

Family Caregivers in Utah

A growing body of family caregivers in Utah provide unpaid care to family members or friends with health problems or disabilities. The purpose of this fact sheet is to provide key information about Utah's caregivers, their challenges, and the economic value they provide.

"I cannot imagine not doing this, caring for my husband. I am ashamed when I admit how hard it is. I am tired, exhausted. I haven't been able to figure out how to work, be at home for him. Forget about any time for myself. It is unsustainable. I just do not think there is any other option. So, I do it."

- A Utah Caregiver

Over
450,000
adults in Utah provide unpaid caregiving services to their family and friends.

Nearly
**1 in 4 women
and 1 in 6 men**
over age 18 in Utah are family caregivers.

About 35,000
of Utah's caregivers provide more than **40 hours of caregiving a week** and have been doing so for **more than 60 months**.

The share of Utah's **retirement-age population** is projected to double over the next 50 years, indicating an **increasing need for both caregiving and caregivers**.

The economic value of caregiving in Utah was \$4.6 billion in 2019.¹

The economic value of caregiving is the assessed monetary value of time spent caregiving. This is well beyond lost wages since the majority of caregiving is on top of time spent working.

Who Are Utah's Family Caregivers?

- A family caregiver is defined as someone who has provided care to a family member or friend with a health problem or disability in the last 30 days.²
- At least 1 in 10 family caregivers provide care for someone with Alzheimer's or other cognitive impairments (Table 1).
- About 30% of Utah's caregivers provide care for a parent; 16% provide for their spouse; 12% for their child; and almost half for another relative or family friend (Figure 1).
- The majority of caregivers are located along the Wasatch Front; however, Utah's rural areas have a higher percentage of caregivers due to having an older population (Figure 2).
- Close to 1 in 3 adults age 55-64 are family caregivers (Figure 3). This age group is likely juggling both work and caregiving responsibilities.

Challenges of Family Caregiving

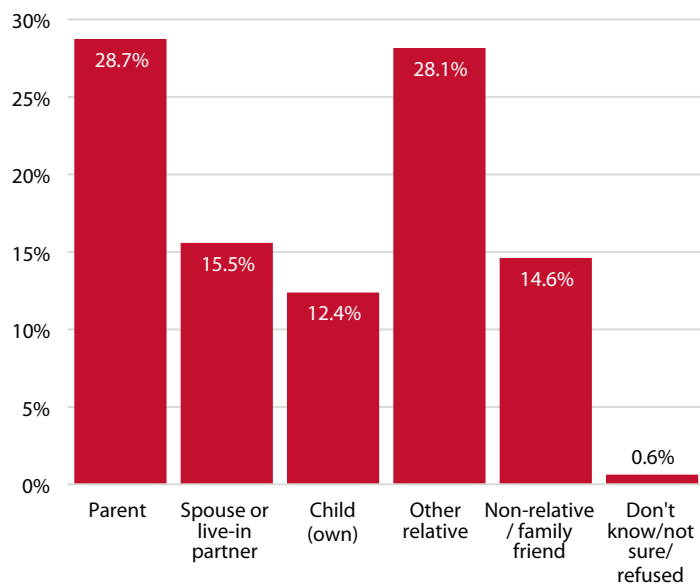
- Utah's caregiving, working-age adults are **6 percentage points less likely to be employed** than noncaregiving working-aged adults. This equates to **\$1 billion in lost wages annually**, which is roughly equivalent to the wages paid in Utah's nursing and residential care facilities statewide in 2019.³
- Working-age caregivers are more likely to report challenges with their mental or physical health. **Caregivers are about 10 percentage points more likely to report at least one day during the past month in which their health was not good.**⁴

Table 1: Prevalence of Caregivers by Major Health Problem of Care Recipient, 2019

Health Problem	Percent
Old age/infirmary	14.9%
Alzheimer's or other cognitive	9.8%
Developmental disabilities	7.3%
Cancer	6.1%
Heart disease	5.4%
Mental illness	5.2%
Injuries	4.5%
Diabetes	4.1%
Chronic respiratory	2.7%
Arthritis / rheumatism	2.4%
Other organ failure	1.7%
Asthma	0.2%
Substance abuse	0.2%
Other / don't know / refused	35.2%

Source: Behavioral Risk Factor Surveillance System and Kem C. Gardner Policy Institute

Figure 1: Relationship of Recipient to Caregiver, 2019



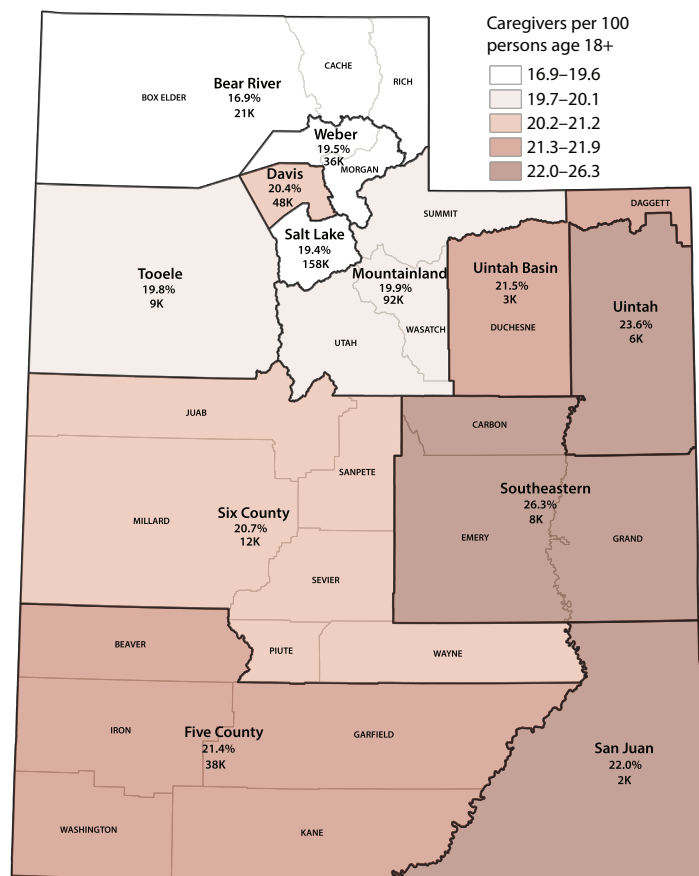
Source: Behavioral Risk Factor Surveillance System and Kem C. Gardner Policy Institute

The **Family Caregiving Collaborative** is a University of Utah College of Nursing led-interdisciplinary initiative whose mission is to create a future where caregivers of all ages, races, ethnicities, and gender are seen, heard, understood, valued, connected, and supported. Collaborative work focuses in 4 key areas: research, education, clinical practice, and community engagement/policy. To learn more, visit nursing.utah.edu/FCC.

1. The AARP estimates the economic value of family caregiving in Utah at \$4.1 billion in 2017. We have approximated the value in 2019 by adjusting AARP's estimate for the increase in Utah's caregivers between 2017 and 2019. Reinhard et al. (2019). Valuing the Invaluable: 2019 Update: Charting a Path Forward. AARP Public Policy Institute.
2. Unless otherwise noted, the data presented in this fact sheet come from CDC's Behavioral Risk Factor Surveillance System (BRFSS) survey.
3. Wage data come from the Utah Department of Workforce Services.
4. Working-age caregivers were matched to similar working-age noncaregivers to make the comparisons. Our methodology is similar to Mudrazija, S. (2019). Work-Related Opportunity Costs of Providing Unpaid Family Care in 2013 and 2050. Health Affairs, 38(6), 1003–1010.

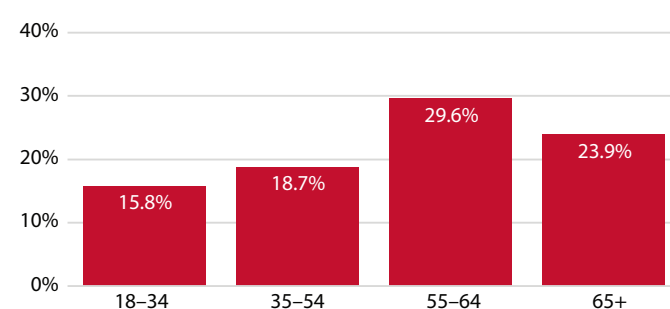
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Figure 2: Prevalence and Counts of Caregivers by Utah's Area Agencies on Aging (AAAs), 2015–2019



Source: Utah Department of Health and Kem C. Gardner Policy Institute

Figure 3: Family Caregiver Prevalence by Age, 2019



Source: Behavioral Risk Factor Surveillance System and Kem C. Gardner Policy Institute