

Caregiver Time Study

Conducted by Family Of a Vet



Our Demographics

The Caregiver

- Average Age – 32 years old
- 31% works outside the home an average of 25 hrs. per week
- 95% of Caregivers are Spouses or Significant Others
- 5% Parents

The Veteran

- Average Age – 34 years old
- 27% work outside the home an average of 25 hrs. per week
- Average VA Disability Rating of 80%

Our Caregivers

- Tier 3 Caregivers
 - 45% of Surveyed CG
 - 85% Average VA Rating
- Tier 2 Caregivers
 - 27% of Surveyed CG
 - 80% Average VA Rating
- Caregivers average 3 hours per week of respite care.
- Tier 1 Caregivers
 - 4.5% of Surveyed CG
 - 80% Average VA Rating
- Unrated Caregivers
 - 22% of Surveyed CG
 - 72% Average VA Rating
- Many Caregivers consider running errands and working respite care.

Activities of Daily Living

This includes reminders and assistance with basic ADL's.

- Eating
 - 21 hours per week, average
- Personal Hygiene
 - 10 hours per week, average
- Medication
 - 10 hours per week, average
- Sleep
 - 35 hours per week, average
- Emotional Support
 - 70 hours per week, average
- Pain Management
 - 13 hours per week, average
- Mobility
 - 14 hours per week, average
- Comments
 - Having to remind Veteran to eat, shower, & take meds

Activities of Daily Living

This includes reminders and assistance with basic ADL's.

- Shopping
 - 8 hours per week, average
- Transportation
 - 5 hours per week, average
- Comments
 - Many Veterans do not like to go into crowded places so they will not shop for themselves
 - 50% can no longer drive
- Additional Comments
 - Caregivers struggle with sleep when Veteran is struggling to sleep
 - Considered a 24/7 job, never a break, including just being in the same room to keep veteran calm

Supervision or Protection

- Supervision as a result of seizures, blackouts, lapses in awareness
 - 54 hours per week, average
- Coaching or encouraging including memory prompts
 - 42 hours per week, average
- Supervision as a result of delusions or hallucinations
 - 14 hours per week, average
- Safety Risks
 - 44 hours per week, average

VA Related Activities

- Medical appointments, transportation
 - 13 hours per week, average
- Advocacy for veteran or veteran needs
 - 12 hours per week, average
- Veteran related paperwork
 - 7 hours per week, average

Comments

- Many of the Caregivers do not feel they can ever leave their Veteran alone without someone to sit with them
- This is a 24/7 job, with no time off even when sleeping
- Majority of Caregivers cannot use the respite care from the VA because the Veteran will not allow others in the home, especially strangers
- Families are grateful for the Caregiver program to help with their monthly budget since they have quit jobs to become full time Caregivers.

Comments

- Some have been denied the CG Program because they are only performing “Normal Wifely Duties”, but most 25 year old wives do not have to help their husband get dressed or manage his 15+ medications a day
- These hours barely scratch the surface of the life of a Caregiver who has to maintain the whole house, children, budget, everything without the help of their spouse and then has to assist the spouse with the basics of life
- Caregivers are struggling to keep up their own health
- This is harder than I ever could have imagined

Comments

- Caregivers do not feel like they can be sick, weak, struggling, or emotional. Everything needs to be bottled up
- I am rarely rested and it is definitely like having a 24 / 7 job, except that I love my husband dearly, which makes it easier to handle
- I eat, breath, and live the care for my husband
- Every hour of every day is solely taking care of him, I now realize that we have no free time without having a babysitter for our spouses