



NEBRASKA'S WORKING CAREGIVER SURVEY REPORT

Nebraska Data 2021-2022





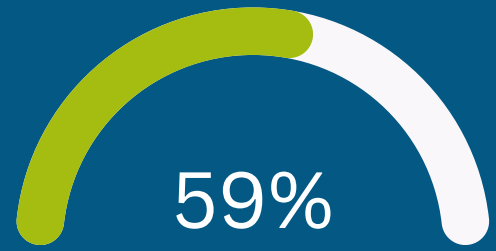
OBJECTIVE

This survey is designed to showcase the needs and demographics of working caregivers who participated in the Working Caregiver Survey from July 2021 - June 2022. The full details of the survey are listed below.

OVERVIEW

The average caregiver is a White Female aged 36-65. She is the primary caregiver for a parent/in-law and provides up to 7 hours of care per week outside of work. The person in need of care lives with her and has been receiving her care for 1 -5 years. She has been with her current employer for 1 -5 years and uses sick leave to miss work for caregiving needs.

Most survey participants are caring for a loved one outside of work.



Most are primary caregivers.

1

The majority care for 1 individual who is disabled, chronically ill, or aged (n = 215).

2

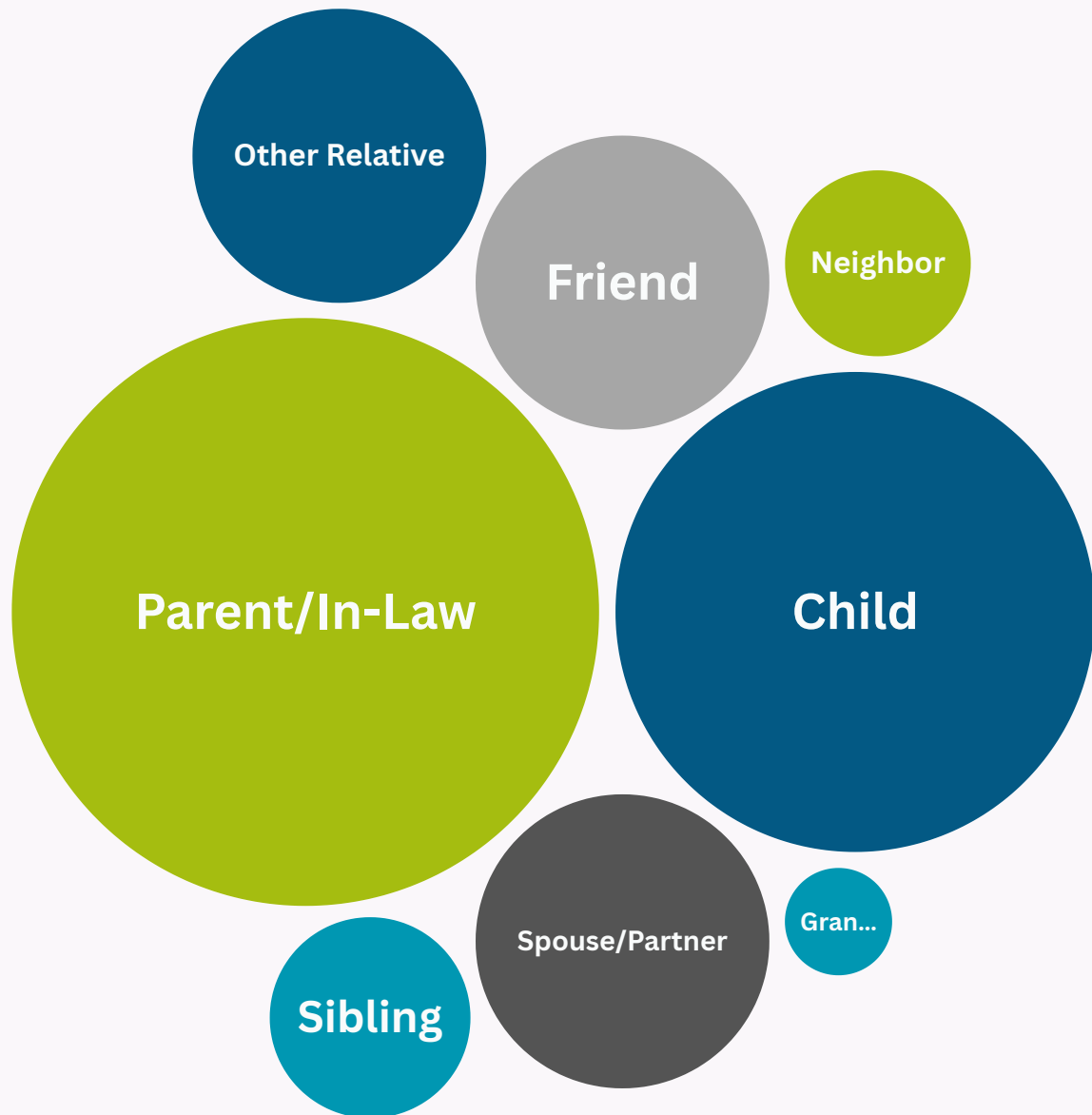
3

4

5+



Most are caring for a parent or in-law
(n = 160).



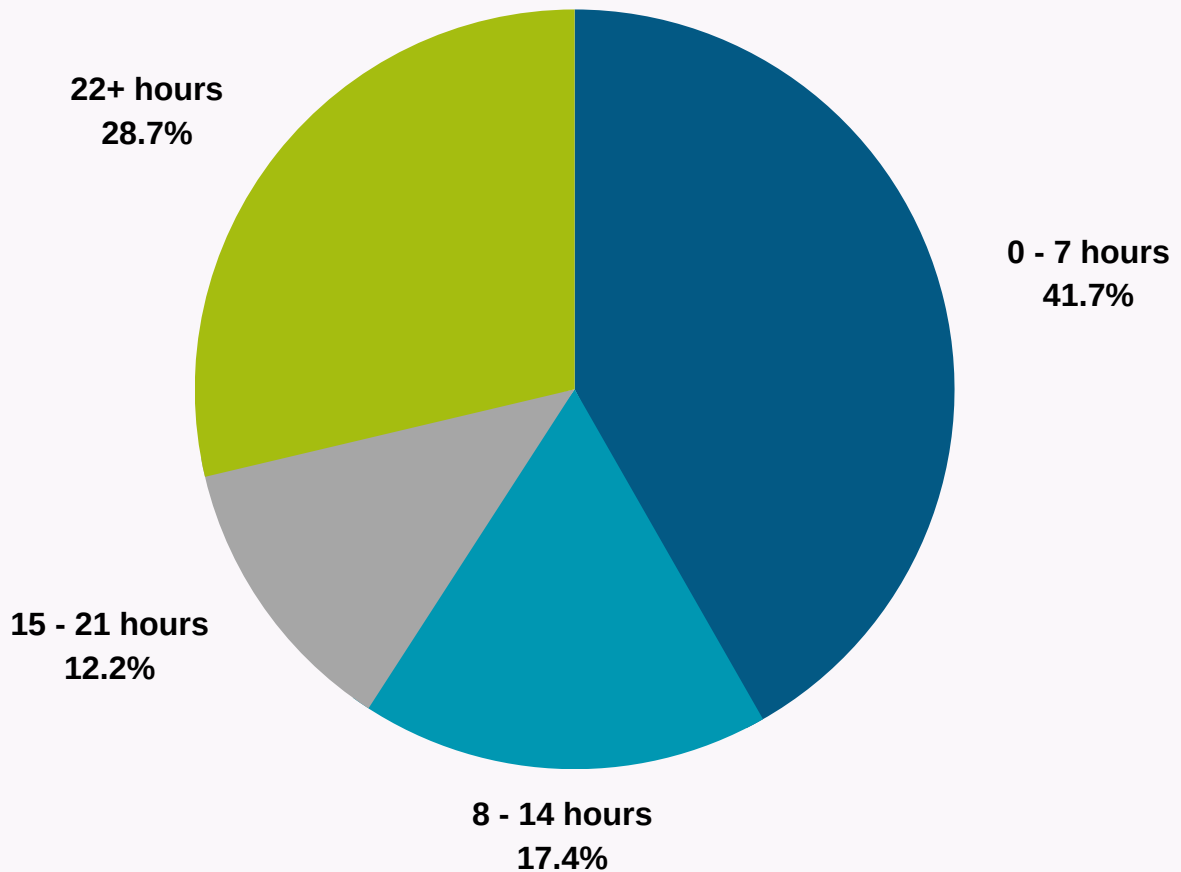
TIME

Most caregivers have been providing care for 1 - 5 years (n =115).



HOURS

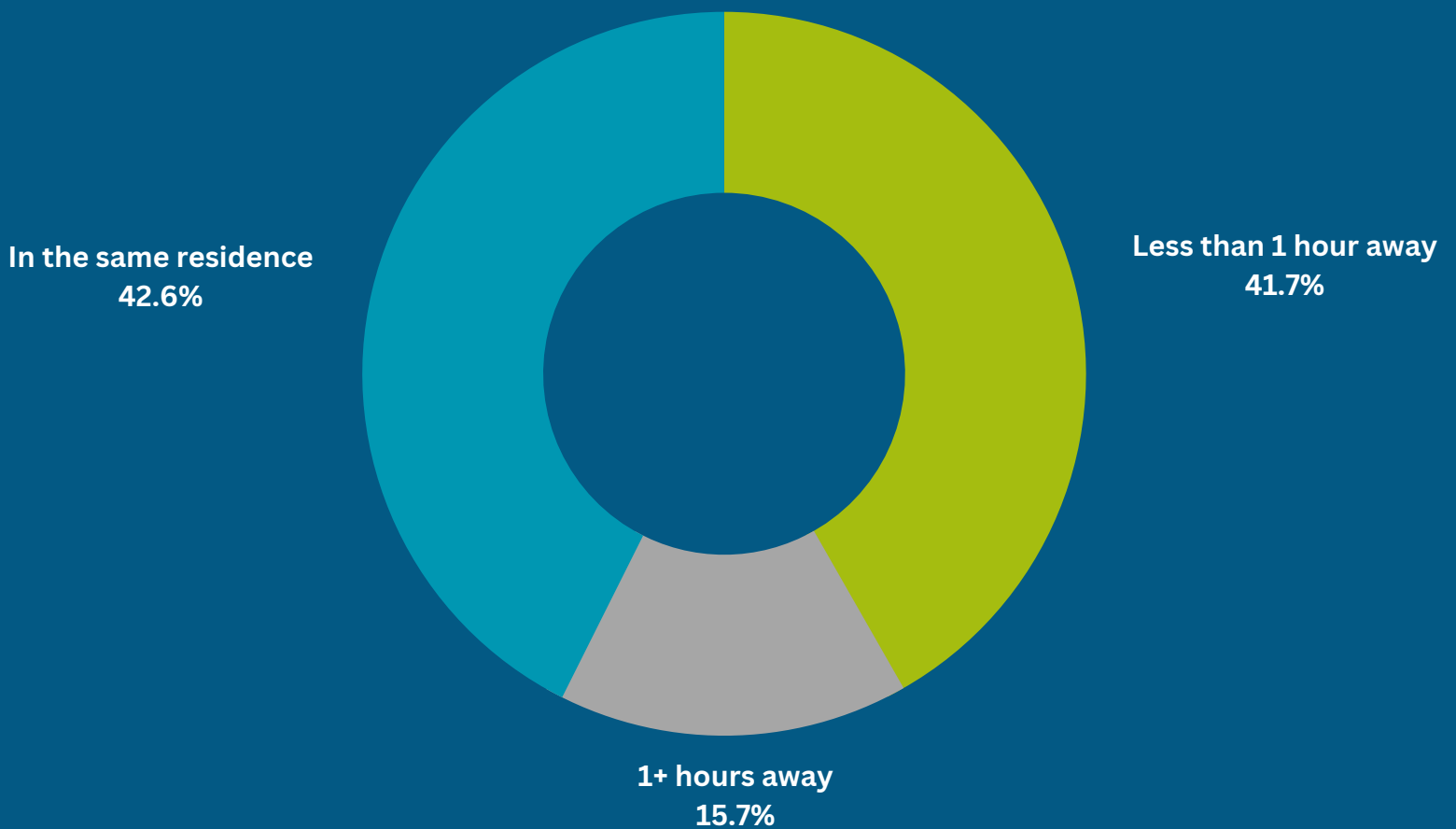
These caregivers are providing care for 0 -7 hours per week (n = 199).



Many caregivers live with the individual(s) in need of care.



Many care for an individual that lives less than 1 hour away (n= 115).



Most provide care to someone who is NOT living in an assisted living facility.

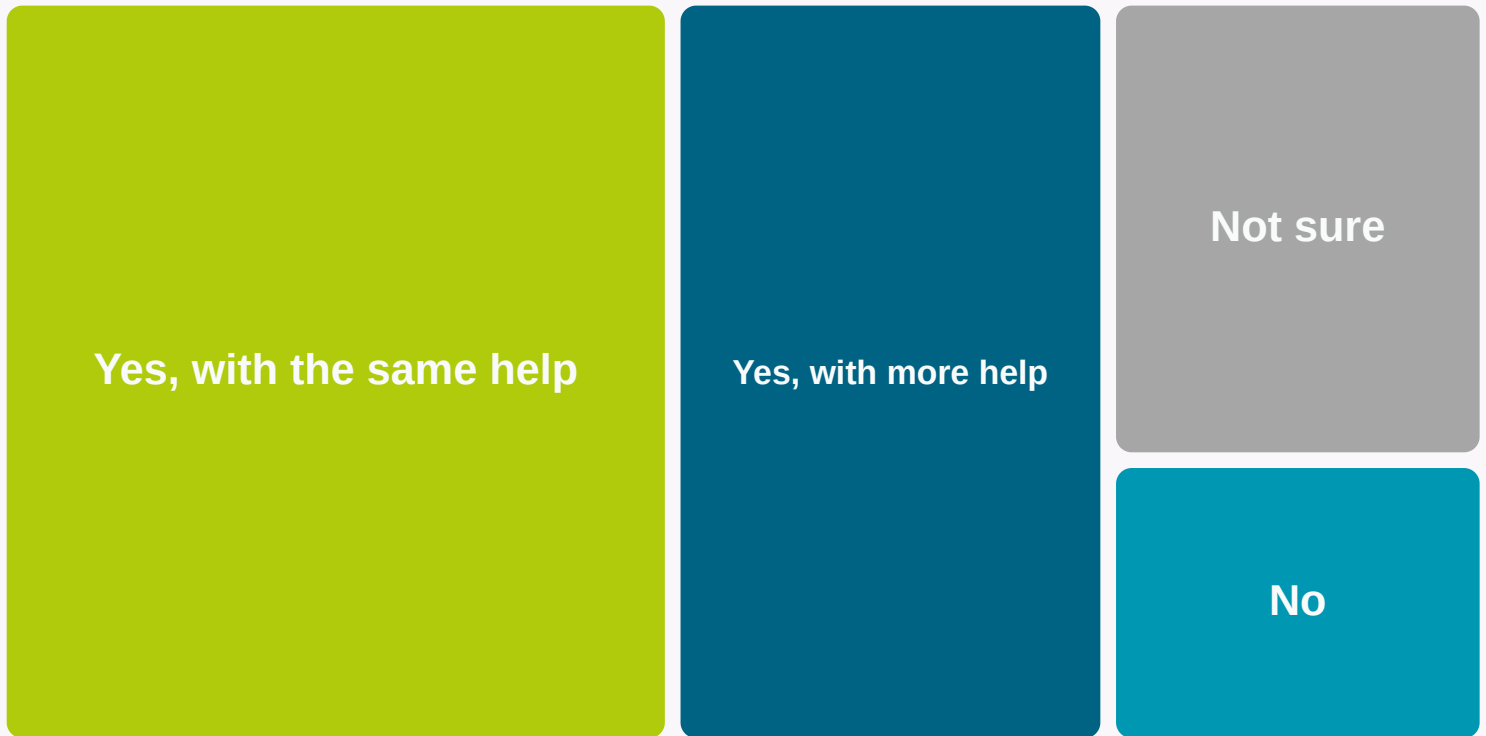


Everyone reported caregiving requires a variety of tasks.



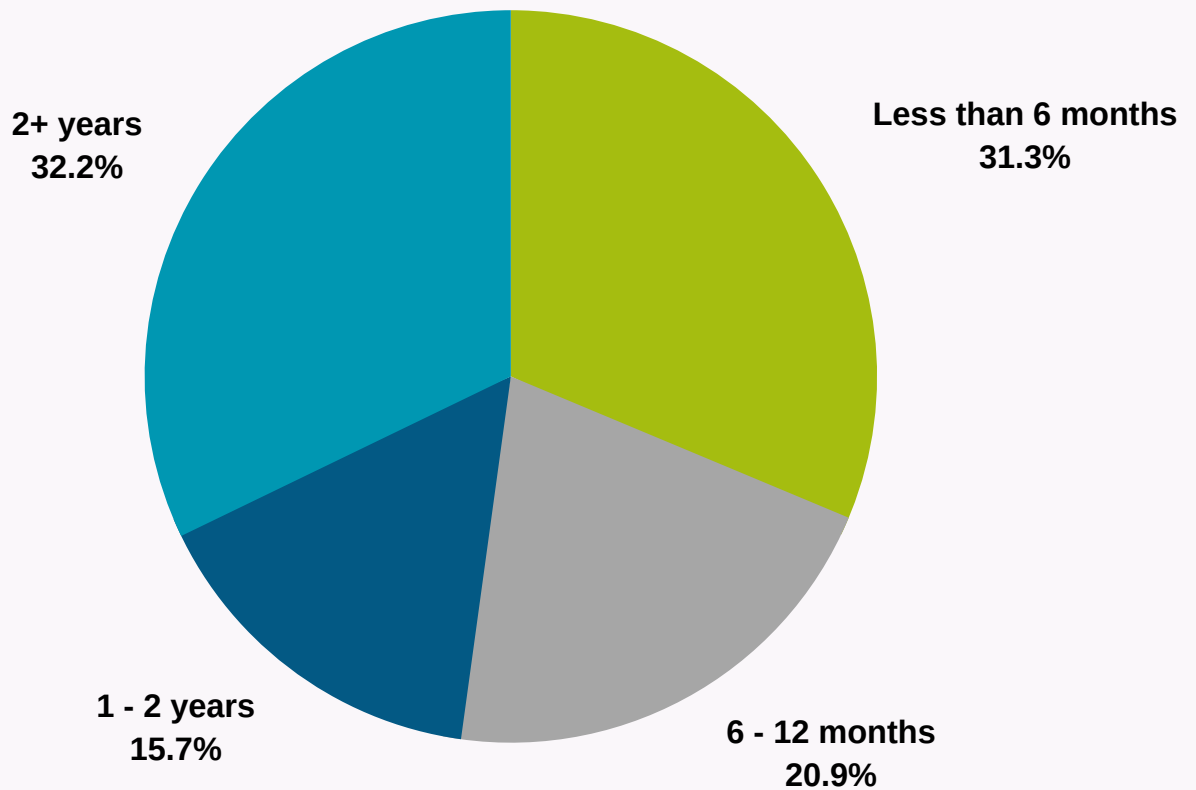
SUPPORT

Many say they need more help to continue providing care (n =115).

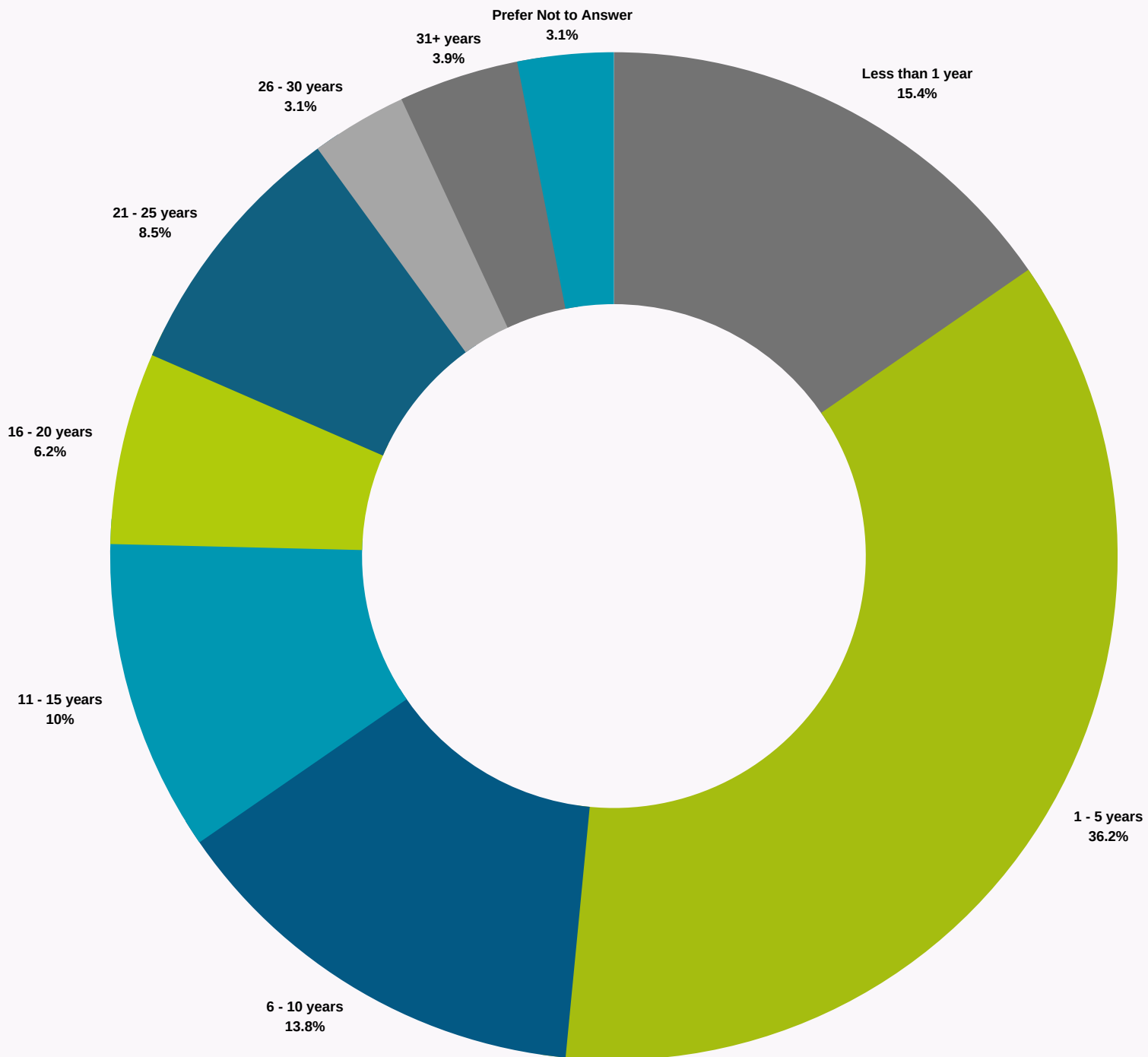


BREAKS

Many caregivers have NOT taken a vacation in the last 12 months (n =115).



Most respondents have been employed for 1-5 years at their current employer.



IMPACT

Everyone reported caregiving has impacted their job in many ways.

Respond to calls

Leave early

Feel unfocused

Miss work

Rearrange hours

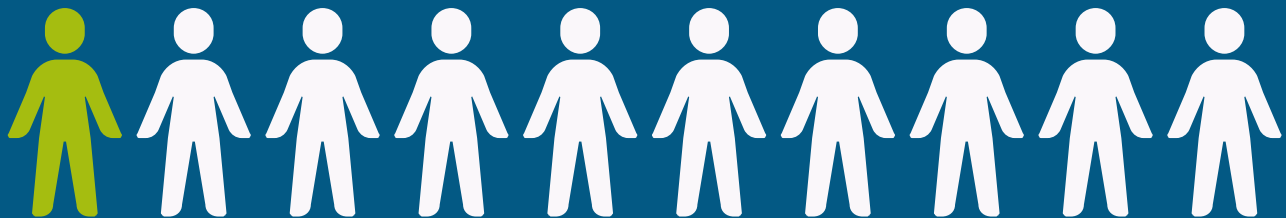
Use breaks for care

Arrive late

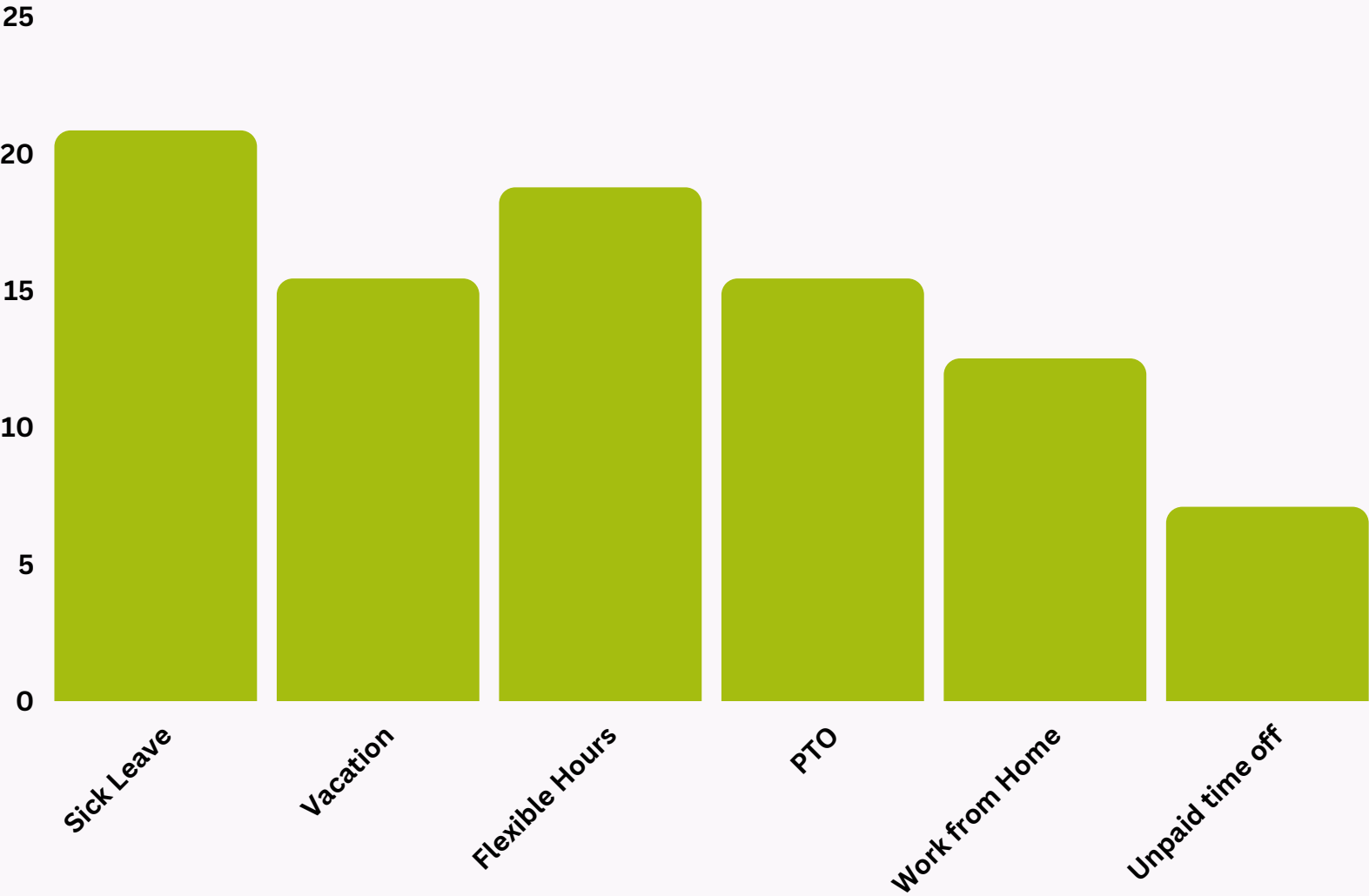
Cut back...

FMLA

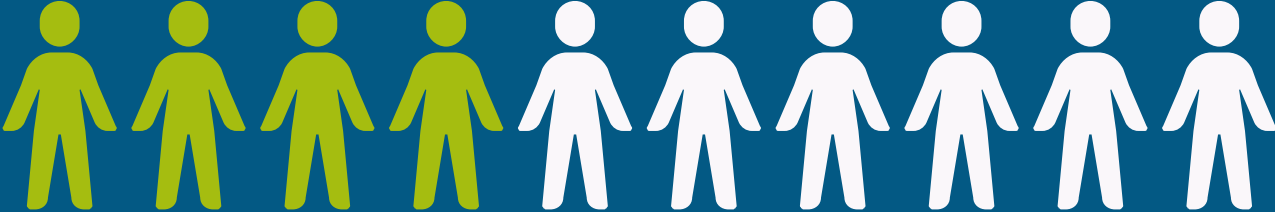
Most respondents have NOT used Family Medical Leave Act for leave of absence due to caregiving.



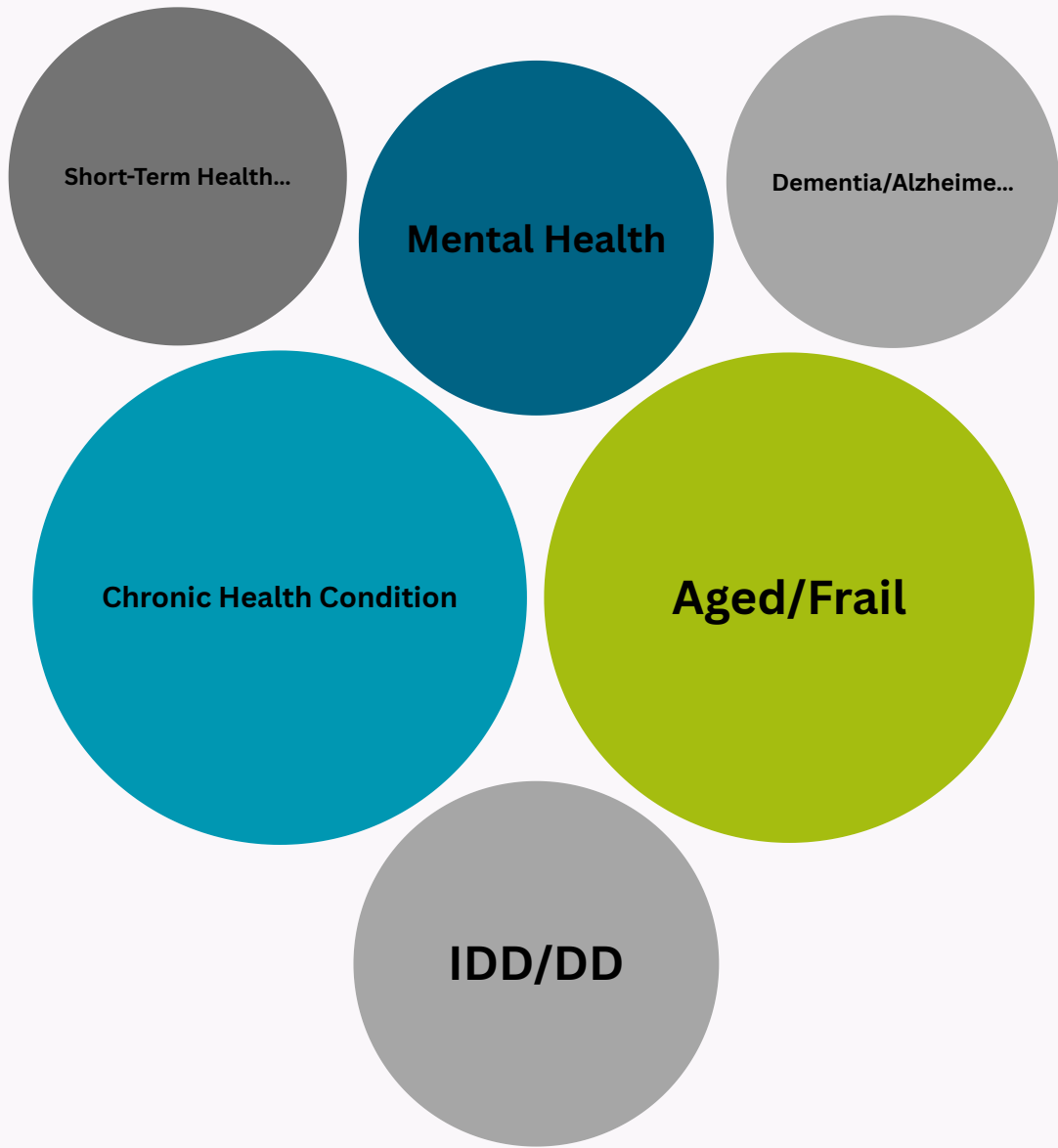
Most caregivers use Sick Leave to provide care to others.



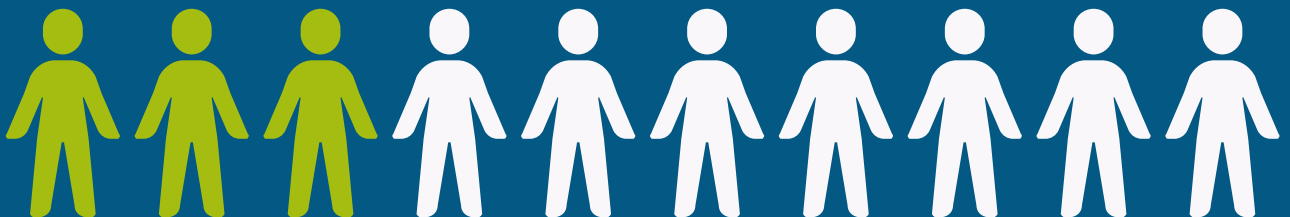
Many say that caregiving has made employment more difficult.



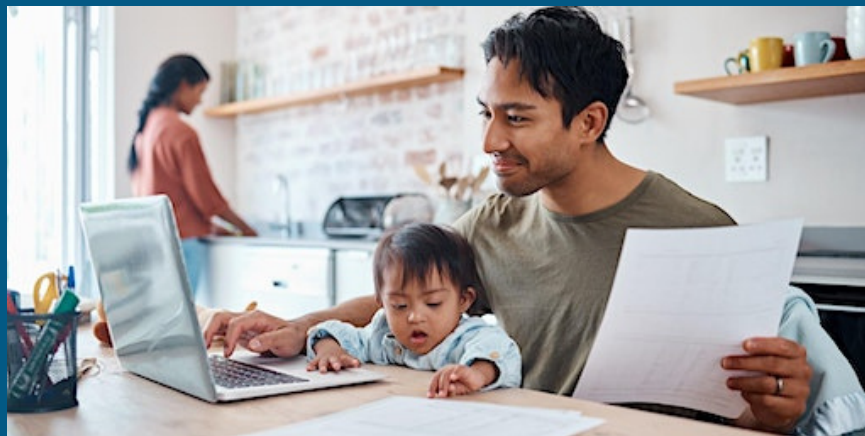
The most prevalent conditions requiring care are Aged/Frail and Chronic Health Conditions.



Only 28% are receiving some form of Respite.

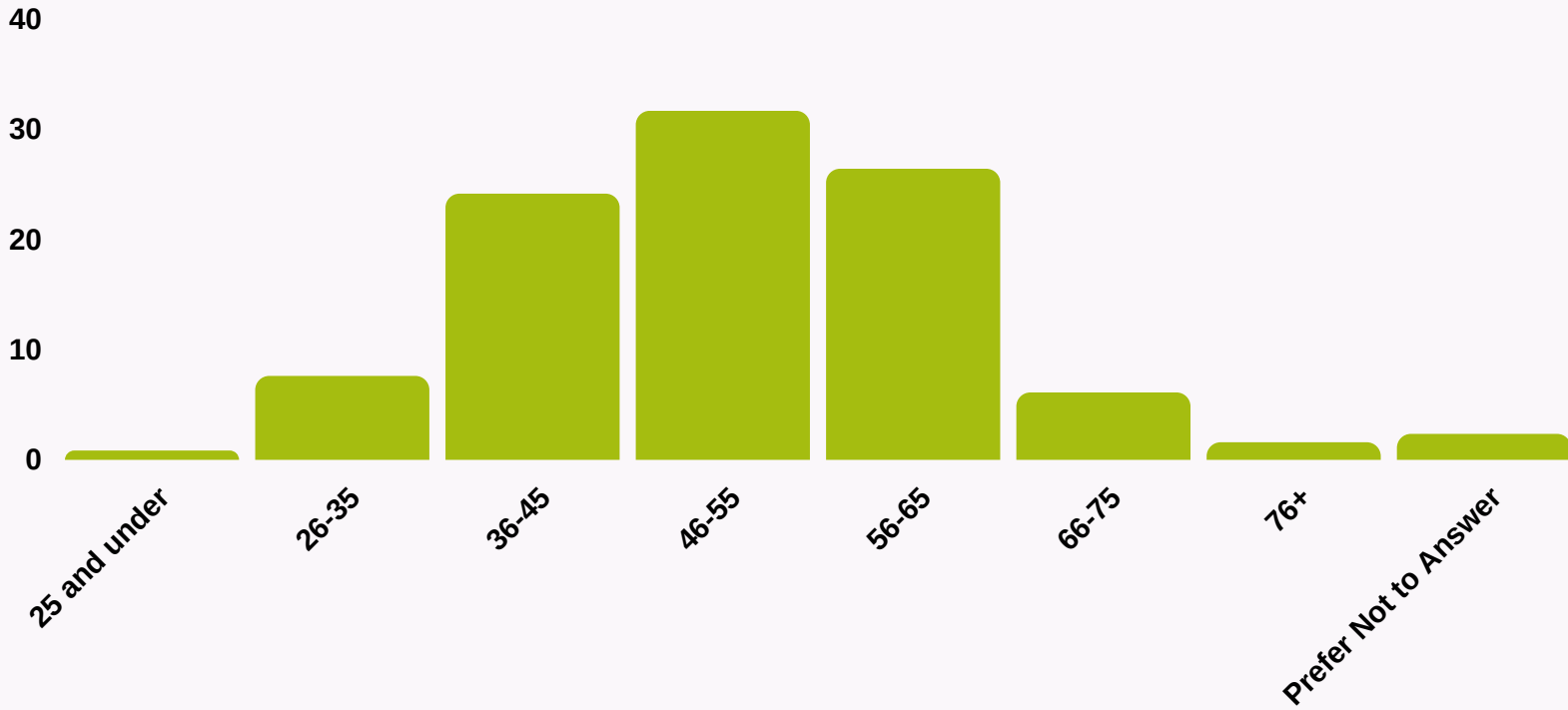


Caregivers are interested in learning more about a variety of topics.



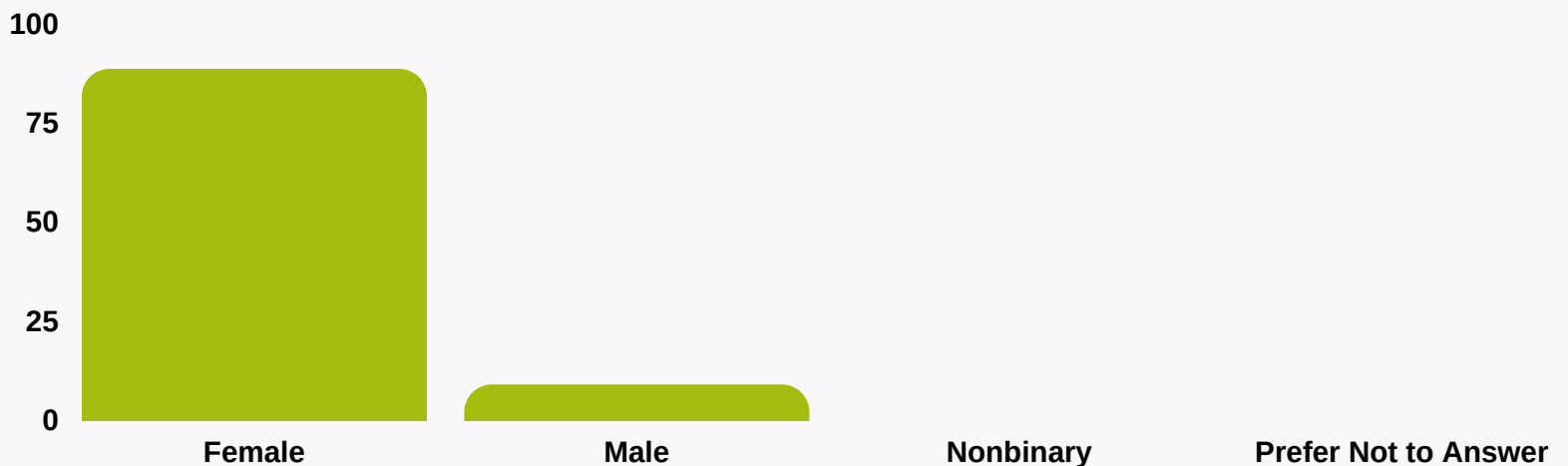
AGE

The majority of respondents were between the ages of 36 - 65 years old (n = 133).

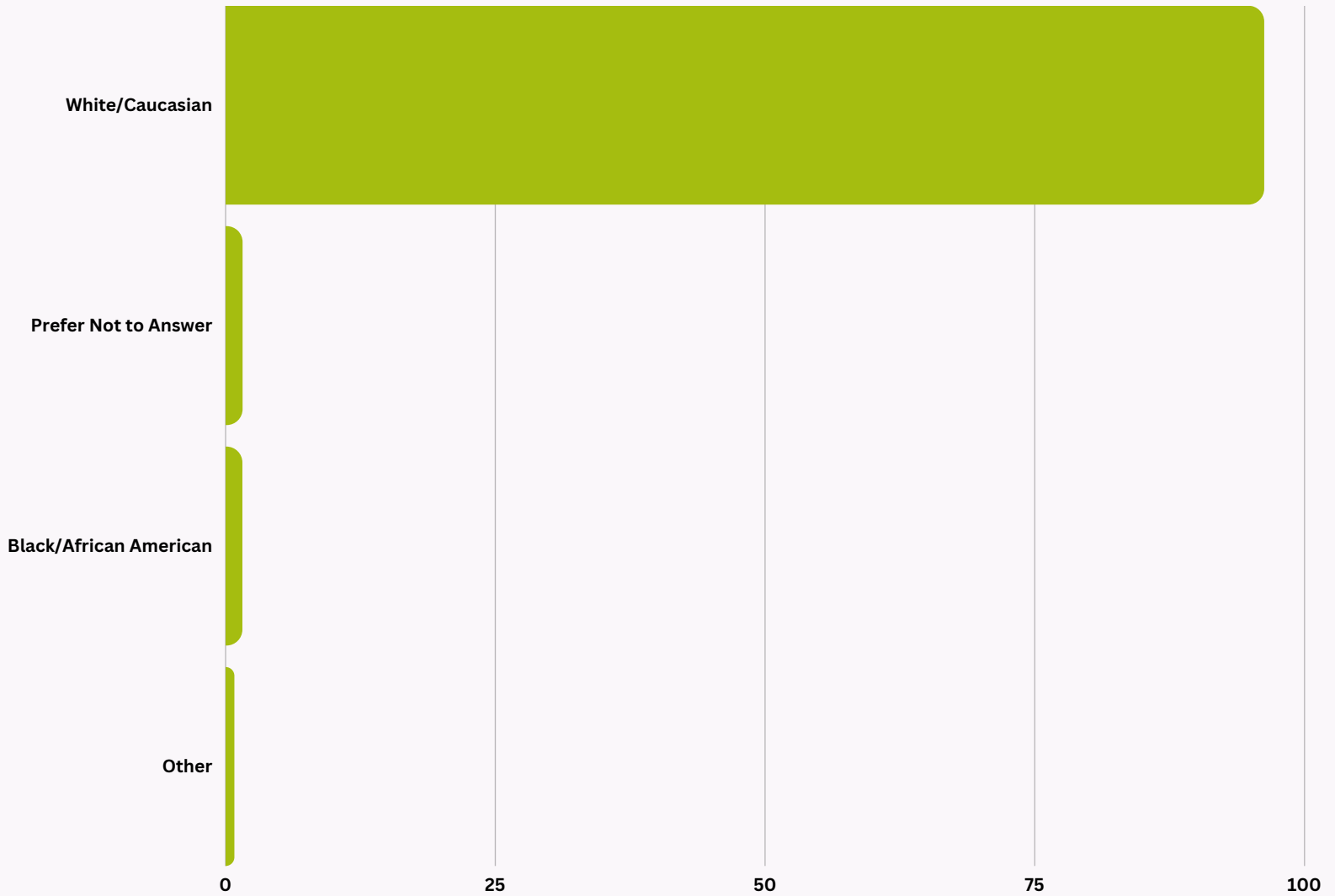


GENDER

Most respondents identified as female.



The majority of respondents identified as White/Caucasian (n = 132).



Additional Comments from Caregivers:

MULTIPLE INTERRUPTIONS HAPPEN THROUGHOUT THE DAY. I HAVE ADJUSTED BY ADDING AN HOUR TO THE BEGINNING OF MY WORKDAY AND ADDING AN HOUR TO THE END OF MY WORKDAY.

I COULD BE FULL TIME BUT DUE TO INDIVIDUAL NEEDS I HAVE TO BE AVAILABLE AND THEREFORE WORK PART TIME.

IT'S HARD TO WORRY ABOUT FAMILY MEMBERS AND CONCENTRATE WELL AT WORK. YOU ALWAYS FEEL LIKE YOU SHOULD BE SPENDING MORE TIME WITH FAMILY AND WORK.

I'VE HAD TO QUIT WORKING BECAUSE OF NO HELP.

DOCTOR APPOINTMENTS HAPPEN DURING THE WORKDAY. THERAPY APPOINTMENTS, ONCE A WEEK, SO 52 TIMES A YEAR, HAPPEN DURING WORK. PSYCHIATRIST APPOINTMENTS HAPPEN DURING WORK. JUST THAT TIME IS AN AVERAGE OF AN HOUR OR MORE A WEEK OFF FROM WORK. SCHOOL VACATION DAYS OR SNOW DAYS REQUIRE TIME OFF FROM WORK.

DO NOT WANT TO DRAW ATTENTION TO CAREGIVING AS IT IMPACTS EMPLOYMENT IN MOST CASES.

I WAS CAREGIVING FOR MY MOM BEFORE SHE PASSED, AND THESE TOPICS WOULD HAVE BEEN USEFUL DURING THAT TIME.

EVEN THOUGH I'VE WORKED OVERTIME AND HAVE COMPENSATORY AND VACATION TIME, IT IS HARD TO GET OFF EVERY TIME I NEED.

