

THE LONG-TERM CARE POLL

Infographic – Caregivers often neglect their own needs while providing care

According to a new survey by the Associated Press-NORC Center for Public Affairs Research, 35 percent of caregivers have skipped routine care, 33 percent skipped a recommended treatment, and 31 percent didn't go to the doctor at all when sick or injured as a result of their caregiving responsibilities. Others cite impacts to their personal finances. Still, 60 percent say they feel supported in their role as a caregiver.



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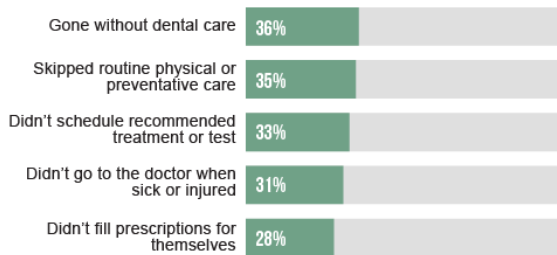
Nearly 3 in 10 say caregiving makes managing their own health a challenge

Twenty-eight percent of current caregivers say their role as a caregiver has made it harder to manage their own health.



Many caregivers neglect their own health

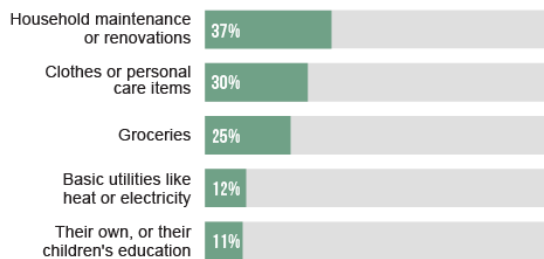
Over one-third of current caregivers have gone without a routine physical or dental care in the past 12 months due to the demands of caregiving.



Caregiving can impact personal finances, too

Caregivers report cutting back on spending on their own personal needs as a result of caregiving.

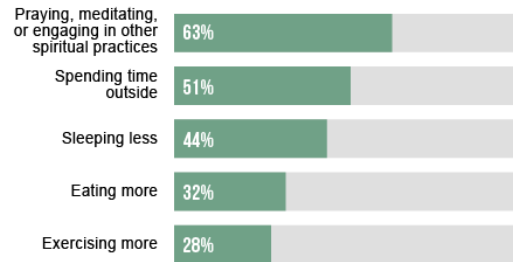
PERCENT OF CAREGIVERS WHO DECREASED SPENDING ON...



Caregivers find ways to cope with the difficulties of caregiving

More than half rely on spirituality or spending time outdoors to cope with caregiving responsibilities, while others engage in unhealthy behaviors like sleeping less or eating more.

PERCENT OF CAREGIVERS WHO COPE BY...



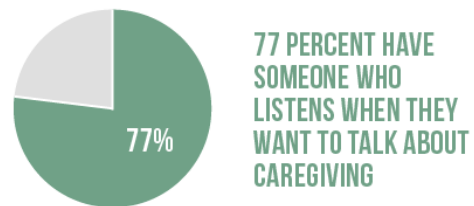
Only a quarter of caregivers have talked to their personal doctor about caregiving

Only 24 percent of caregivers have consulted with their own doctor about their caregiving responsibilities, but those who have received advice about ways to take care of themselves.



Most caregivers feel supported in their role

Sixty percent of caregivers say they have all or most of the support they need while providing care, and most say they can rely on people to listen to them and give advice.



The AP-NORC Center conducted this study with funding from The SCAN Foundation. The poll includes 1,024 interviews with a nationally representative sample of Americans age 18 and older who are currently providing long-term care or have provided it in the past using the AmeriSpeak® Panel. The overall margin of sampling error is +/- 4.1 percentage points at the 95 percent confidence level, including the design effect. For more information, visit www.longtermcarepoll.org.

