental health problems in the last 12 months due to caregiving (18%*) compared with caregivers of adults without these conditions (11%*).

Care Recipient Characteristics

This comparison examines the characteristics between care recipients with dementia and cognitive impairment and care recipients without these conditions.

Age of Care Recipients

Among all care recipients, majority were between 65 and 84 years of age.



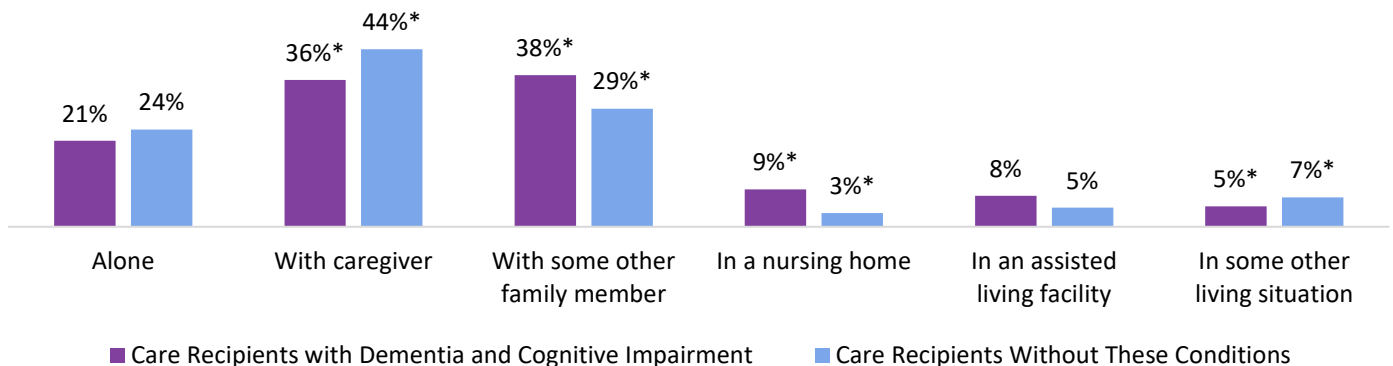
Care Recipient Health Conditions

Care recipients with dementia and cognitive impairment had an average of 3 health conditions that required assistance. Comparatively, care recipients without these conditions had an average of 2 health conditions that required assistance. The most common conditions were:



Care Recipient Living Status

Nearly 1 in 3 (36%*) care recipients with dementia and cognitive lived with their caregivers compared to care recipients without these conditions (44%*).



Asterisk (*) indicates p-value < 0.05 using Chi-Square Test

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