

ARCHANGELS™

Results from 2023 Caregiver Intensity Index™ Research in Southeast Michigan

South East Michigan: Caregivers in our study

Sample Size:

→ Nov 2023: 285

Income:

→ Higher Income (>\$62.5k):
61%

→ Lower Income (<\$62.5k):
39%



Gender:

→ Female: 68%

→ Male: 31%

Generation:

→ Boomers: 31%

→ Gen x: 23%

→ Millennials: 31%

→ Gen Z: 15%

Caregivee 60+:

→ Yes: 54%

→ No: 46%

South East Michigan: Caregivers in our study

Employment:

- Full time: 41%
- Part time: 21%
- Not working for pay: 18%
- Retired: 20%

Caring for:

- 1 Person: 57%
- 2 People: 25%
- 3 People: 22%
- 4 or more: 7%



Caregiving Tenure:

- More than 12 months: 69%
- 7-12 months: 11%
- 4-6 months: 8%
- 3 months or less: 11%

Caregiving Location:

- In my home: 58%
- Not in my home: 42%

Caregiving Hours:

- < 10 per week: 47%
- 10-29%: 22%
- 30+: 31%

South East Michigan: Caregivers in our study

Caring for:

- Parent: 43%
- Spouse: 14%
- Older Relative: 14%
- Unrelated Adult: 12%
- Sibling: 9%
- Adult Child: 6%



Caring for:

- Multiple conditions: 35%
- Age related decline: 39%
- Mental health /substance use: 31%
- Chronic condition: 30%
- Covid or complications from Covid: 14%
- Dementia: 17%
- Short term health issue: 15%



65% are the Primary Caregiver

44% of these Primary Caregivers are going it alone (no one with whom to share the responsibility)

39% of those who are sharing caregiving responsibilities do so with a sibling; 61% with non-siblings

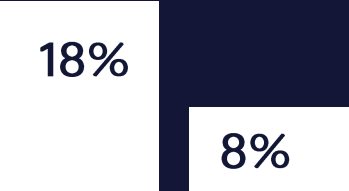
Caregiver Intensity In South East Michigan

Distribution of Caregiver Intensity by Group

	NATIONAL	South East Michigan	
	National Average Mid Pandemic (cited in Journal of Affective Disorders)	ARCHANGELS National Sample 11/2023	South East Michigan Sample
RED	23%	27%	20%
YELLOW	62%	66%	65%
GREEN	15%	7%	15%

Top drivers for caregivers in South East Michigan

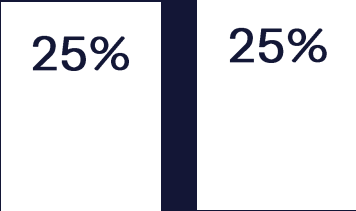
Money Concerns



SEMI National

(2.25X Greater)

Feeling stressed out and depressed



SEMI National

(No Difference)

Not knowing what to expect

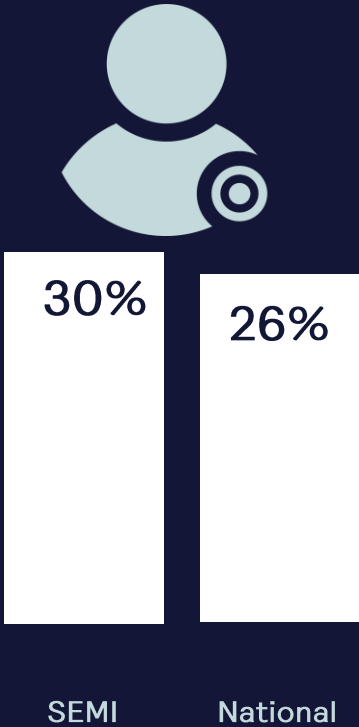


SEMI National

(No Difference)

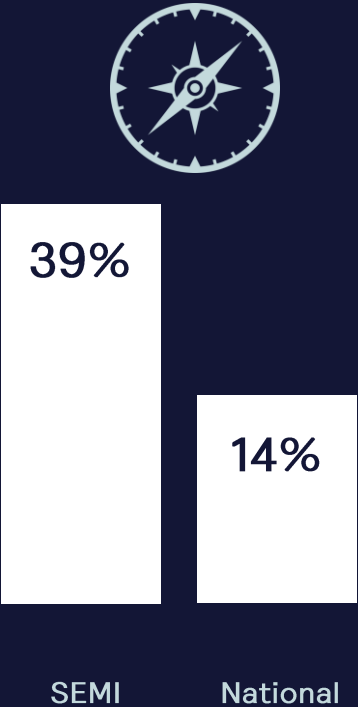
Top buffers for caregivers in South East Michigan

Feeling a sense of purpose



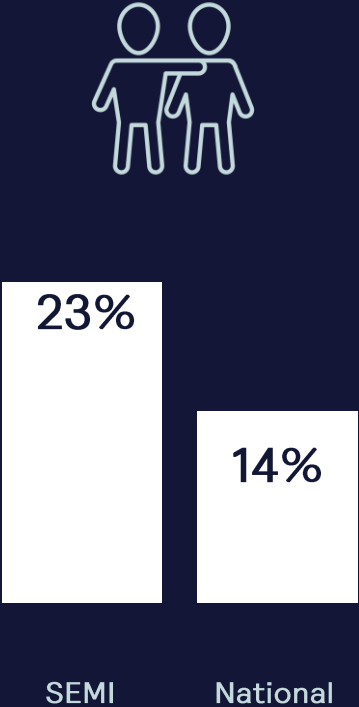
(Little Difference)

Navigating money and benefits for others



(2.8X% Greater)

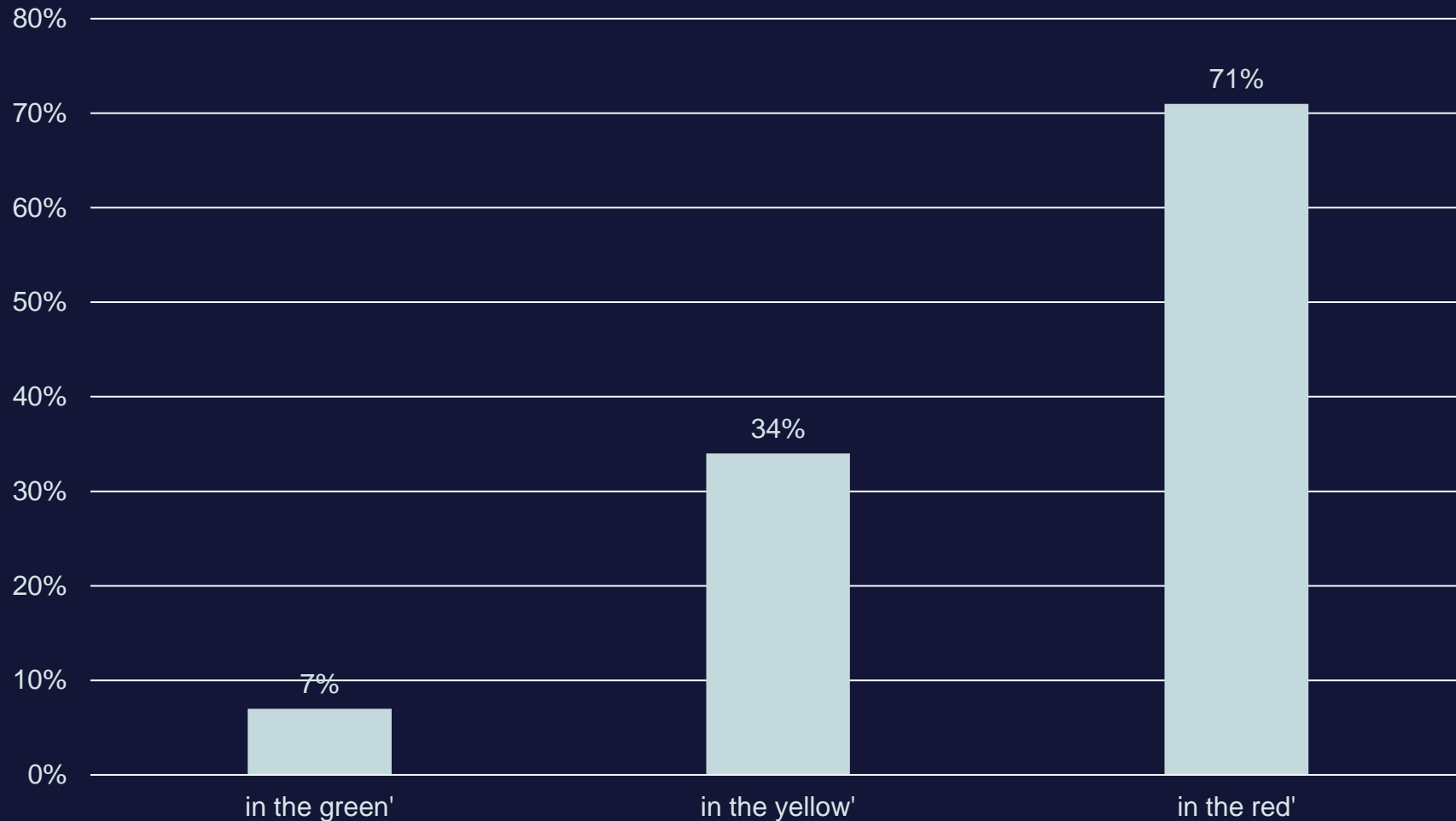
Feeling like you have someone in your corner



(1.6X% Greater)

Caregivers and their own health:

45% of caregivers report they have their own chronic condition
(55% for Boomers and Gen x; 33-35% for Millennials and Gen Z)



■ Caregiving make it difficult to manage my own health

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Caregivers cope in many ways: Connection

FAMILY

48%



FRIENDS

37%



FITNESS

32%



FAITH

37%



Caregivers cope in many ways: Escape

SUBSTANCES

SCREENS

SLEEP

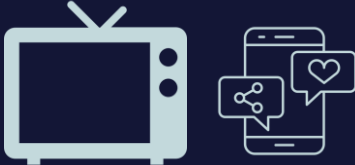
SNACKING

60%

51%

50%

34%



South East Michigan: 'Taking a break'...

38% of caregivers say they 'really need a break'



51% of Caregivers said that 'knowing there were trusted respite services in my area to help give me a break from caregiving would help reduce my stress level'

68% for caregivers 'in the red'
38% for caregivers 'in the green''



57% of Caregivers said they would prefer to take a break from caregiving 'with my loved one'

58% for caregivers 'in the red'
72% for caregivers 'in the green''



48% of Caregivers said they would prefer to take a break from caregiving 'on my own'

73% for caregivers 'in the red'
41% for caregivers 'in the green''

South East Michigan: 'To take advantage of a respite opportunity, it would need to'...



45% of Caregivers said a respite opportunity would need to offer transportation

61% for caregivers 'in the red'
44% for caregivers 'in the green''



60% of Caregivers said a respite program would need to offer coverage by someone they could trust to take care of their loved one

81% for caregivers 'in the red'
44% for caregivers 'in the green''



40% of Caregivers said in-home respite (not having to leave the home) would be necessary for them to participate

46% for caregivers 'in the red'
41% for caregivers 'in the green''

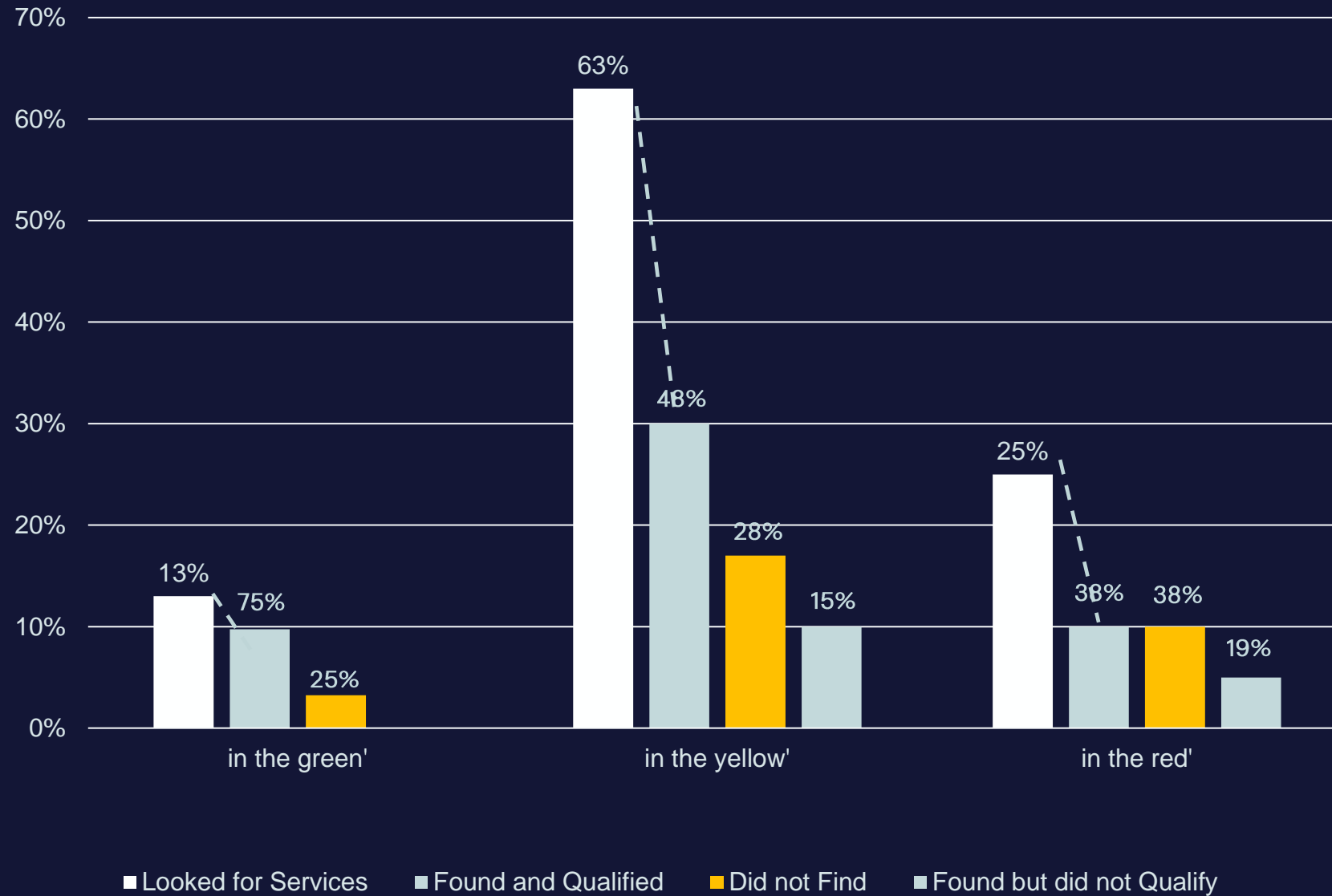
Respite when? In what form?

	South East Michigan
Respite Times In a group	52%
Respite Times On my own	58%
Respite Times Online	32%
Respite Times Saturdays	58%
Respite Times Sundays	52%
Respite Times Weekday Ams	46%
Respite Times Weekday Eves	48%
Respite Times Weekday Pms	48%

1 in 2 caregivers would be interested in respite at any time, in any form (group or solo)*

*** 2 out of 3 prefer in person to online**

Caregiver experience seeking services...



How could you envision taking a break?

Key themes from caregivers' responses...

Getaway – Referring to vacations or trips.

Time alone – Desiring solitude and personal time.

Support – Seeking assistance from others.

Relaxation – Focusing on activities for rest and rejuvenation.

Family – Wanting quality time with loved ones.

Self-care – Prioritizing mental and physical well-being.

Help with the challenges – making the day to day a little easier.

Barriers to accessing respite?

Key themes from caregivers' responses

Work and Responsibilities

Financial Constraints

Lack of Support System

Reluctance to Ask for Help

Health-Related Challenges

Complex Care Needs

Emotional Struggles

Family Responsibilities

Limited Respite Options

Fear of Change

Isolation and Loneliness

Unemployment

No Other Reliable People

Who do you trust for caregiver information?

