

PROFILE OF HAWAII'S OLDER ADULTS AND THEIR CAREGIVERS

May 2006 (Revision to January 2006 report)

A Publication of the



**State of Hawaii
Department of Health
Executive Office on Aging**



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OLDER ADULTS MAKE UP A LARGER PROPORTION OF HAWAII RESIDENTS THAN BEFORE, AND THIS TREND IS EXPECTED TO CONTINUE.

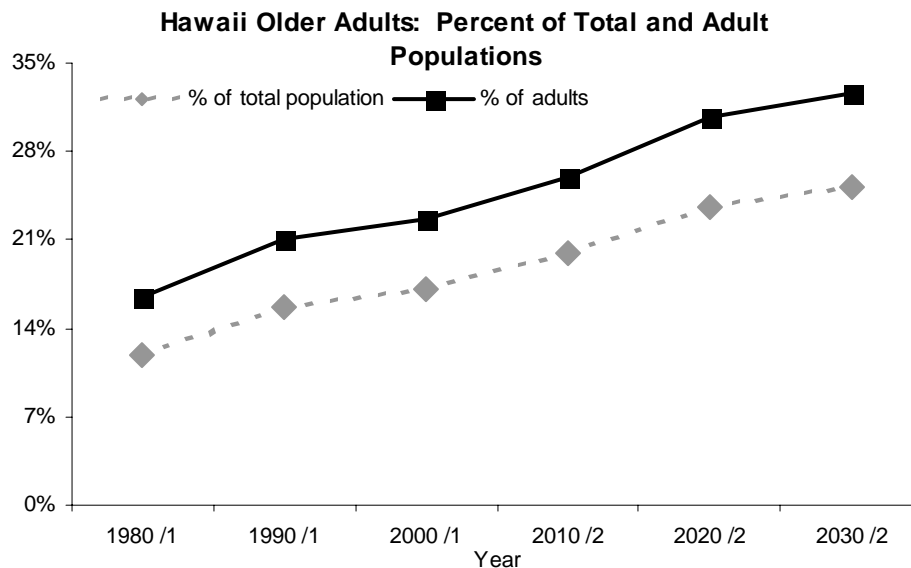
State of Hawaii	1980 /1	1990 /1	2000 /1	2010 /2	2020 /2	2030 /2
60+ population	113,944	173,733	207,001	268,800	351,650	410,450
% of Total pop.	11.8%	15.7%	17.1%	20.0%	23.6%	25.2%
% of Adult (18+) pop.	16.53%	21.0%	22.6%	26.0%	30.7%	32.6%
85+ population	5,561	10,397	17,564	29,750	33,800	40,350
% of Total population	0.6%	0.9%	1.4%	2.2%	2.3%	2.47%
% of Adult (18+) pop.	0.8%	1.3%	1.9%	2.9%	3.0%	3.2%
Total population	964,691	1,108,229	1,211,537	1,346,600	1,489,550	1,630,450
Adult (18+) population	689,108	828,103	915,770	1,034,050	1,144,200	1,257,150

Source:

/1 U.S. Census Bureau. *1980 Census, 1990 Census, and Census 2000*. Executive Office on Aging calculations.

/2 Hawaii Department of Business, Economic Development and Tourism. *Population and Economic Projections for the State of Hawaii to 2030*. August 2004. Executive Office on Aging calculations.

Hawaii's older adults (those 60 years of age and older) are making up a larger proportion of the population than they used to. In 1980, there were 113,944 older adults, representing 12% of the total and 17% of the adult population in Hawaii. By 2000, 207,001 individuals were older adults, representing 17% of the total and 23% of the adult population. **The latest estimates from the U.S. Census Bureau show that in 2004 there were 230,929 individuals age 60 and over in Hawaii, representing 18% of the total and 24% of the adult population.** With the aging of the baby boomers and increased life expectancy, projections indicate that by 2030 over one-in-four individuals and one-in-three adults in Hawaii will be age 60 or over.



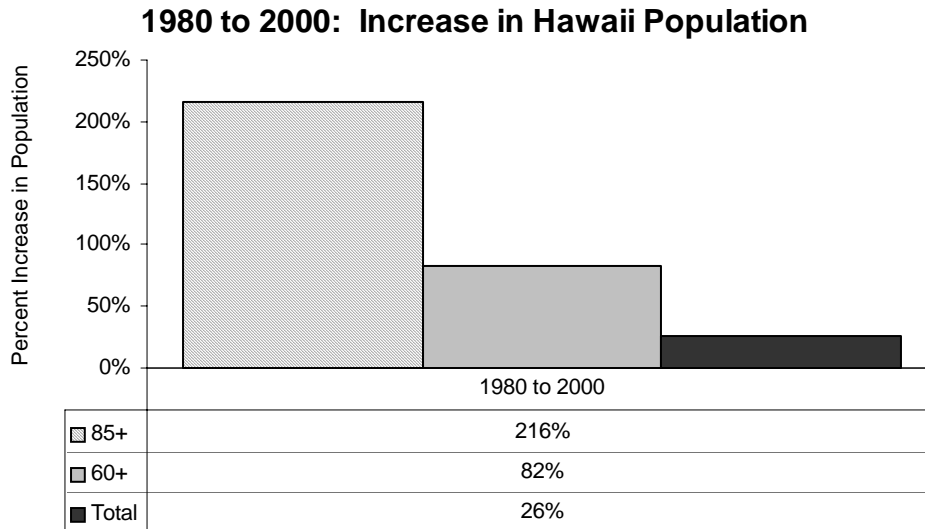
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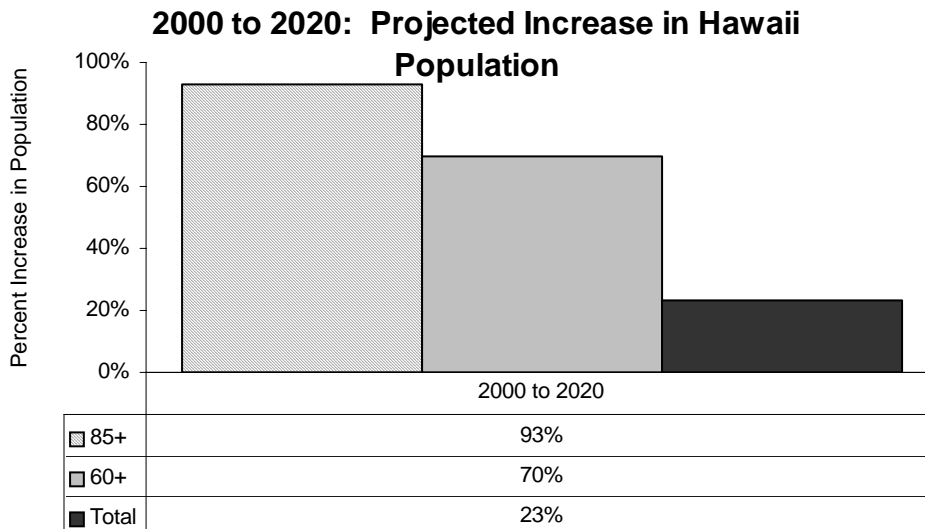
Between 1980 and 2000, Hawaii's older adult population increased over three times faster than its total population. Over this twenty-year period, the number of older adults increased by 82% while the total population increased by only 26%.

The population 85 and over increased even more dramatically. While the total population increased 26% between 1980 and 2000, the 85 and over population increased 216% -- over eight times faster than the total population and two-and-a-half times faster than the older adult population as a whole.



Source: U.S. Census Bureau, *1980 Census* and *Census 2000*. Executive Office on Aging calculations.

The trend of older adult populations increasing faster than the total population is expected to continue. Hawaii's total population is projected to increase by 23% from 2000 to 2020. Over this same time period, Hawaii's older adults population is projected to increase by 70% -- over three times faster than the total population; the population 85 and older is projected to increase by 93% -- over four times faster than the total population.



Source: U.S. Census Bureau. *Census 2000*; Hawaii Department of Business, Economic Development and Tourism. *Population and Economic Projections for the State of Hawaii to 2030*. August 2004; Executive Office on Aging calculations.

HAWAII'S OLDER ADULT POPULATION HAS GROWN FASTER THAN THE OLDER POPULATION NATIONALLY.

	1990	2000	Percent increase
Age 60+: U.S. (in 1,000s)	41,858	45,797	9%
State of Hawaii	173,733	207,001	19%
Age 85+: U.S. (in 1,000s)	3,080	4,240	38%
State of Hawaii	10,397	17,564	69%

Source: U.S. Census Bureau. *1990 Census* and *Census 2000*. Executive Office on Aging calculations.

Between 1990 and 2000, the older adult population in Hawaii grew twice as fast as the older adult population nationally. While Hawaii's older adults increased 19% between 1990 and 2000, the nation as a whole saw a nine percent increase in older adults. Hawaii's 85 and older population grew 69% during this period, while the same population grew 38% nationally.

LIFE EXPECTANCY IS INCREASING, WITH DIFFERENCES EXISTING BY GENDER AND RACE.

Life Expectancy at Birth (in Years)

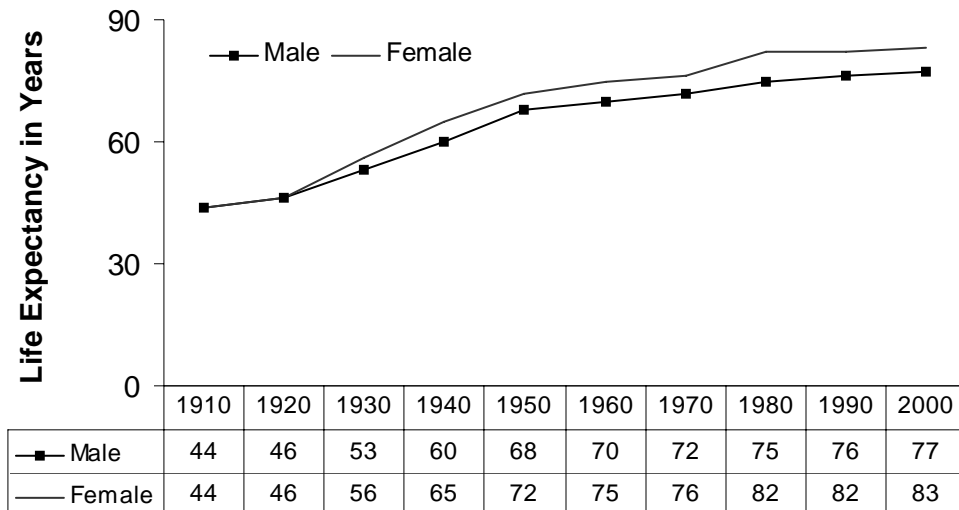
	1910	1920	1930	1940	1950	1960	1970	1980	1990	2000
U.S.	50	54	60	63	68	70	71	74	75	77
Hawaii	44	46	54	62	70	72	74	78	79	80

Source: Hawaii Health Information Corporation. *Health Trends in Hawaii*.

Hawaii surpassed the national life expectancy somewhere between 1940 and 1950. In the year 2000, Hawaii's life expectancy was 80 years – three years over the national life expectancy of 77.

Following the national trend, women in Hawaii tend to live longer than men. Year 2000 data shows that life expectancy at birth in Hawaii is 77 years for males and 83 years for females.

Hawaii Life Expectancy at Birth by Gender



Source: Hawaii Health Information Corporation. *Health Trends in Hawaii*.

In addition, life expectancy varies among race groups. Using Hawaii 1990 life expectancies (the most recent available by ethnic race), Chinese and Japanese live the longest (83 and 82 years, respectively) while Native Hawaiians have the lowest life expectancy at 74 years.

Hawaii Life Expectancy by Ethnic Race

Year	Caucasian	Chinese	Filipino	Native Hawaiian	Japanese	Other
1910	55	54	(NA)	33	49	16
1920	56	54	28	34	51	28
1930	62	60	46	42	60	33
1940	64	65	57	52	66	59
1950	69	70	69	62	73	68
1960	73	74	72	65	76	62
1970	73	76	73	68	77	77
1980	76	82	79	72	81	79
1990	76	83	79	74	82	80

Source: Hawaii Health Information Corporation. *Health Trends in Hawaii*.

ALONG WITH HAVING LONGER LIFE EXPECTANCY, OLDER ADULT FEMALES OUTNUMBER MALES.

State of Hawaii	1980		1990		2000	
	Male	Female	Male	Female	Male	Female
Age						
60+	50%	50%	47%	53%	45%	55%
85+	36%	64%	38%	62%	41%	59%

Source: U.S. Census Bureau. *1980 Census*, *1990 Census*, and *Census 2000*. Executive Office on Aging calculations.

In 1980, there were about the same number of male older adults as female. Now women outnumber men. The differences become greater with advancing age with 59% of those 85 years and older being female and 41% male. Part of this difference can be attributed to the life expectancy of elderly men being shorter than for females. Nationally, at age 60, women are expected to live 23.5 additional years, while men only 20.2 more years.

Year 2002 Life Expectancy by Age for the United States

Age (Years)	Both sexes	Male	Female
0 (Birth)	77.3	74.5	79.9
50	30.3	28.3	32.2
60	22.0	20.2	23.5
70	14.7	13.2	15.8
80	8.8	7.8	9.4
90	4.8	4.2	5.0
100	2.7	2.5	2.8

Source: Centers for Disease Control and Prevention. National Center for Health Statistics. *National Vital Statistics Report*. Vol. 53, No. 6. November 10, 2004.

LANGUAGE BARRIERS POSE A COMMUNICATION CHALLENGE FOR SOME HAWAII SENIORS.

Twelve percent of those 65 and older do not speak English well. This has remained almost unchanged since 1990 when 13% did not speak English well. However, the proportion of linguistically isolated seniors has decreased from 13% in 1990 to 10% in 2000.

State of Hawaii: 65+ Language Barriers	1990	2000
Speaks English "not well" or "not at all"	13%	12%
Linguistically isolated /1	13%	10%

/1 Lives in a household where all members 14 years old and over have at least some difficulty with English.

Source: U.S. Census Bureau. *1990 Census* and *Census 2000*. Executive Office on Aging calculations.

MANY THAT LIVE ALONE ARE FEMALE.

The *Census 2000* shows that 17% of those 60 and older live alone, a slight increase from the 15% a decade earlier. Women are more likely to live alone than men. White, Black, or American Indian/Alaska Native older adults (23%, 26%, and 22%, respectively) are more likely to live alone than Asian or Native Hawaiian/Pacific Islander older adults (14% and 12%, respectively). Moreover, a majority (67%) of the individuals living alone are female, 17% have incomes below federal poverty guidelines, and 42% have at least one disability.

State of Hawaii: 60+ LIVING ALONE

All (both sexes)	Female	Male
1990 /1: 15%	19%	11%
2000 /2: 17%	20%	12%

/1 Source: U.S. Census Bureau. *1990 Census*. Special Tabulation Program, *STP14*.

/2 Source: U.S. Census Bureau. *Census 2000*. Special Tabulation Program, *Special Tabulation on Aging (STP9)*. October 2004. Executive Office on Aging calculations.

MANY OLDER ADULTS ARE STRUGGLING FINANCIALLY.

The *Census 2000* shows that seven percent of those 60 and older in Hawaii live at or below the federal poverty level. Older adult women are more likely to be in poverty than older adult males. Among those 60 and older in poverty, 62% are female, 53% have at least one disability, and 40% live alone. A higher proportion of American Indian/Alaska Native and Native Hawaiian/Pacific Islander older adults are living in poverty than White, Black, and Asian older adults.

See poverty table on next page.

State of Hawaii: 60+ percent with 1999 income at or below poverty level

Race/Ethnicity:

-- Not Hispanic/Latino

White alone	7%
Black alone	5%
American Indian/Alaska Native alone	10%
Asian alone	7%
Native Hawaiian/Pacific Islander alone	12%
Other alone	25%
Two or more races	10%

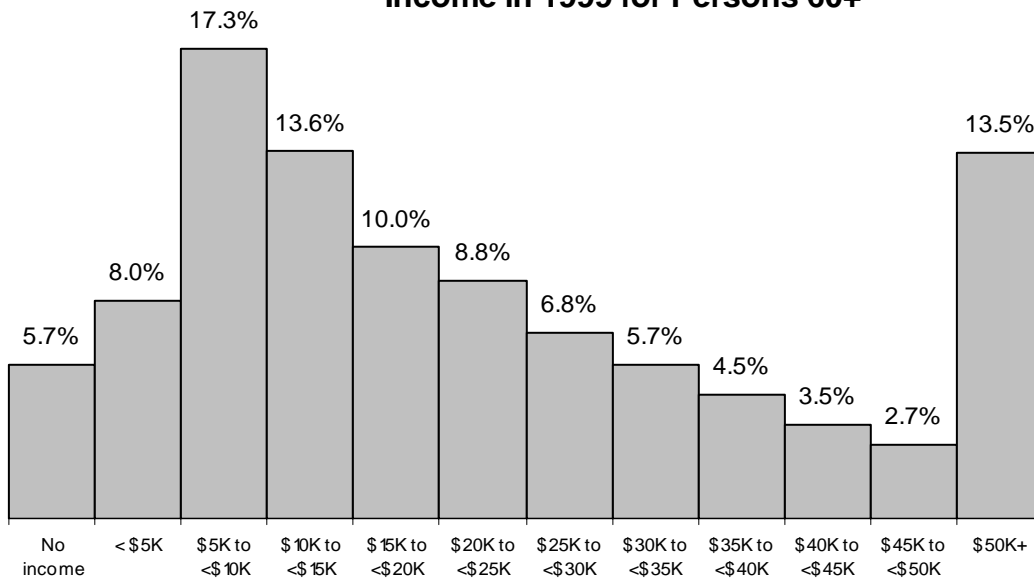
-- Hispanic/Latino

Sex:	
-- Male	6%
-- Female	8%
Overall (statewide 60+)	7%

Source: U.S. Census Bureau, *Census 2000*. Special Tabulation Program, *Special Tabulation on Aging (STP9)*. October 2004. Executive Office on Aging calculations.

Older adults living *above* the poverty level may also have difficulty making ends meet. Information from the *Census 2000* shows the median income of persons 60 years and older is \$19,115 (50% have an annual income above and 50% have an annual income below \$19,115). Almost a third (31%) of older adults have an annual income of below \$10,000, and 45% have annual income below \$15,000.

Income in 1999 for Persons 60+



Source: U.S. Census Bureau, *Census 2000*. Special Tabulation Program, *Special Tabulation on Aging (STP9)*. October 2004. Executive Office on Aging calculations.

THE ETHNIC COMPOSITION OF OLDER ADULTS IN HAWAII DIFFERS SLIGHTLY FROM THE TOTAL POPULATION'S.

Over three-fourths of Hawaii's population is comprised of minorities (i.e. all but those White/non-Hispanic). This holds true for older adults as well, although the distribution of minority races differs. Older adults have a higher proportion of Asians and a lower proportion of mixed race persons (of two or more races). Native Hawaiians and Other Pacific Islanders make up a smaller proportion of older adults than they do of the general population. A very small proportion of older adults are American Indian and Alaskan Native or Black/African American.

State of Hawaii: Race distribution	60+	Total population
1 race		
White (non-Hispanic/Latino)	22.7%	22.9%
White (Hispanic)	0.9%	1.4%
American Indian/Alaskan Native	0.1%	0.3%
Black/African American	0.4%	1.8%
Asian	61.1%	41.6%
Chinese	(7.7%)	(4.7%)
Filipino	(14.8%)	(14.1%)
Japanese	(34.4%)	(16.7%)
Korean	(2.3%)	(1.9%)
Other Asian	(1.8%)	(4.2%)
Native Hawaiian/Pacific Islander	5.6%	9.4%
Native Hawaiian	(4.7%)	(6.6%)
Tongan	(0.1%)	(0.3%)
Other NHPI	(0.8%)	(2.4%)
Other	0.6%	1.2%
2 or more races	8.6%	21.4%

Source: U.S. Census Bureau, *Census 2000*. Executive Office on Aging calculations.

MORE SENIORS HAVE OBTAINED FORMAL EDUCATION THAN PREVIOUSLY, ALTHOUGH HAWAII SENIORS ARE STILL LESS EDUCATED THAN THEIR MAINLAND COUNTERPARTS.

Sixteen percent of Hawaii seniors age 65 and over have completed a 4-year college degree. This figure has increased from 1990 when 11% of seniors had completed a 4-year degree. The percent of seniors that have not completed high school has dropped from 51% to 35%. Despite these improvements our elders are less educated than those nationally where 22% have completed a 4-year college degree (Hawaii, 16%) and 24% have not completed high school (Hawaii, 35%).

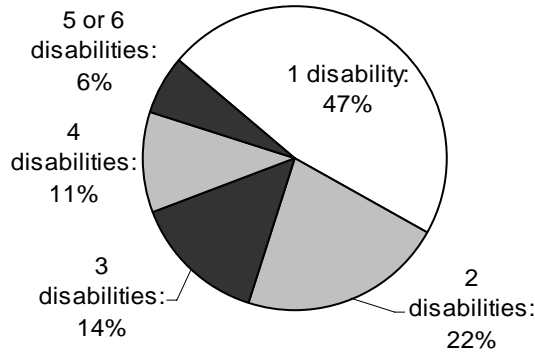
65+ Educational Attainment	1990 (HI)	2000 (HI)	2000 (US)
Less than H.S. or equivalent	51%	35%	24%
H.S. or equivalent	26%	34%	30%
Some college	12%	15%	24%
4-year college degree or higher	11%	16%	22%

Source: U.S. Census Bureau. *1990 Census* and *Census 2000*. Executive Office on Aging calculations.

MANY 60+ HAVE AT LEAST ONE DISABILITY.

According to the *Census 2000* 37% of those 60 and older have a disability defined as having one or more of the following six disability types: sensory, physical, cognitive, self-care, go-outside-the-home-alone, employment. Over half of these individuals have at least two disabilities, and over 30% have at least three disabilities.

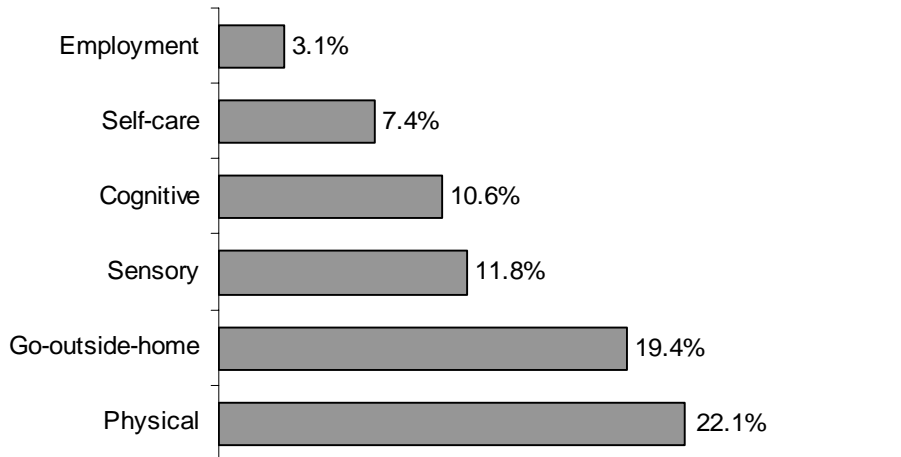
60+ disability: # of disabilities



Source: U.S. Census Bureau, *Census 2000*. Special tabulation request made by the Executive Office on Aging (EOA). EOA calculations.

(REVISED FROM January 2006): Having a physical disability (difficulty walking, climbing stairs, reaching, lifting, or carrying) is the most common disability among older adults with 22% having a physical disability. Nineteen percent of older adults have a disability that inhibits them from going outside the home alone (for example to shop, run errands, or go to a doctor appointment). Sensory disabilities (blindness, deafness, or a severe vision or hearing impairment) affect 12% of older adults. Cognitive disabilities (learning, remembering, or concentrating) affect 11% of older adults; 7% have a self-care disability (dressing, bathing, or getting around the house); Three percent have an employment disability.

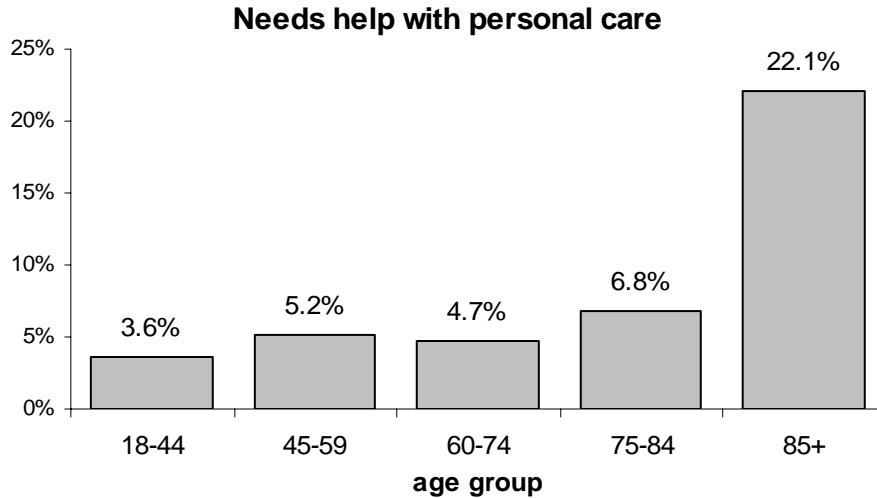
60+: Percent having specific disabilities



Source: U.S. Census Bureau, *Census 2000*. Special Tabulation Program, *Special Tabulation on Aging (STP9)*. October 2004. Executive Office on Aging calculations.

PERSONAL CARE ASSISTANCE NEEDS INCREASE WITH AGE.

As may be expected, the need for personal care increases with age. Five percent of those 60 to 74 years of age need help with personal care. This figure increases to 7% for 75 to 84. Among seniors age 85 and over, the need for help with personal care rises to 22%. Assistance with personal care allows many older adults to remain in their homes.



Source: Hawaii Department of Health, Office of Health Status Monitoring, *Hawaii Health Survey, 2000.*

END OF LIFE PLANNING IS INCREASING.

An increasing number of those 65 and over have prepared their advanced directive*. Still, many seniors and their families are unprepared to make the type of decisions typically necessary when someone passes away.

State of Hawaii: 65+ that have an advanced directive*

1998	2000	2002 /1
62%	68%	67%

Source: Hawaii Department of Health, *Behavioral Risk Factor Surveillance System, 1998, 2000.*

/1 Hawaii Department of Health, Office of Health Status Monitoring, *Hawaii Health Survey, 2002.*

* An advanced directive is commonly called a healthcare power of attorney or living will. It is a written document that describes an individual's wishes for end-of-life care. It is a legal document that lets family and physicians know what kind of treatment a person would like in the event they cannot speak for themselves. It also designates someone to make decisions on their behalf in the event they are unable to convey wishes themselves.

LEADING CAUSES OF DEATH HAVE BEEN CONSISTENT OVER THE PAST SEVERAL YEARS.

The leading causes of death among older adults in Hawaii have consistently been heart disease, cancer, stroke, and chronic lower respiratory disease. In 2003, 30% of older adult deaths were due to heart disease, 23% due to cancer, and nine percent due to stroke. These top three causes accounted for 62% of all older adult deaths.

State of Hawaii: 60+ Underlying Cause of Death	1999		2000		2001		2002		2003	
	Rank	Count	Rank	Count	Rank	Count	Rank	Count	Rank	Count
Heart Disease	1	2032	1	2256	1	1934	1	2120	1	2099
Malignant Neoplasms (cancers)	2	1494	2	1484	2	1550	2	1486	2	1648
Cerebrovascular Disease (stroke)	3	669	3	623	3	688	3	740	3	669
Chronic Lower Respiratory Disease	4	266	4	235	4	245	4	240	4	258
Influenza/Pneumonia	5	211	9	94	5	185	5	225	5	218
Other Circulatory Diseases, including Atherosclerosis & Hypertension	6	187	6	137	6	174	6	194	6	189
Diabetes Mellitus	7	175	5	168	7	138	7	161	7	169
Alzheimer's Disease	9	107	7	122	9	122	9	134	8	159
Other Accidents & Adverse Effects	10	102	10	90	8	125	8	143	9	155
Nephritis, Nephrotic & Nephrosis (kidney)	8	115	8	121	10	104	10	108	10	108
All other causes		1161		1177		1246		1394		1431
Total		6519		6507		6511		6945		7103

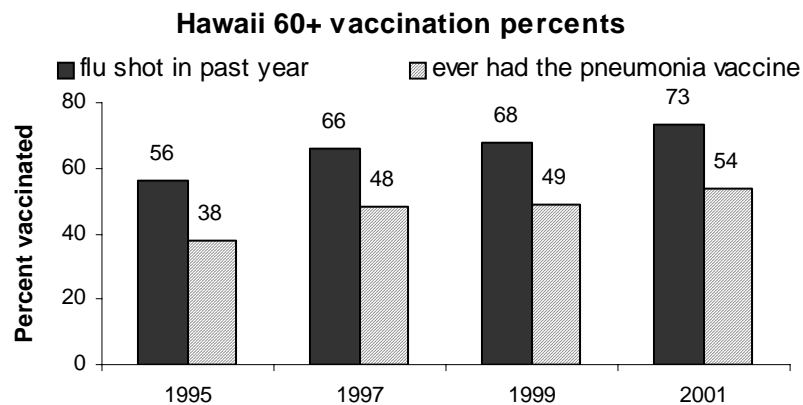
Source: Hawaii Department of Health, Office of Health Status Monitoring.

Many causes of death to older adults are related to lifestyle choices or behaviors such as smoking, diabetes control, flu shots, exercising, healthy eating habits, blood pressure and cholesterol control, and maintaining a healthy body weight.

HEALTH STATUS INDICATORS SHOW THERE IS ROOM FOR IMPROVEMENT.

Some health indicators have improved:

- The proportion of older adults getting an annual flu shot has increased from 56% in 1995 to 73% in 2001; and
- The proportion of older adults who have ever had a pneumonia vaccination has increased from 38% in 1994 to 54% in 2001.



Source: Hawaii Department of Health, Behavioral Risk Factor Surveillance System.

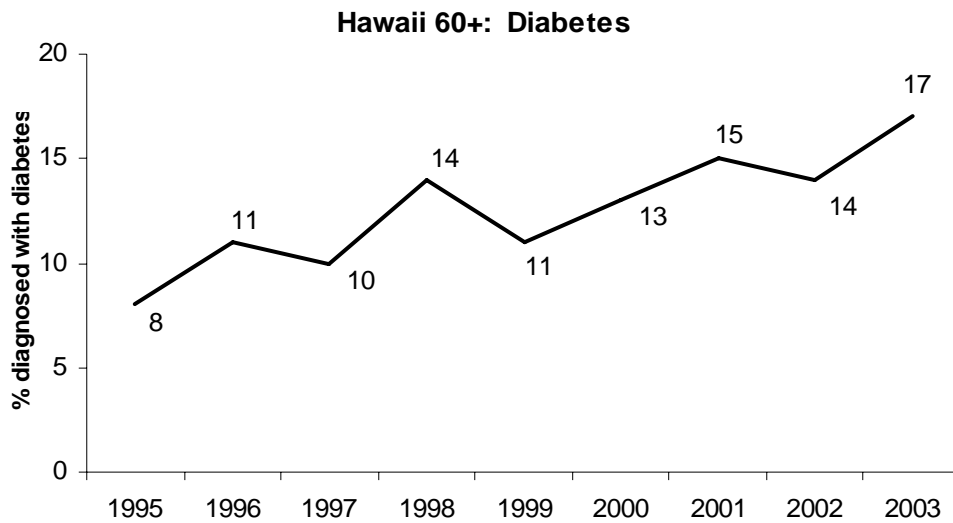
Some health indicators have remained fairly unchanged. According to Hawaii's *Behavioral Risk Factor Surveillance System*:

- 12% of older adults currently smoke cigarettes;
- Over 40% of older adults are sedentary or do not get enough exercise;
- Two-thirds of older adults do not eat the recommended 5-a-day fruits and vegetables;
- Over 30% of older adults have high cholesterol;
- Over 10% of older adults have not seen a doctor in the past year; and
- Over 40% of older adults are either overweight or obese.

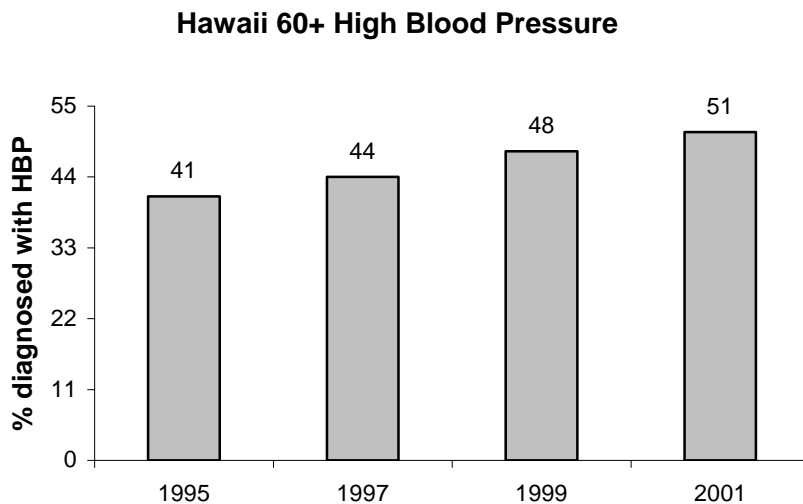
Some health indicators are getting worse:

- Diabetes in older adults has doubled in less than a decade, increasing from eight percent in 1995 to 17% in 2003.
- High blood pressure in older adults has increased from 41% in 1994 to 51% in 2001.

Both are risk factors for heart disease and stroke – two leading causes of death in Hawaii older adults.



Source: Hawaii Department of Health, *Behavioral Risk Factor Surveillance System*.



Source: Hawaii Department of Health, *Behavioral Risk Factor Surveillance System*.

GRANDPARENTS LIVING WITH AND RAISING GRANDCHILDREN.

Hawaii has a larger percentage of grandparents living with grandchildren than nationally.

According to the *Census 2000*, the prevalence of grandparents and grandchildren living under the same roof is nearly twice as high in Hawaii as it is nationally. Nationally, 3.6 percent of the age 30 and over population are grandparents living with grandchildren. In Hawaii, almost double this, seven percent of persons age 30 and over are grandparents living with grandchildren. In 2000, this translated to 49,237 (7.0 percent of the age 30+ population) individuals age 30+ in Hawaii, all grandparents, in this household situation.

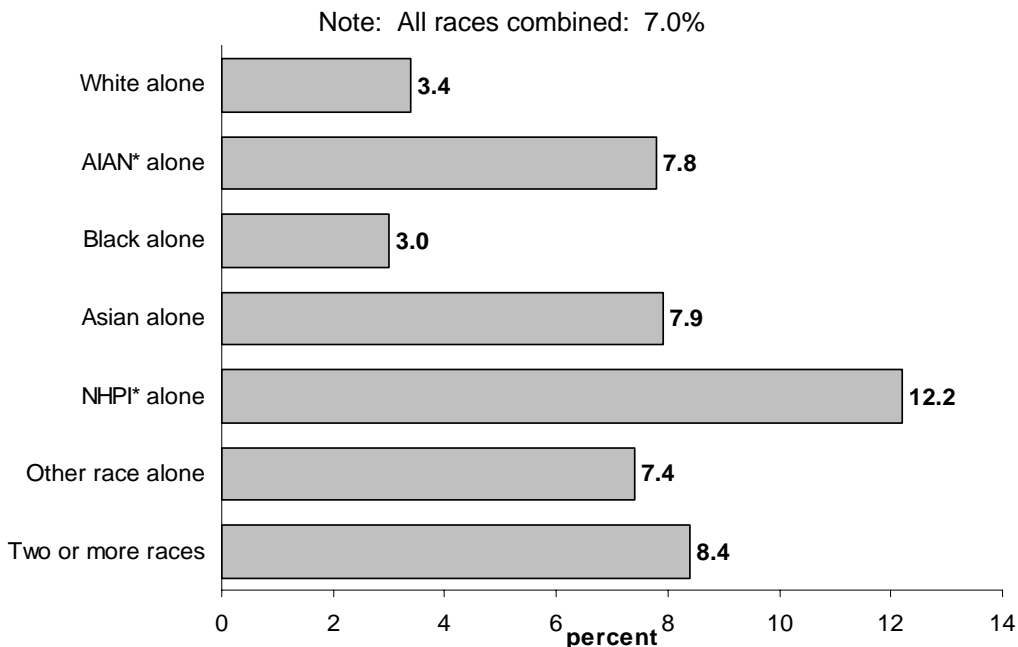
Percent of population age 30+ in households who are grandparents living with grandchildren	
United States (nationally)	3.6%
State of Hawaii	7.0%

Source: U.S. Census Bureau, *Census 2000*. Executive Office on Aging calculations.

Native Hawaiian and Other Pacific Islanders are more likely to be grandparents living with their grandchildren than other ethnic race groups.

In Hawaii, an individuals age 30 and over is most likely to be a grandparent living with their grandchildren if the individual is Native Hawaiian and Other Pacific Islander (NHPI) with 12 percent of NHPI individuals age 30+ in households being grandparents living their with grandchildren. Individuals age 30+ in households who are White or Black are least likely to be a grandparent living with their grandchildren.

**State of Hawaii:
Percent of population age 30+ in households where
grandparents live with grandchildren by race**



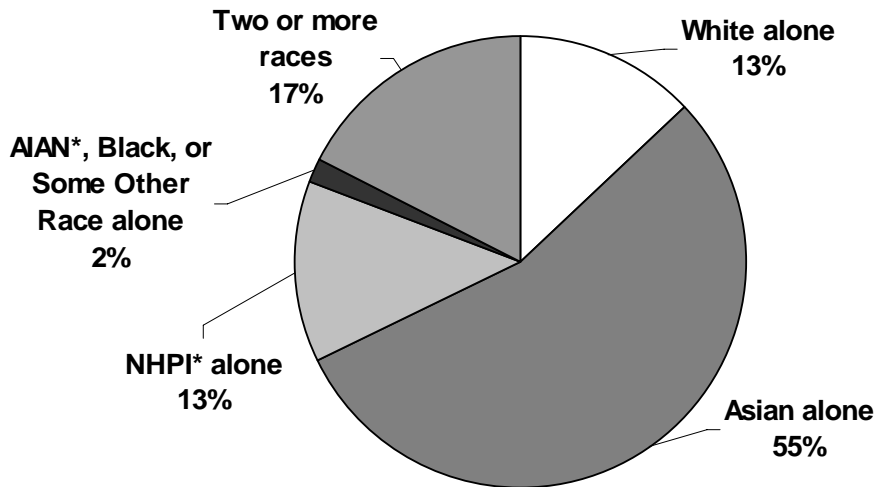
* AIAN = American Indian and Alaskan Native; NHPI = Native Hawaiian and Other Pacific Islander.

Source: U.S. Census Bureau, *Census 2000*. Executive Office on Aging calculations.

Over half of the grandparents living with their grandchildren are Asian.

The following pie chart reflects the race/ethnic distribution of grandparents living with grandchildren by the race/ethnicity of the grandparent. Although NHPI individuals are most likely to be grandparent living with their grandchildren (see previous page), because NHPI (alone) account for under 10 percent of all persons age 30+ in Hawaii, over half (55 percent) of grandparents living with grandchildren are Asian.

**State of Hawaii:
Grandparents living with grandchildren by race/ethnicity of grandparent**



* AIAN = American Indian and Alaskan Native; NHPI = Native Hawaiian and Other Pacific Islander.

Source: U.S. Census Bureau, *Census 2000*. Executive Office on Aging calculations.

Some grandparents are also responsible for (raising) the grandchildren they live with.

In Hawaii, two percent of all persons age 30 and over in households are grandparents living with as well as responsible for the basic needs (financially responsible for food, shelter, clothing, day care, etc...) of these grandchildren. Therefore, among grandparents living with grandchildren, 29 percent are also raising these grandchildren.

Population age 30+ in households who are grandparents living with grandchildren

United States (nationally): 3.6% living w/	1.5% living w/ & responsible for	42% living w/ are also responsible for
State of Hawaii: 7.0 % living w/	2.0% living w/ & responsible for	29% living w/ are also responsible for

Source: U.S. Census Bureau, *Census 2000*. Executive Office on Aging calculations.

Over half of grandparents raising grandchildren are presently in the labor force.

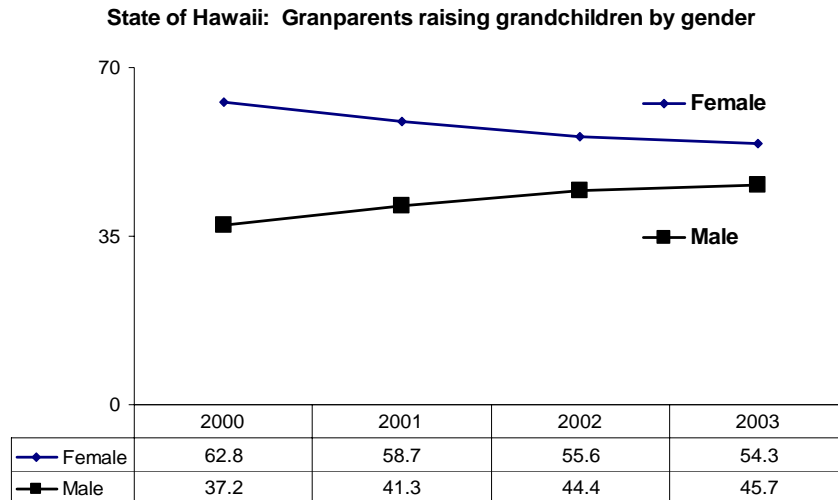
State of Hawaii: Percent of grandparents raising grandchildren in the labor force.

2000	2001	2002	2003
50.7	58.0	63.0	54.2

Source: U.S. Census Bureau, *American Community Survey, 2000-2003*. Executive Office on Aging calculations.

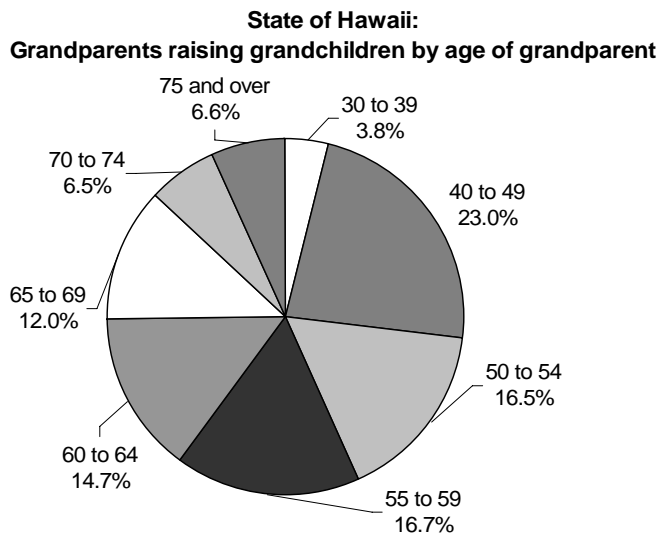
There are more grandmothers raising grandchildren than grandfathers.

According to the U.S. Census Bureau's *American Community Survey*, in 2000 in Hawaii, 37 percent of the grandparents raising grandchildren were male (grandfathers), and 63 percent were female. This difference has gradually decreased; in 2003, 46 percent of grandparents raising grandchildren were male.



Source: U.S. Census Bureau, *American Community Survey, 2000-2003*. Executive Office on Aging calculations.

Forty percent of grandparents raising grandchildren are age 60 and over.



Source: U.S. Census Bureau, *Census 2000*. Special Tabulation Program, *Special Tabulation on Aging (STP9)*. October 2004. Executive Office on Aging calculations.

Hawaii has a larger percentage of older adult grandparents raising grandchildren than nationally.

Nationally, 29 percent of all grandparents responsible for grandchildren are age 60 and over. In Hawaii, a third higher percent are older adults (40 percent).

Grandparents raising grandchildren by age	Under 60	60 and over
United States (nationally)	70%	30%
State of Hawaii	60%	40%

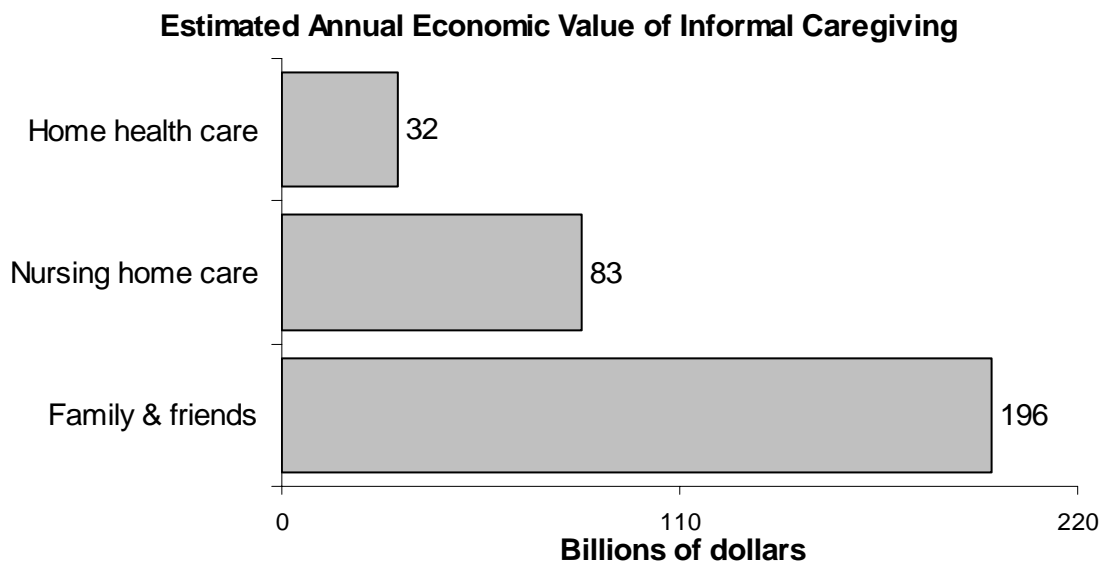
Source: U.S. Census Bureau, *Census 2000*. Special Tabulation Program, *Special Tabulation on Aging (STP9)*. October 2004. Executive Office on Aging calculations.

FAMILY (INFORMAL) CAREGIVERS OF OLDER ADULTS.

Caregivers contribute a significant amount to the long-term care system.

In recent years, significant attention has been given to the issue of informal caregiving. The Alzheimer's Association's *Study on Estimated Value of Informal Caregiving* found that in 1997 Hawaii caregivers provided 106.9 million caregiving hours that were estimated to be equivalent to \$874.6 million.

A 1999 study by Arno, Levine, and Memmott published in *Health Affairs* found that the economic value of informal caregivers is over twice that of nursing home care, and six times the value of home health care.



Source: Arno, P, Levine, ., & Memmott, M. The Economic Value of Informal Caregiving. *Health Affairs*, 18:182-188. 1999.

Family caregiving is becoming a more common occurrence, though the true extent is unknown.

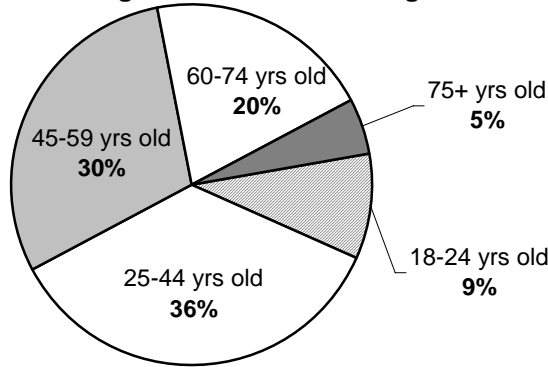
As the proportion older adults make up of the total population rises, the likelihood of someone providing care to an older adult is projected to also rise. In 2000, The *Behavioral Risk Factor Surveillance System* estimated that 14% (126,598) of adults were informal caregivers providing regular care to an older adult. In 2003, the *Hawaii Health Survey* estimated that 21% (192,390) of adults were informal caregivers.

The number of hidden informal caregivers (not acknowledged in the above estimates) is unknown. It is commonly assumed that most figures underestimate the true extent of informal caregiving because they only acknowledge adults who identify themselves as caregivers when asked the following nationally standardized question: “*There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?*”

Family caregiver characteristics.

- Over half (57%) of adult caregivers are female, about two-thirds (65%) are employed, and 75% are under age 60. (Hawaii Department of Health, *Behavioral Risk Factor Surveillance System, 2000.*)

State of Hawaii: Age Distribution of Caregivers



Source: Hawaii Department of Health, *Behavioral Risk Factor Surveillance System, 2000.*

- Though an estimated 14% of all adults are caregivers, this figure varies depending on gender, age, and race.

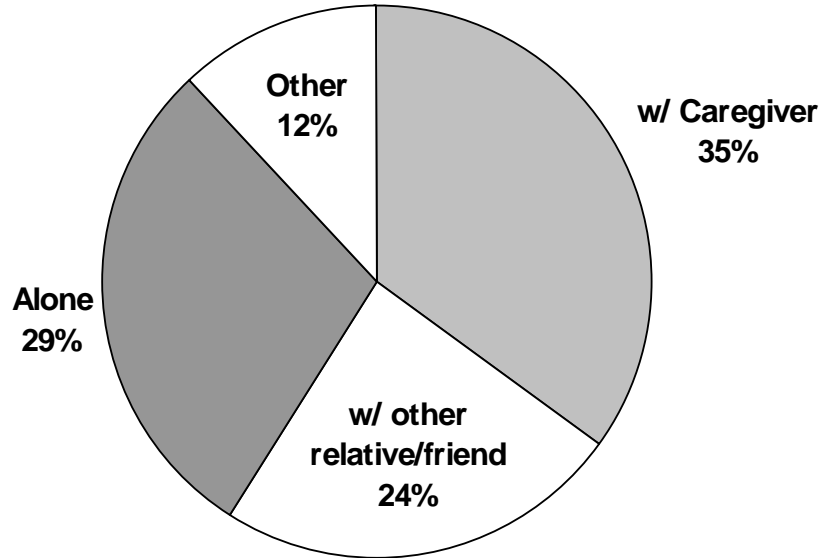
State of Hawaii: Percent of adults that are caregivers

State of Hawaii: Percent of adults that are caregivers		
All adults	14%	
Gender		
Male	12%	A higher proportion of females than males are caregiving.
Female	16%	
Age Group		
18-24	11%	A higher proportion of those ages 45-74 are caregiving compared to other age groups.
25-44	12%	
45-59	17%	
60-74	17%	
75-84	12%	
85+	8%	
Race		
White	12%	A lower proportion of Whites are caregiving compared to non-White races.
Hawaiian	18%	
Filipino	16%	
Japanese	15%	
Other	13%	
Marital Status		
Married	14%	Marital status does not affect the likelihood of being a caregiver.
Unmarried	14%	

Source: Hawaii Department of Health, *Behavioral Risk Factor Surveillance System, 2000.*

- Over one-third (35%) of care recipients live with their caregivers; another 29% of care recipients live alone.

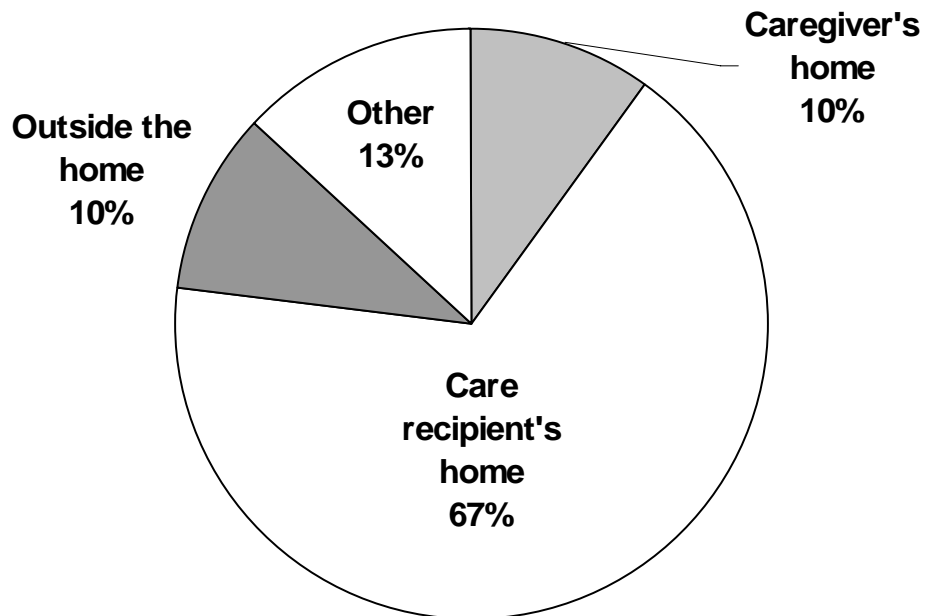
Where do Care Recipients Live?



Source: Hawaii Department of Health, *Hawaii Health Survey, 2004*.

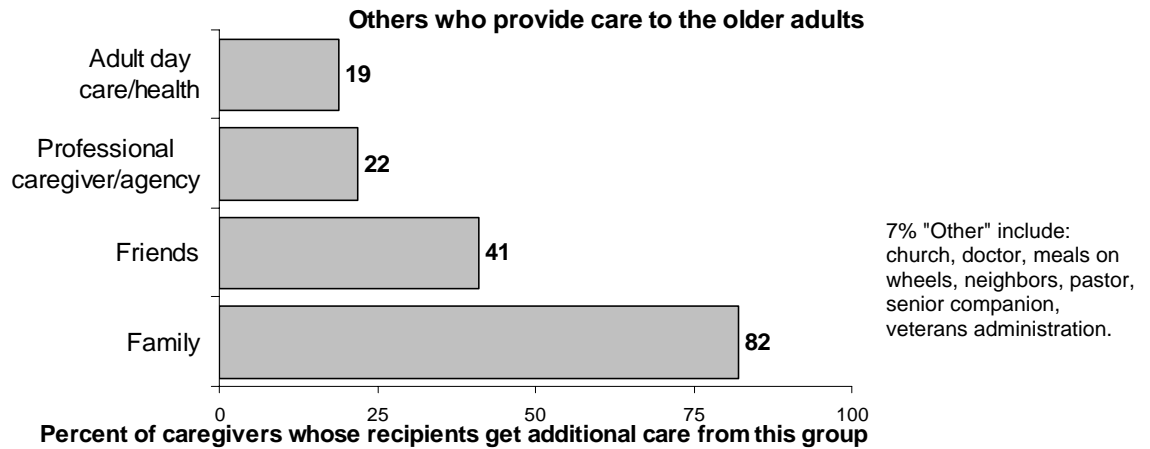
- Over two-thirds (67%) of care is provided in the care recipient's home.

Where is most of the care provided?



Source: Hawaii Department of Health, *Hawaii Health Survey, 2004*.

A large majority (82%) of family caregivers care for older adults that receive additional care from other family members. About 20% of caregivers care for older adults who also use formal means of support. Caregivers under age 30 are more likely to be caring for an older adult who has other family helping them and less likely to be caring for an older adult who has formal support than other age groups. Caregivers age 70+ are more likely to be caring for an older adult who has professional caregivers or agencies providing help and less likely to be caring for an older adult who attends adult day care/health than other age groups.



Source: Hawaii Department of Health, *Hawaii Health Survey, 2004*.

Family caregivers provide a variety of support to older adults.

Providing companionship, reassurance, and emotional support is most common, with 92% of caregivers providing this type of assistance. Eighty-five percent provide transportation in the form of rides to appointments and to do errands. Eighty percent of caregivers do housework, shopping, and meal preparation for older adults. Two-thirds help with paperwork, bill paying, and managing medications. Sixty-one percent of caregivers use their own funds to pay for food, household goods, and medicine. Other common forms of support are assistance walking and transferring (41%), and help bathing, dressing, toileting, feeding, and changing diapers (33%).

Caregivers age 60+ are more likely to help with paperwork, bill paying, managing medications, and providing funds than caregivers under age 60. Caregivers age 70+ as well as caregivers under age 30 are more likely to provide assistance walking or transferring than caregivers age 30-69 years.

Companionship, reassurance, emotional support	92%
Rides to appointments and to do errands	85%
Housework, shopping, and meal preparation	80%
Paperwork, bill paying, managing medications	66%
(provide funds) Paying for food, household goods, medicine	61%
Walking, transferring	41%
Bathing, dressing, toileting, feeding, changing diapers	33%

Source: Hawaii Department of Health, *Hawaii Health Survey, 2004*.

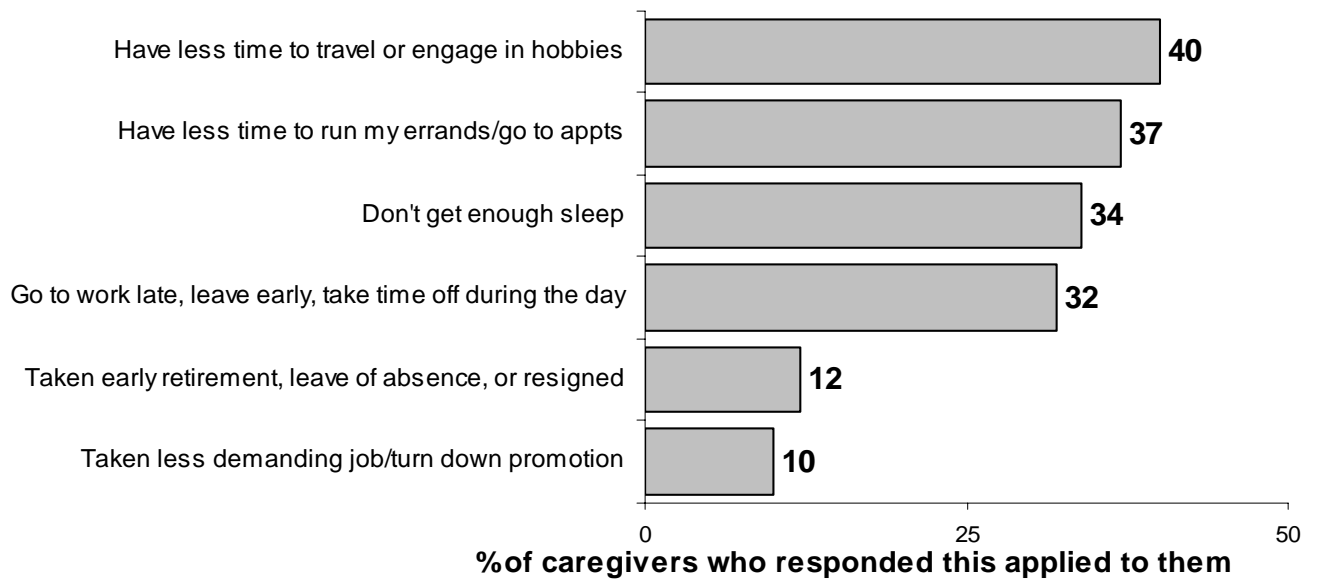
Caregiving affects caregiver's lives in a variety of ways.

The support services informally provided by family caregivers take time and energy; therefore, caregiving has an impact on the life of the caregiver. Results from the 2004 *Hawaii Health Survey* show that the most common impact caregiving had on their (caregiver's) lives was less time to travel and engage in hobbies of their own.

Many caregivers also had less time to run their errands and go to their own appointments. About one-third reported not getting enough sleep, going to work late, leaving early, or taking time off during the day to caregive. Some caregivers even took early retirement, a leave of absence, resigned, took a less demanding job, or turned down a promotion due to caregiving.

Other responses to how caregiving impacted their life included the following: stress, emotional issues, worry, no social life or avocations, schedule suffers, physical illness, less time for other family members, had to travel or relocate, and financial problems. Positive responses included "improved my life" and "awareness of senior issues".

Impacts of caregiving (on caregiver)



Source: Hawaii Department of Health, *Hawaii Health Survey, 2004.*

Family caregivers would consider using a variety of support services.

Fifty-four percent of family caregivers would consider getting information and training related to caregiving or consider health services for themselves. More than half would consider health services for the care recipient or help making a care plan, exploring care options, or finding services.

Almost half would consider companionship or emotional support or transportation for the care recipient. Other common considerations are light cleaning and meal preparation, day respite or supervision, caregiver support groups, overnight respite or supervision, personal or family counseling, bathing or personal services for the care recipient, and home delivered meals.

Caregivers age 30-59 are more likely to consider getting information and training; getting assistance making a care plan, exploring care options, and finding services; using transportation services; attending support groups; using counseling; and getting home delivered meals than caregivers in other age groups.

Caregivers age 60-69 were more likely to consider using services that provide companionship or emotional support to the care recipient; light cleaning, shopping, or meal preparation; overnight respite or supervision; and bathing or personal services than caregivers in other age groups.

Types of Support Family Caregivers Would Consider Using	
Information & training	54%
Health services for caregiver	54%
Health services for care recipient	53%
Making a care plan, exploring care options, finding services	51%
Companionship or emotional support for care recipient	48%
Transportation	46%
Light cleaning or meal preparation	43%
Day respite or supervision	43%
Caregiver support groups	41%
Overnight respite or supervision	35%
Personal or family counseling	35%
Bathing or personal services	33%
Home delivered meals	32%

Source: Hawaii Department of Health, *Hawaii Health Survey, 2004*.