

Yujun Zhu, PhD, Susan Enguidanos, PhD, MPH, Kathleen Wilber, PhD, FGSA, FAGHE, Donna Benton, PhD, Francesca Falzarano, PhD

Background

- Caregivers of individuals with Alzheimer's disease and dementia often face significant caregiving burdens.
- While the cost of care is admittedly high for dementia patients, research on the financial strain experienced by family caregivers remains limited.

Methods

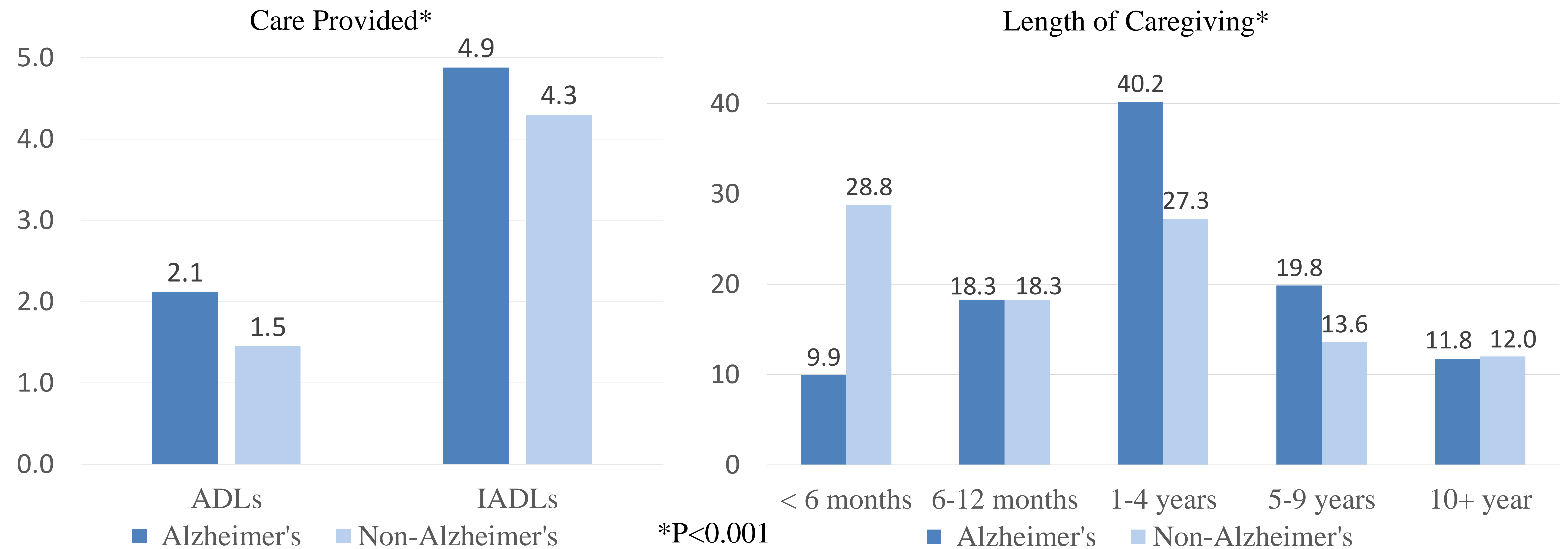
- Participants:** Publicly available data from the "Caregiving in the U.S. 2020" survey of 1,241 caregivers
- Eligibility:** Caring for an adult age 50 and older
- Outcome:** Caregiver's subjective financial strain
- Key interest:** Care recipient has Alzheimer's or dementia
- Controlled factors:**
 - Caregiver:* Age, gender, race, education, income, household size, employment status
 - Care recipient:* Age, gender, hospitalizations
 - Care intensity:* Primary, recipients lives with caregiver, length of caregiving, weekly hours, ADLs, IADLs provided
- Analysis:** ANOVA, Chi-square test, logistic regression

Participants Description

- Caregiver:* Mean age was 56.1 (SD=16.5) and 59.2% were female. About 59.6% were White, 12.1% Hispanic, 12.1% African American, 11.4% Asian Pacific Islander, and 4.8% were of other racial composition. About 55.7% were employed while caregiving.
- Care recipient:* Mean age was 76.6 (SD=12.4), 64.4% were female and 31% had Alzheimer's or dementia. About 51% had at least one hospitalization in the last 12 months.
- Care intensity:* About 63.8% were primary caregivers and 38.7% care recipients lived with caregivers. About 58.8% caregivers had provided care for over a year. Caregivers provided an average of 23.4 hours (SD=27.6) per week assisting with 1.7 ADLs (SD=1.8) and 4.5 IADLs (SD=1.8).

Primary Outcomes

Caregivers in the Alzheimer's group assisted with more ADLs and IADLs and provided care for a longer period.



Factors Associated with Subjective Financial Strain (N=1,241)

	OR	95% CI	P value
Care recipient with Alzheimer's or dementia	1.53	(1.13, 2.07)	0.006
Care recipient's age	0.96	(0.95, 0.98)	<0.001
Length of caregiving	1.24	(1.12, 1.38)	<0.001
Weekly hours of caregiving	1.01	(1.00, 1.01)	0.007
ADLs provided	1.10	(1.00, 1.20)	0.044
IADLs provided	1.23	(1.13, 1.35)	<0.001

* Other controlled factors were omitted due to space constraints

Discussion

- Caregivers of care recipients with Alzheimer's were 1.5 times more likely to experience subjective financial strain, which amplified financial challenges faced by these caregivers.
- The results underscore the necessity for comprehensive support systems, including financial assistance programs to alleviate the burdens on this population.