Results from 2023 Caregiver Intensity Index™ Research in Southeast Michigan
South East Michigan: Caregivers in our study

Sample Size:
- Nov 2023: 285

Gender:
- Female: 68%
- Male: 31%

Generation:
- Boomers: 31%
- Gen x: 23%
- Millennials: 31%
- Gen Z: 15%

Income:
- Higher Income (>=$62.5k): 61%
- Lower Income (<$62.5k): 39%

Caregiver 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

<table>
<thead>
<tr>
<th></th>
<th>NATIONAL</th>
<th>South East Michigan</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>National Average Mid Pandemic (cited in Journal of Affective Disorders)</td>
<td>ARCHANGELS National Sample 11/2023</td>
</tr>
<tr>
<td>RED</td>
<td>23%</td>
<td>27%</td>
</tr>
<tr>
<td>YELLOW</td>
<td>62%</td>
<td>66%</td>
</tr>
<tr>
<td>GREEN</td>
<td>15%</td>
<td>7%</td>
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</tbody>
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Top drivers for caregivers in South East Michigan

Money Concerns
- SEMI: 18%
- National: 8%
(2.25X Greater)

Feeling stressed out and depressed
- SEMI: 25%
- National: 25%
(No Difference)

Not knowing what to expect
- SEMI: 16%
- National: 16%
(No Difference)
Top buffers for caregivers in South East Michigan

Feeling a sense of purpose

- SEMI: 30%
- National: 26%

(Little Difference)

Navigating money and benefits for others

- SEMI: 39%
- National: 14%

(2.8X% Greater)

Feeling like you have someone in your corner

- SEMI: 23%
- National: 14%

(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

<table>
<thead>
<tr>
<th>FAMILY</th>
<th>FRIENDS</th>
<th>FITNESS</th>
<th>FAITH</th>
</tr>
</thead>
<tbody>
<tr>
<td>48%</td>
<td>37%</td>
<td>32%</td>
<td>37%</td>
</tr>
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Caregivers cope in many ways: Escape

<table>
<thead>
<tr>
<th>SUBSTANCES</th>
<th>SCREENS</th>
<th>SLEEP</th>
<th>SNACKING</th>
</tr>
</thead>
<tbody>
<tr>
<td>60%</td>
<td>51%</td>
<td>50%</td>
<td>34%</td>
</tr>
</tbody>
</table>

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South East Michigan: ‘Taking 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’

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

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

68% for caregivers ‘in the red’

58% for caregivers ‘in the red’

73% for caregivers ‘in the red’

38% for caregivers ‘in the green’

58% for caregivers ‘in the green’

72% for caregivers ‘in the green’

41% for caregivers ‘in the green’

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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

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

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’

46% for caregivers ‘in the red’
41% for caregivers ‘in the green’

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Respite when? In what form?

<table>
<thead>
<tr>
<th>Respite Times</th>
<th>South East Michigan</th>
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</thead>
<tbody>
<tr>
<td>In a group</td>
<td>52%</td>
</tr>
<tr>
<td>On my own</td>
<td>58%</td>
</tr>
<tr>
<td>Online</td>
<td>32%</td>
</tr>
<tr>
<td>Saturdays</td>
<td>58%</td>
</tr>
<tr>
<td>Sundays</td>
<td>52%</td>
</tr>
<tr>
<td>Weekday Ams</td>
<td>46%</td>
</tr>
<tr>
<td>Weekday Eves</td>
<td>48%</td>
</tr>
<tr>
<td>Weekday Pms</td>
<td>48%</td>
</tr>
</tbody>
</table>

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...

- **in the green**: 13% Looked for Services, 75% Found and Qualified, 25% Did not Find
- **in the yellow**: 63% Looked for Services, 28% Found and Qualified, 15% Did not Find
- **in the red**: 25% Looked for Services, 36% Found but did not Qualify, 38% Did not Find

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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**

<table>
<thead>
<tr>
<th>Work and Responsibilities</th>
<th>Emotional Struggles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial Constraints</td>
<td>Family Responsibilities</td>
</tr>
<tr>
<td>Lack of Support System</td>
<td>Limited Respite Options</td>
</tr>
<tr>
<td>Reluctance to Ask for Help</td>
<td>Fear of Change</td>
</tr>
<tr>
<td>Health-Related Challenges</td>
<td>Isolation and Loneliness</td>
</tr>
<tr>
<td>Complex Care Needs</td>
<td>Unemployment</td>
</tr>
<tr>
<td></td>
<td>No Other Reliable People</td>
</tr>
</tbody>
</table>
Who do you trust for caregiver information?

- Church: 34%
- None: 30%
- Doctor: 24%
- Employer: 14%
- Health Ins: 13%
- Community: 12%
- Hospital: 11%
- Senior Center: 9%
- Grocery: 8%
- Aging Services: 4%
- YMCA: 4%
- Police: 3%
- Barbershop: 1%

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