

## APPENDIX TO CAREGIVING POLICY BRIEF

Along with the population estimates, the number range presented in parentheses below each data estimate is called the confidence interval. The California Health Interview Survey (CHIS) data in the table are estimates that are very close to the actual values represented in California. As with any statistical estimate, there is a degree of uncertainty, and the confidence interval shows the range where the real value may lie. For the 95% confidence interval shown below, you can assume with 95% confidence that the real value is between the lower and upper confidence interval range.

### Appendix Exhibit 1. Demographic Characteristics of Family and Friend Caregivers, Noncaregivers, and Adult 18+ Population in California, 2020

	Caregivers	95% CI	Non-caregivers	95% CI	Adult 18+ Population	95% CI
<b>Race/Ethnicity</b>						
Latinx	37.4%*	35.6–39.3	39.8%	39.3–40.3	39.3%	39.3–39.3
White	40.7%*	39.0–42.4	37.7%	37.2–38.2	38.4%	38.4–38.4
Black or African American	6.3%*	5.5–7.2	5.2%	5.0–5.5	5.5%	5.5–5.5
Asian	11.0%*	9.7–12.4	14.0%	13.6–14.4	13.3%	13.3–13.3
Native Hawaiian/Pacific Islander	0.5%^	0.1–0.8	0.3%	0.2–0.4	0.4%	0.3–0.4
American Indian/Alaska Native	0.7%*	0.4–1.1	0.3%	0.3–0.5	0.4%	0.4–0.5
Two or more races	3.4%*	2.8–4.1	2.6%	2.4–2.8	2.8%	2.8–2.8
<b>Total</b>	100.0%		100.0%		100.0%	
<b>Age</b>						
18–25	12.6%	11.1–14.0	13.9%	13.3–14.4	13.6%	13.3–13.9
26–44	28.6%*	26.7–30.5	35.3%	34.6–36.0	33.7%	33.3–34.2
45–64	38.9%*	37.0–40.7	29.6%	29.0–30.2	31.7%	31.5–32.0
65+	20.0%*	18.8–21.1	21.2%	20.9–21.6	21.0%	21.0–21.0
<b>Total</b>	100.0%		100.0%		100.0%	
<b>Sex</b>						
Male	42.3%*	40.6–44.0	51.1%	50.6–51.5	49.1%	49.1–49.1
Female	57.7%*	56.0–59.4	48.9%	48.5–49.4	50.9%	50.9–50.9
<b>Total</b>	100.0%		100.0%		100.0%	
<b>Poverty Status</b>						
0%–99%FPL	11.4%*	10.1–12.8	13.8%	13.0–14.6	13.2%	12.6–13.9
100%–199% FPL	16.8%	15.3–18.5	15.4%	14.5–16.4	15.8%	14.9–16.6
200%–299% FPL	14.2%	12.8–15.7	13.5%	12.7–14.4	13.7%	12.9–14.5
300%+ FPL	57.6%	55.5–59.6	57.3%	56.1–58.5	57.4%	56.4–58.4
<b>Total</b>	100.0%		100.0%		100.0%	

Source: 2020 California Health Interview Survey

\*Statistically significant at  $p \leq 0.05$  compared to noncaregivers

^Statistically unstable estimate

Note: Totals may not equal 100% due to rounding.

## Appendix Exhibit 2. Characteristics of Care Recipients, 2020

### 2a. Age of Care Recipient, 2020

Age	Proportion	95% CI
0–17	3.3%	2.4–4.6
18–44	14.0%	12.6–15.6
45–64	18.0%	16.5–19.6
65–84	42.8%	40.8–44.7
85+	21.9%	20.4–23.5
Total	100.0%	

Source: 2020 California Health Interview Survey

### 2b. Caregiver and Care Recipient Live Together, 2020

Care Recipient Lives With Caretaker	Proportion	95% CI
Yes	42.7%	40.7–44.7
No	57.3%	55.3–59.3
Total	100.0%	

Source: 2020 California Health Interview Survey

### 2c. Care Recipient Lives Alone, 2020

Lives Alone	Proportion	95% CI
Yes	25.9%	24.1–27.7
No	74.1%	72.3–75.9
Total	100.0%	

Source: 2020 California Health Interview Survey

### 2d. Cognitive Status of Care Recipient, 2020

Care Recipient Has Alzheimer's, Other Dementias, Confusion, Forgetfulness	Proportion	95% CI
Yes	20.4%	18.8–22.0
No	79.6%	78.0–81.2
Total	100.0%	

Source: 2020 California Health Interview Survey

## 2e. Care Recipient's Relationship to Caregiver, 2020

Relationship of Care Recipient to Caregiver	Proportion	95% CI
Friend	10.7%	9.6–12.0
Other nonrelative	2.7%	2.1–3.5
Husband	5.6%	4.9–6.4
Wife	4.4%	3.7–5.2
Spouse/partner	2.6%	2.1–3.3
Father	14.9%	13.7–16.2
Mother	32.2%	30.5–34.0
Brother	2.8%	2.2–3.6
Sister	3.9%	3.2–4.8
Grandfather	2.3%	1.7–3.0
Grandmother	5.8%	4.9–6.9
Son	3.4%	2.8–4.2
Daughter	2.9%	2.2–3.7
Other relative	5.6%	4.7–6.6
Total	100.0%	

Source: 2020 California Health Interview Survey

## Appendix Exhibit 3: Caregiver Hours, Compensation, and (Other) Employment Status, 2020

### 3a. Number of Hours Spent Helping Care Recipient in Typical Week, 2020

Hour	Proportion	95% CI
0 hours	3.3%	2.7–4.2
1–5	47.8%	45.8–49.8
6–19	24.4%	22.9–25.9
20–29	11.7%	10.2–13.4
30+	12.8%	11.2–14.5
Total	100.0%	

Source: 2020 California Health Interview Survey

### 3b. Was Paid for Any Hours Helping Care Recipient, 2020

Paid for Any Hours Helping Care Recipient	Proportion	95% CI
Yes	8.8%	7.6–10.1
No	91.2%	89.9–92.4
Total	100.0%	

Source: 2020 California Health Interview Survey

### 3c. Caregiver Employment Status, 2020

Employment Status	Proportion	95% CI
Full time (21+ hours per week)	53.4%	51.7–55.1
Part time (0–20 hours per week)	9.7%	8.5–11.1
Employed, not at work	1.3%	0.9–1.9
Unemployed, looking for work	6.2%	5.2–7.4
Unemployed, not looking for work	29.4%	27.5–31.2
<b>Total</b>	<b>100.0%</b>	

Source: 2020 California Health Interview Survey

## Appendix Exhibit 4: Caregiving and Financial Stress, 2020

### 4a. Financial Stress Due to Caregiving in Past Year, 2020

Financial Stress Due to Caregiving in Past Year	Proportion	95% CI
Extremely	5.9%	5.1–6.8
Somewhat	14.6%	13.4–15.9
A little	23.9%	22.1–25.9
Not at all	55.5%	53.7–57.4
<b>Total</b>	<b>100.0%</b>	

Source: 2020 California Health Interview Survey

### 4b. Financial Stress Due to Caregiving in Past Year, by Income Level, 2020

Financial Stress Due to Caregiving in Past Year	Income, Categorized by Federal Poverty Level (FPL)							
	0%–99% FPL	95% CI	100%–199% FPL	95% CI	200%–299% FPL	95% CI	300%+ FPL	95% CI
Extremely	12.9%*	8.6–18.9	6.2%	4.3–9.0	6.1%	4.7–7.9	4.4%	3.6–5.3
Somewhat	15.8%*	12.1–20.3	22.2%*	18.8–26.1	19.4%*	15.6–23.8	11.0%	9.7–12.4
A little	23.7%	18.2–30.2	23.4%	18.6–29.1	25.0%	20.6–30.0	23.9%	21.5–26.4
Not at all	47.6%*	40.5–54.9	48.1%*	42.7–53.6	49.0%*	44.8–54.3	60.8%	58.0–63.5
<b>Total</b>	<b>100.0%</b>		<b>100.0%</b>		<b>100.0%</b>		<b>100.0%</b>	

Source: 2020 California Health Interview Survey

\*Statistically significant at  $p \leq 0.05$  when compared to 300%+ FPL and above

#### 4c. Financial Stress Due to Caregiving in Past Year, by Self-Reported Sex, 2020

Financial Stress Due to Caregiving in Past Year	Self-Reported Sex			
	Men	95% CI	Women	95% CI
Extremely	5.6%	4.3–7.2	6.1%	5.1–7.3
Somewhat	12.6%	10.9–14.6	16.1%	14.6–17.7
A little	23.5%	20.7–26.7	24.2%	21.9–26.7
Not at all	58.2%	54.9–61.5	53.6%	51.0–56.1
Total	100.0%		100.0%	

Source: 2020 California Health Interview Survey

#### Appendix Exhibit 5: Physical or Mental Health Problems Due to Caregiving, 2020

##### 5a. Suffered Physical or Mental Health Problems Due to Caregiving in Past 12 Months, by Self-Reported Sex, 2020

Suffered Physical or Mental Health Problem Due to Caregiving in the Past 12 Months	Men	95% CI	Women	95% CI	Total Proportion	95% CI
Yes	10.5%	8.8–12.5	15.7%*	14.1–17.5	13.5%	12.3–14.8
No	89.5%	87.5–91.2	84.3%*	82.5–87.7	86.5%	85.2–87.7
Total	100.0%		100.0%		100.0%	

Source: 2020 California Health Interview Survey

\*Statistically significant at  $p \leq 0.05$  when compared to men

##### 5b. Suffered Physical and Mental Health Problems Due to Caregiving in Past 12 Months, by Age Group, 2020

Suffered Physical or Mental Health Problem	Adults Ages 18–44	95% CI	Adults Ages 45–64	95% CI	Adults Ages 65+	95% CI
Yes	17.2%*	12.3–14.8	11.1%	9.8–12.7	10.5%	8.6 – 12.9
No	82.8%*	85.2–87.7	88.9%	87.3–90.2	89.5%	87.1 – 91.4
Total	100.0%		100.0%		100.0%	

Source: 2020 California Health Interview Survey

\*Statistically significant at  $p \leq 0.05$  when compared to ages 65+