



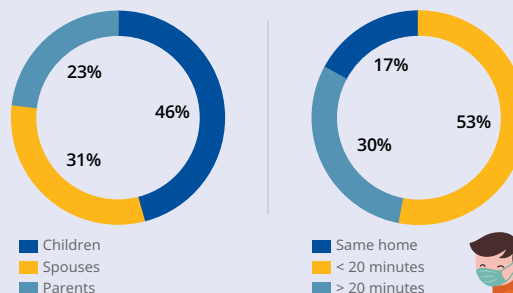
Effects of COVID-19 on Family Caregivers

A Community Survey from the University of Pittsburgh

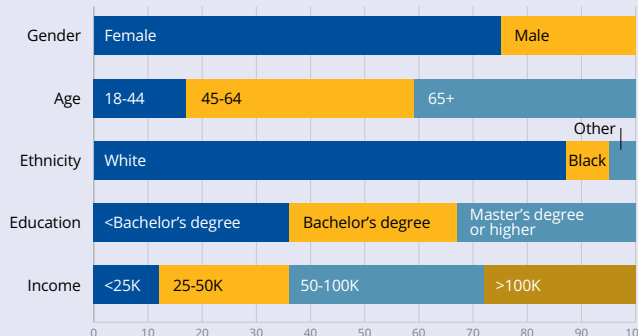
About the Survey

The survey was conducted between April 15 and May 27, 2020. A total of 619 family caregivers and 2,933 noncaregivers were surveyed. The survey aimed to better understand the impacts of the pandemic on family caregivers compared to non-caregivers. These results can be used to inform programs and interventions to help family caregivers and care recipients cope with this serious public health crisis.

Who were the family caregivers?



Caregiver Sociodemographics



As a result of COVID-19, caregivers reported:

- increased caregiving duties;
- providing care became more difficult—emotionally, physically, and financially;
- increased mental health issues for themselves and the person they were caring for; and
- lack of access to health care and in-home services.



How did family caregivers compare to noncaregivers?

Caregivers were more likely to be female, married, and age 45-64 than noncaregivers.

"The fear of accepting help versus doing it alone is stressful. We weigh the risks and needs for our daughter as well as for ourselves. We are both working and trying to balance care and work is exhausting."

As a result of COVID-19, caregivers were more likely than noncaregivers to report:

- worries about getting sick from the virus or being denied care due to preexisting conditions;
- taking precautions such as wearing masks, postponing activities;
- avoiding contact with high-risk individuals;
- negative impacts on their own physical and emotional health, function; and
- access to health care.

"I am exhausted at the end of the day. I feel like I am stuck in a box without an outlet. I don't have any energy or time to play with my son."

Caregivers were also more likely than noncaregivers to be experiencing:

- social isolation;
- financial hardship and food insecurity;
- anxiety and depression;
- fatigue and poor sleep; and
- pain that interfered with usual activities.

At-risk caregivers are:

- Female caregivers,
- minority caregivers,
- caregivers with less education,
- caregivers with lower income,
- younger caregivers,
- caregivers who care for persons with mental health/behavioral issues, and
- caregivers who live with the care recipient.

"I continue to pay for everything, and my retirement funds have been drastically reduced due to the sudden recession."

"I know I'm not taking care of myself, I know I need to go to the doctor, see a dentist, but I can't do that right now."



This survey was conducted by the National Rehabilitation Research and Training Center on Family Support and the University Center for Social and Urban Research at the University of Pittsburgh. For additional information about the study: caregiving.pitt.edu.