



NEBRASKA'S WORKING CAREGIVER SURVEY REPORT

Nebraska Data 2022-2023





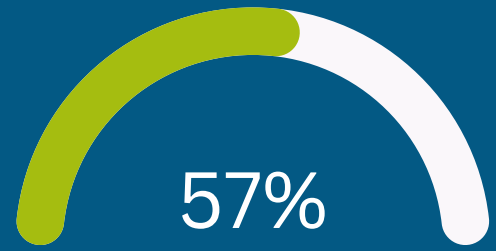
OBJECTIVE

This survey is designed to showcase the needs and demographics of working caregivers who participated in the Working Caregiver Survey from July 2022 - June 2023. 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

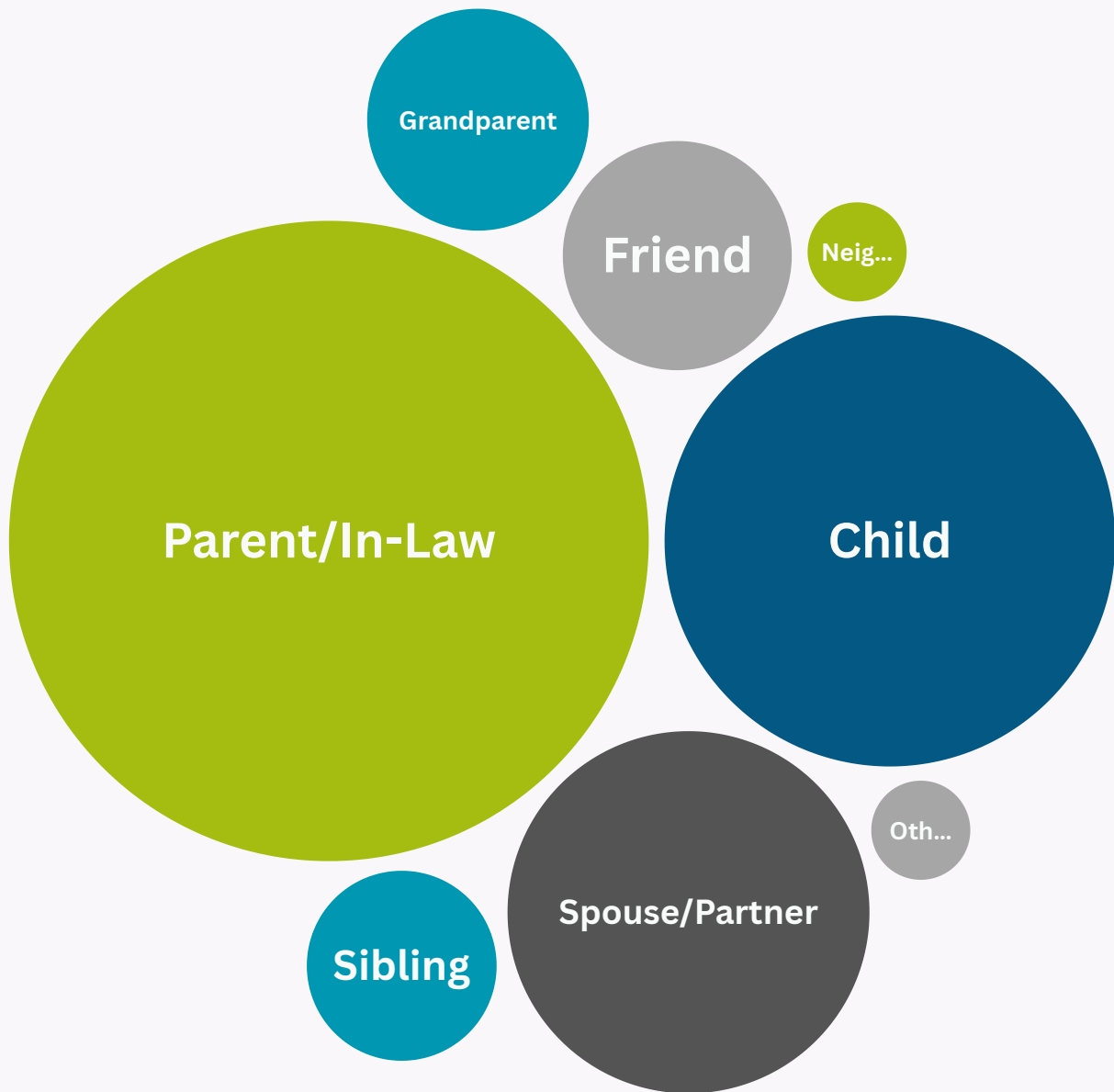
3

5+

4



Most are caring for a parent or in-law
(n =288).



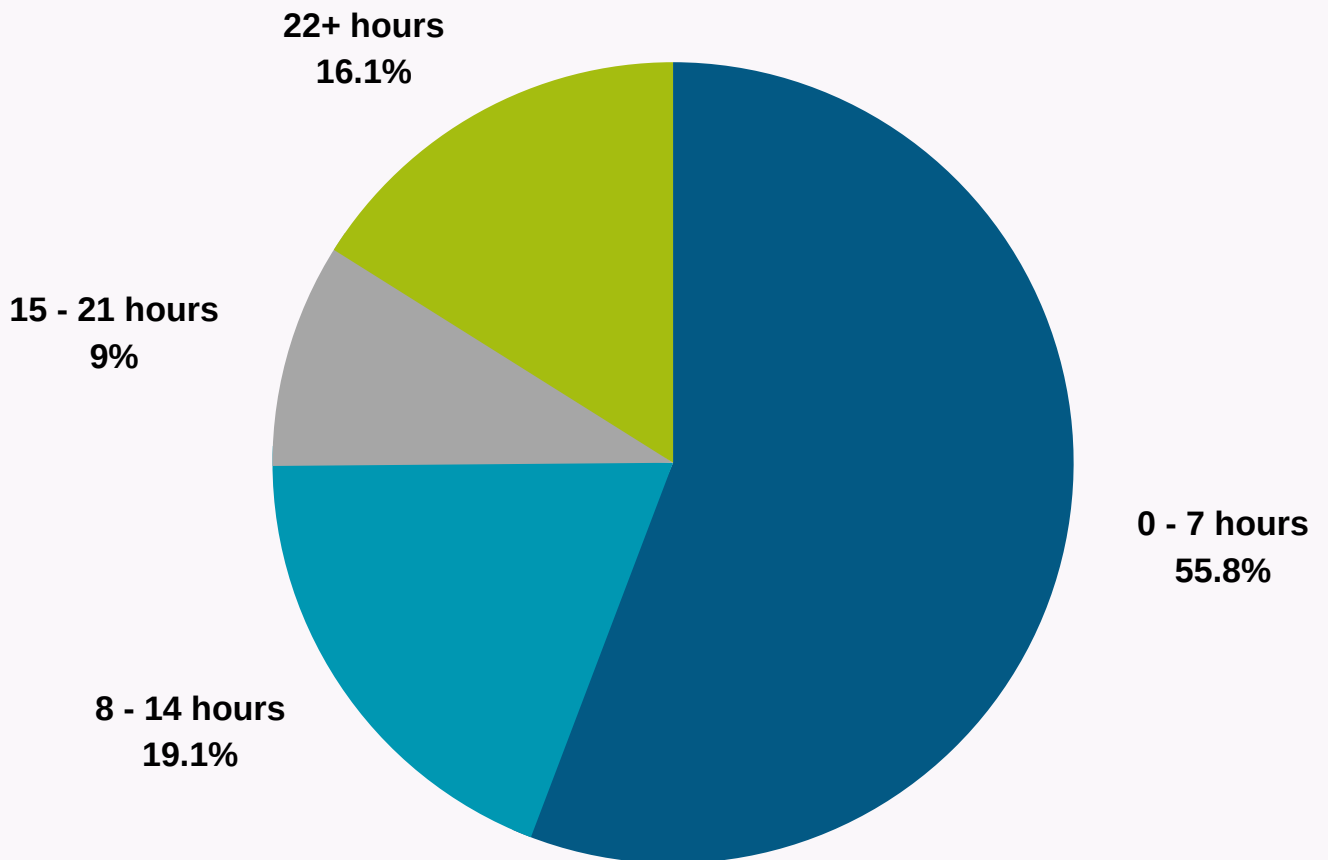
TIME

Most caregivers have been providing care for 1 - 5 years (n =199).



HOURS

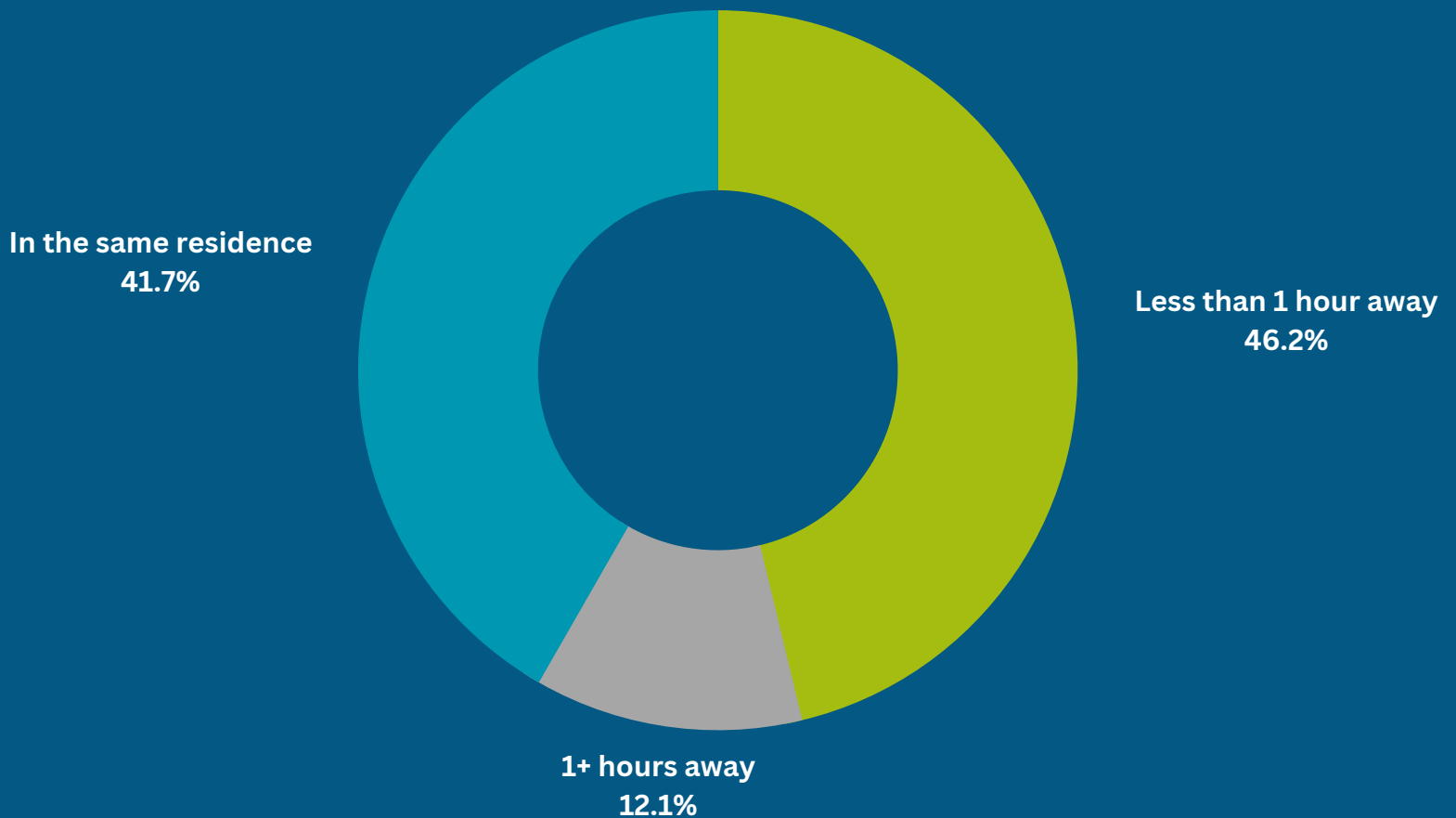
These caregivers are providing care for 0 -7 hours per week (n = 199).



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



Many care for an individual that lives less than 1 hour away (n= 199)



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



Everyone reported caregiving requires a variety of tasks.

Meal prep

Shopping

Money Management

Research

Driving to appointments

Completing forms

Personal care

Medical Tasks

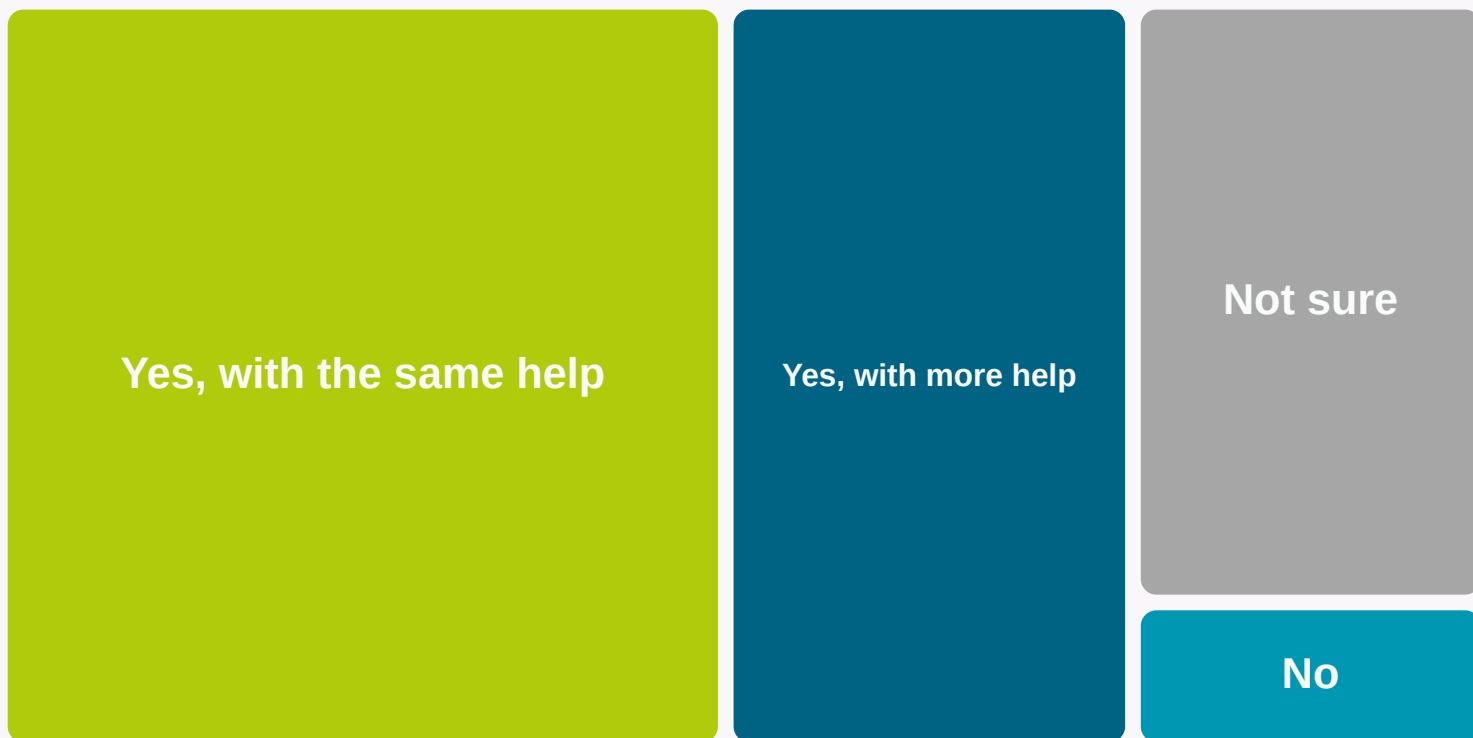
Home maintenance

Scheduling appointm...



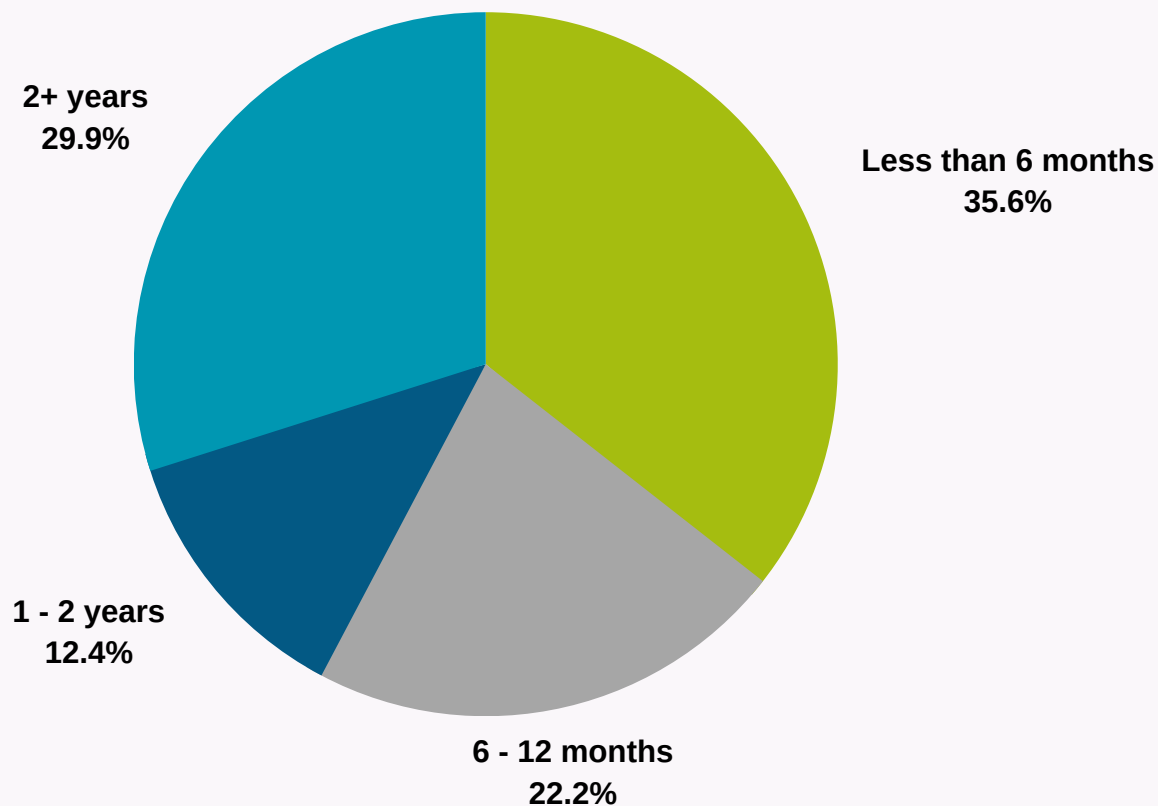
SUPPORT

Many say they need more help to continue providing care (n =199).



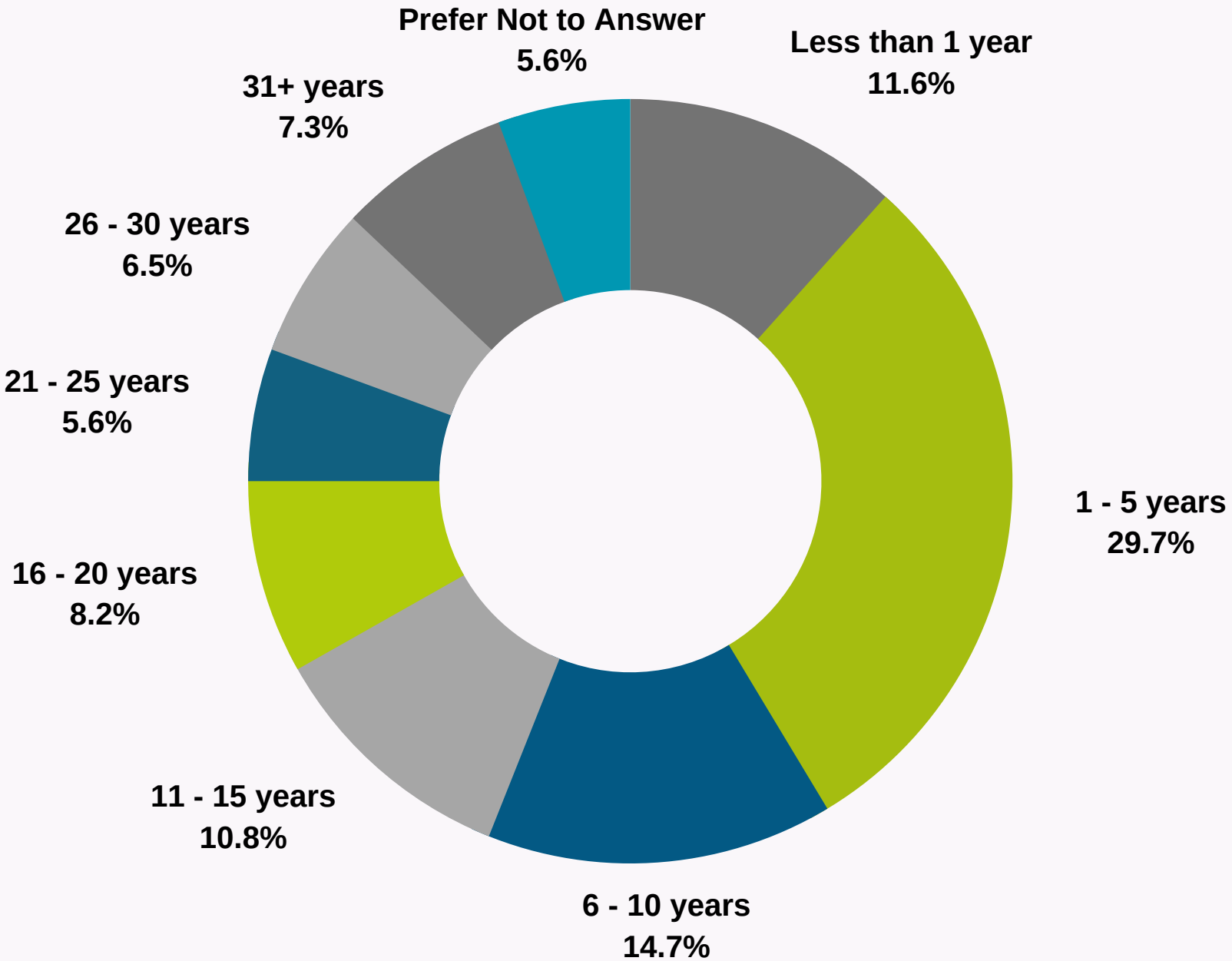
BREAKS

Many caregivers have NOT taken a vacation in the last 12 months (n =194).



TIME

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



IMPACT

Everyone reported caregiving has impacted their job in many ways.

Miss work

Respond to calls

Feel unfocused

Rearrange hours

Leave early

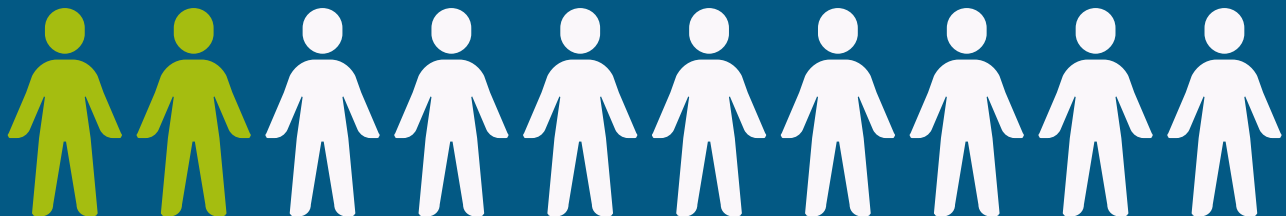
Arrive late

Use breaks for care

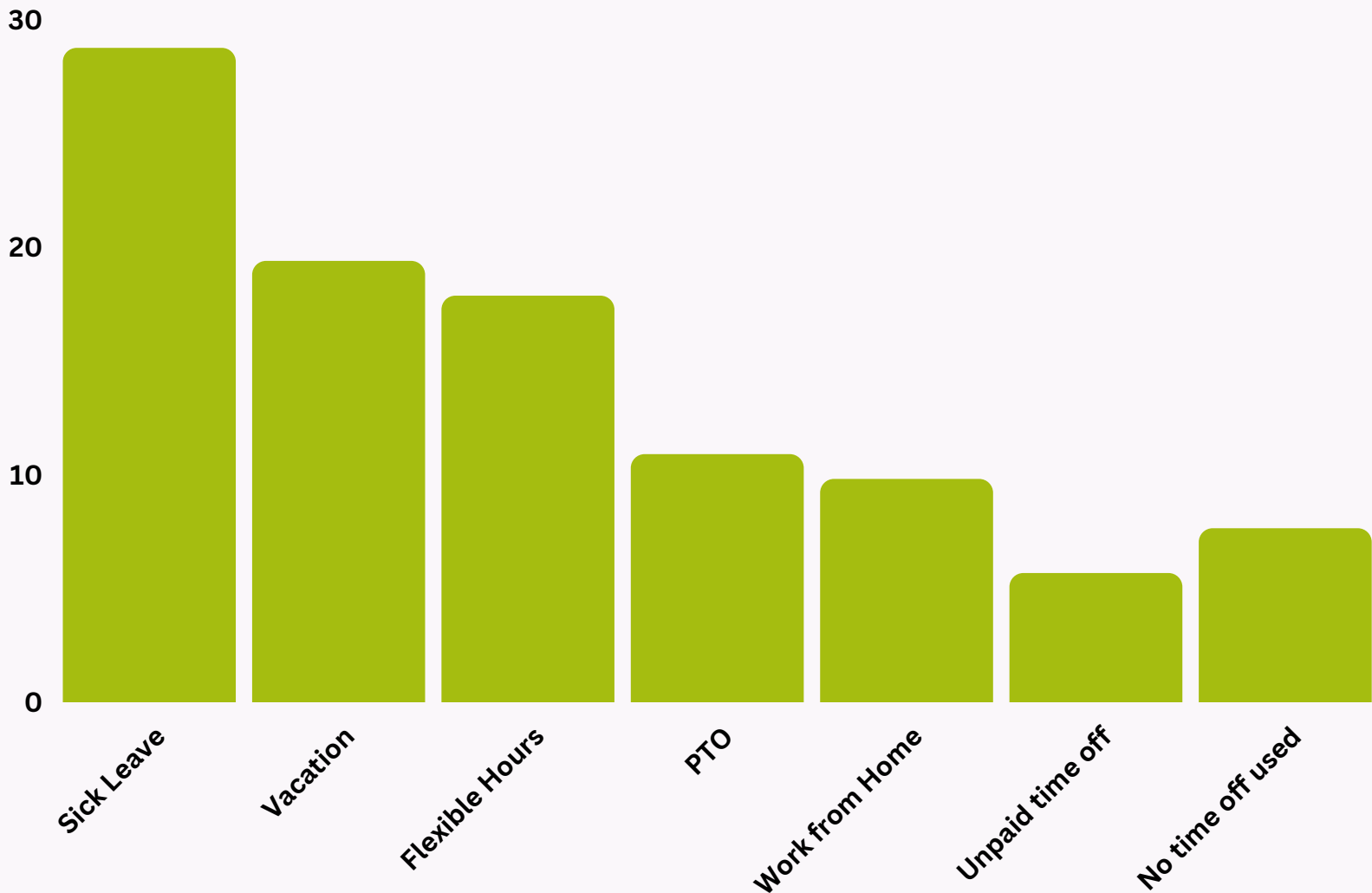
Cut back hours

FMLA

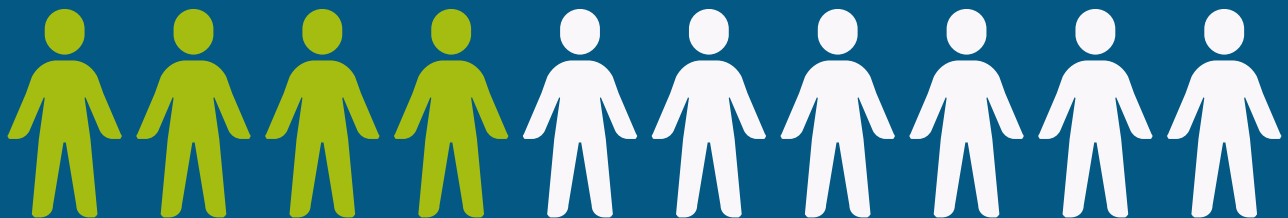
Most respondents have NOT used Family Medical Leave Act for leave of absence due to caregiving.



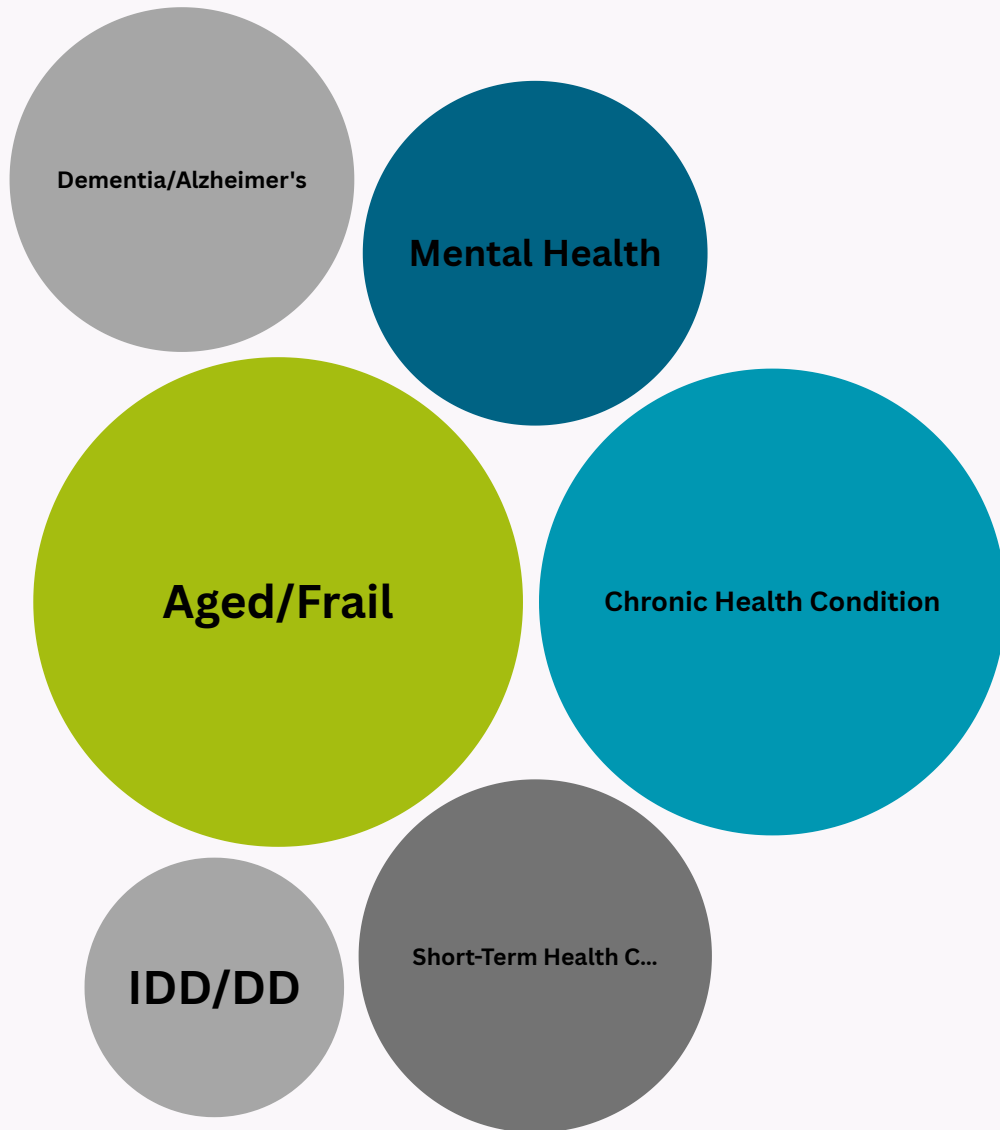
The majority of caregivers use Sick Leave to provide care to others.



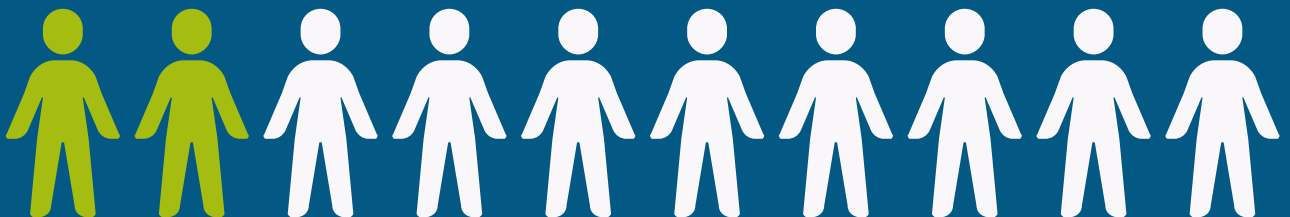
Many say that caregiving has made employment more difficult.



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



Only 20% are receiving some form of Respite.



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

Difficult Decisions

Stress Management

Work/Life Balance

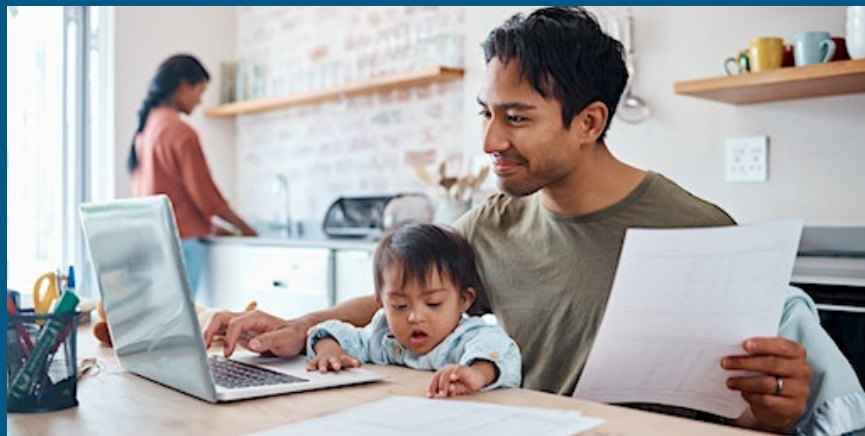
Legal Planning

Employer benefits

Challenging Behavi...

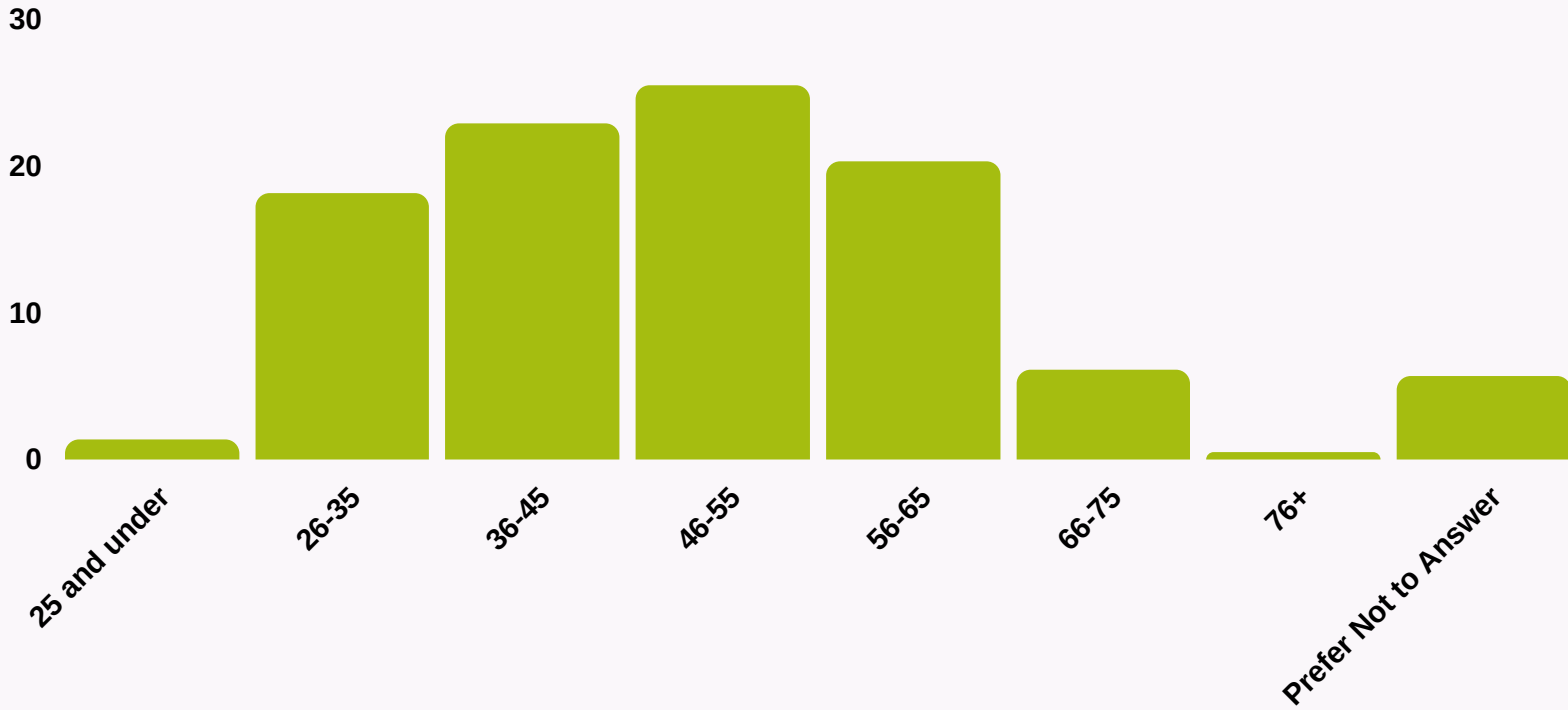
Community Resources

Grief/Loss



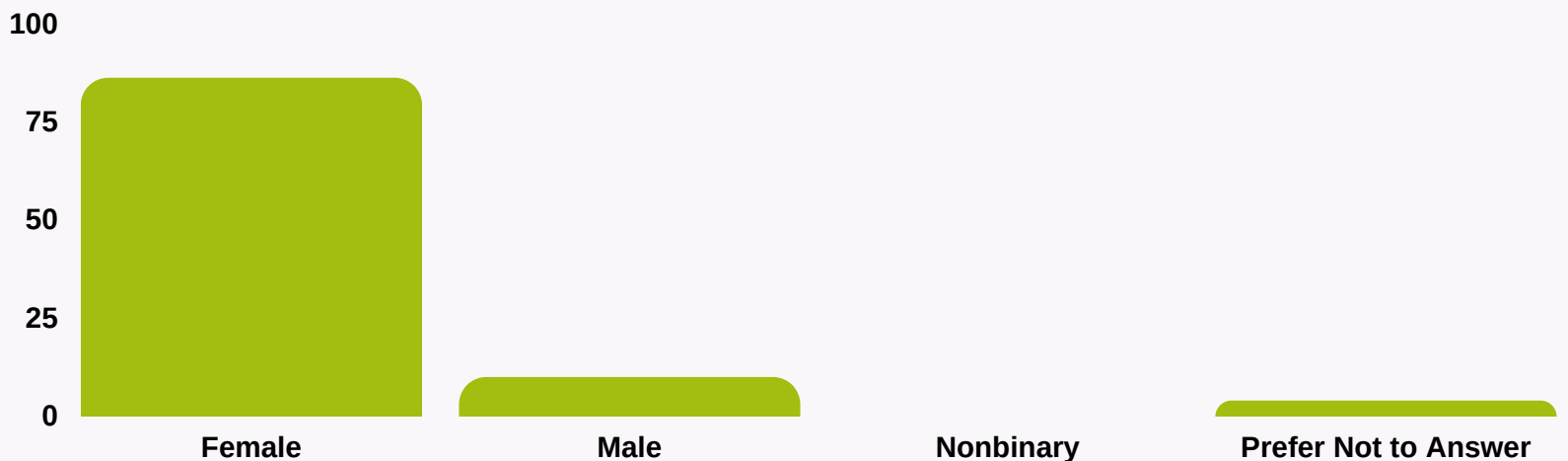
AGE

The majority of respondents were between the ages of 36 - 65 years old (n = 232).

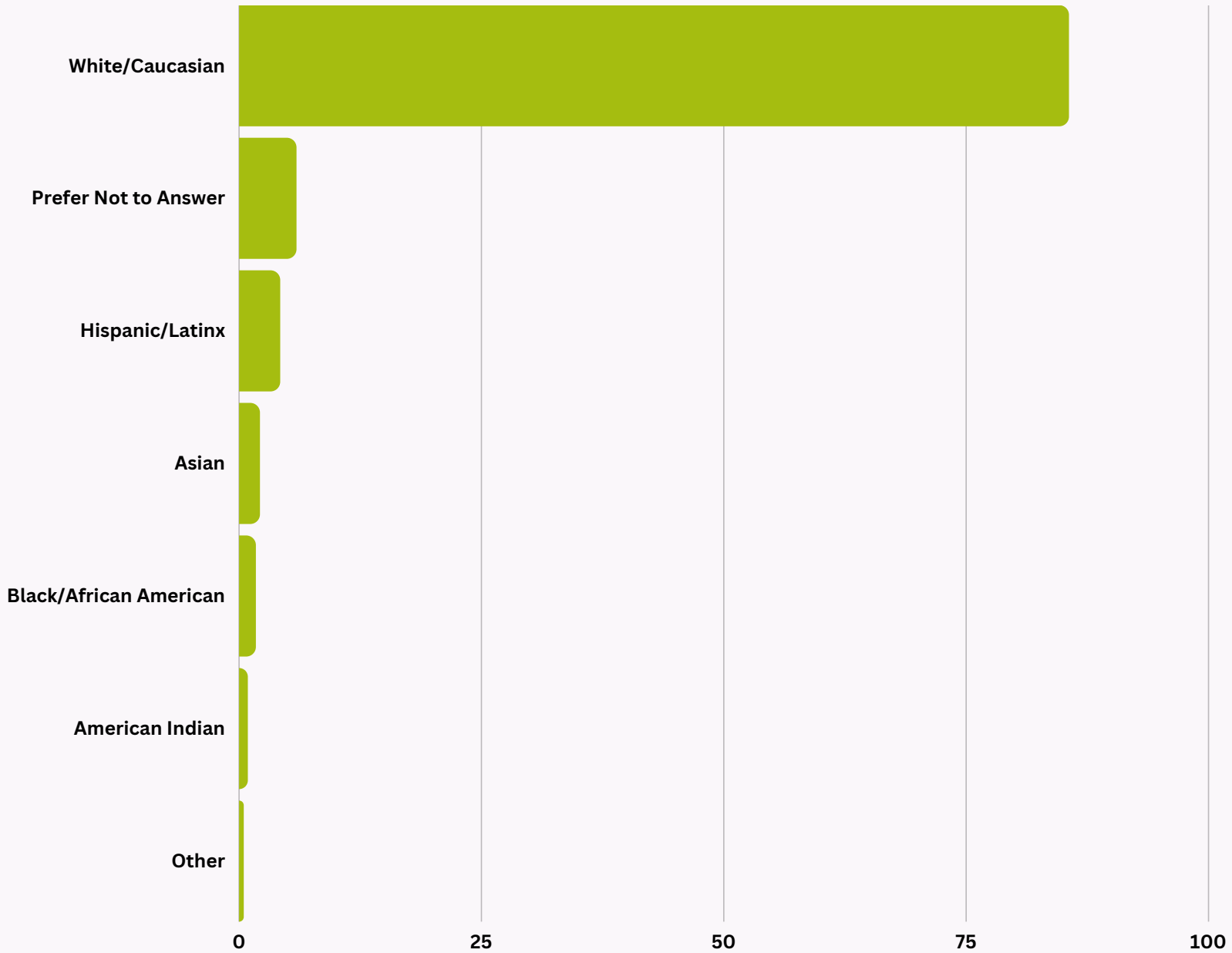


GENDER

Most respondents identified as female.



The majority of respondents identified as White/Caucasian (n = 239).



Additional Comments from Caregivers:

FMLA WOULD NOT HELP ME BECAUSE THE PERSON IN NEED OF CARE IS A PARENT-IN-LAW. OUR CURRENT POLICIES PROVIDE LIMITED SUPPORT FOR PEOPLE CARING FOR IN-LAWS.

I PROVIDE CARE FOR A PARENT WITH CANCER AND A PARENT WITH ALZ, AND AN ELDERLY FATHER-IN-LAW. IT'S STRESSFUL TRYING TO MEET AGENCY DEADLINES WHEN HAVING TO TAKE TIME OFF TO CARE FOR THEM. THE WAY THE JOB IS STRUCTURED, NO ONE ELSE CAN COMPLETE THE WORK, SO TAKING TIME OFF FOR VACATION OR CAREGIVING IS DIFFICULT.

THE EMOTIONAL STRESS IS HORRIBLE, AND IT MAKES IT HARD TO FOCUS. NOT ONLY THAT, BUT YOU ARE ALSO EXHAUSTED ALL THE TIME. THE ONLY TIME I TAKE OFF FOR MYSELF IS SICK LEAVE AND THEN I STILL HAVE TO TAKE CARE OF MY PARENT WHEN I AM SICK.

HAVING TO RESCHEDULE APPOINTMENTS WITH MY PATIENTS TO ADDRESS FAMILY NEEDS. MY WORK HAS BEEN ACCOMMODATING BUT IT IS STRESSFUL FOR ALL TO RESCHEDULE APPOINTMENTS.

DOCTOR APPOINTMENTS ARE OUT OF TOWN FOR THE SPECIALIST. I MUST TAKE SICK/VACATION LEAVE OR FLEX MY SCHEDULE TO PROVIDE TRANSPORTATION AND ADVOCACY FOR ADULT CHILD. I ALSO PROVIDE MEDICAL CARE AND DECISIONS FOR SAID PERSON, SO IT IS IMPERATIVE THAT I AM AT APPOINTMENTS TO KNOW WHAT THE DOCTOR'S INSTRUCTIONS ARE.

I WORKED BETTER WHEN I WORKED FROM HOME PART TIME. THAT WAY, WHEN I CHECK ON MY PARENT OR TAKE HER TO APPOINTMENTS, I'M RIGHT IN THE NEIGHBORHOOD AND JUST TOOK HER TO APPOINTMENTS AND COULD GET RIGHT BACK TO WORK.

