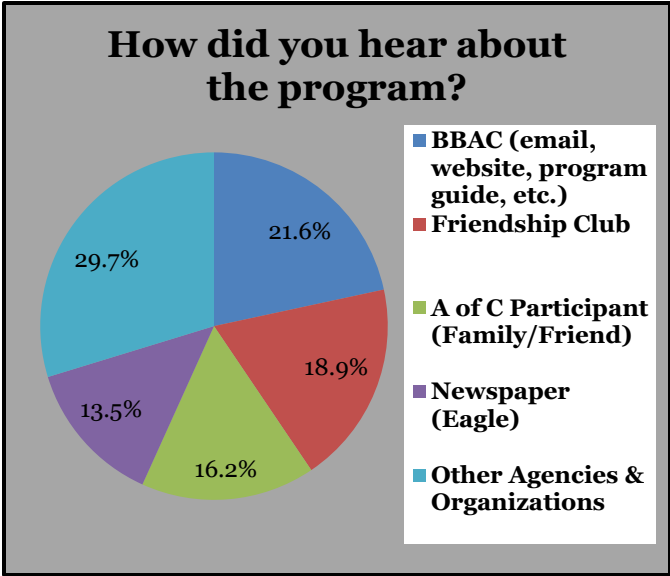


BBAC's Art of Caregiving

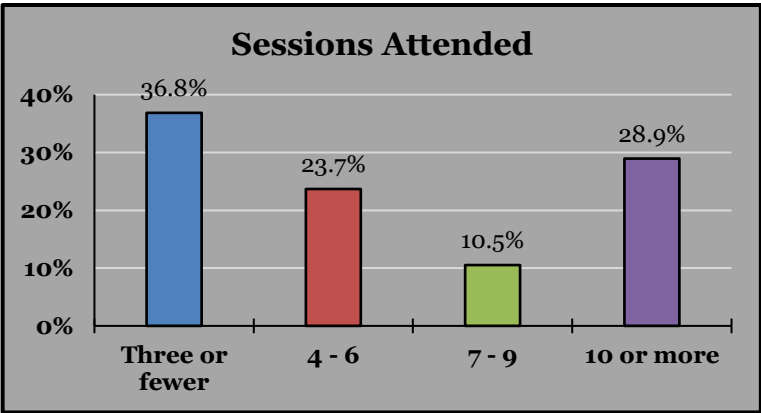
Participant Demographic & Caregiving Information

How did you hear about the program?	Freq.	%
BBAC (email, website, program guide, etc.)	8	21.6%
Friendship Club	7	18.9%
A of C Participant (Family/Friend)	6	16.2%
Newspaper (Eagle)	5	13.5%
Other Agencies & Organizations	11	29.7%
Total	37	99.90%



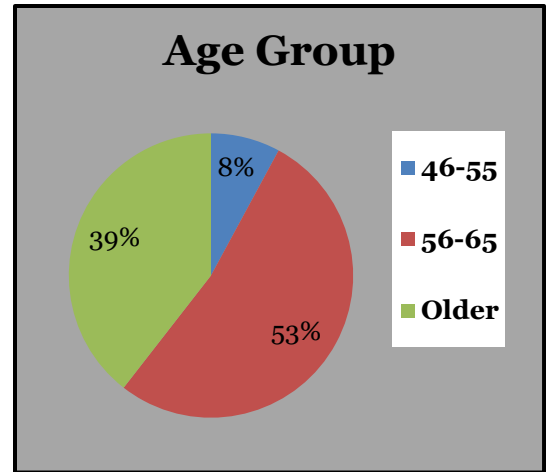
Twenty-two percent of AofC participants heard about the program through the BBAC, either by an email, the website or program guide, or by picking up a flyer while at the art center. Nineteen percent heard about the program through the Friendship Club, 16 percent heard from a family or friend who participated in the program, 14 percent read about the program in the Birmingham Eagle newspaper, and 30 percent heard from another agency or organization (including Alzheimer's Assoc., Jewish Senior Life, and Senior Helpers).

Number of Sessions attended	Freq.	%
Three or fewer	14	36.8%
4 - 6	9	23.7%
7 - 9	4	10.5%
10 or more	11	28.9%
Total	38	100.0%
Average		6
Min		1
Max		12
Standard Deviation		3.83



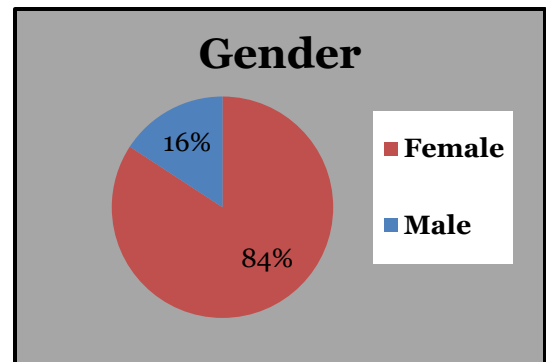
Thirty-seven percent of AofC participants attended three or fewer sessions, 24 percent attended 4-6 sessions, 11 percent attended 7-9 sessions, and 29 percent attended 10 or more sessions. The average number of sessions AofC participants attended was six, the minimum was one, and the maximum was 12; the standard deviation of sessions attended was 3.83.

Age Group	Freq.	%
46-55	3	7.9%
56-65	20	52.6%
Older	15	39.5%
Total	38	100.0%



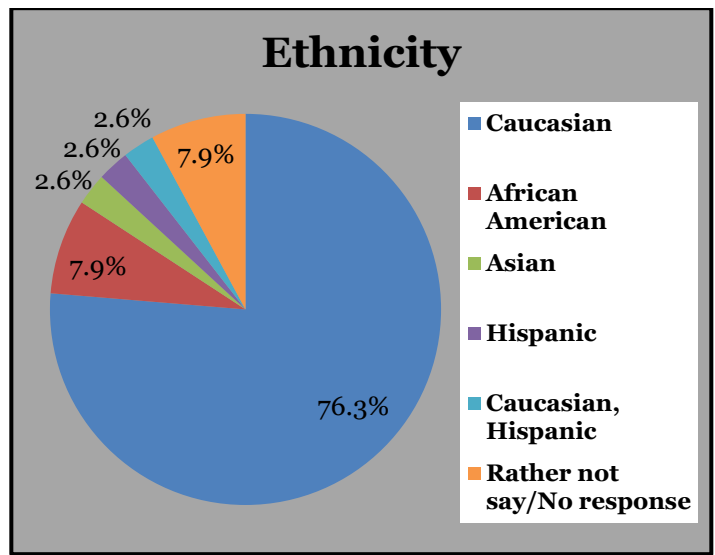
Eight percent of AofC participants were between 46-55 years old, 53 percent were between 56-65 years old, and 40 percent of AofC participants were older than 65 years old.

Gender	Freq.	%
Female	32	84.2%
Male	6	15.8%
Total	38	100.0%



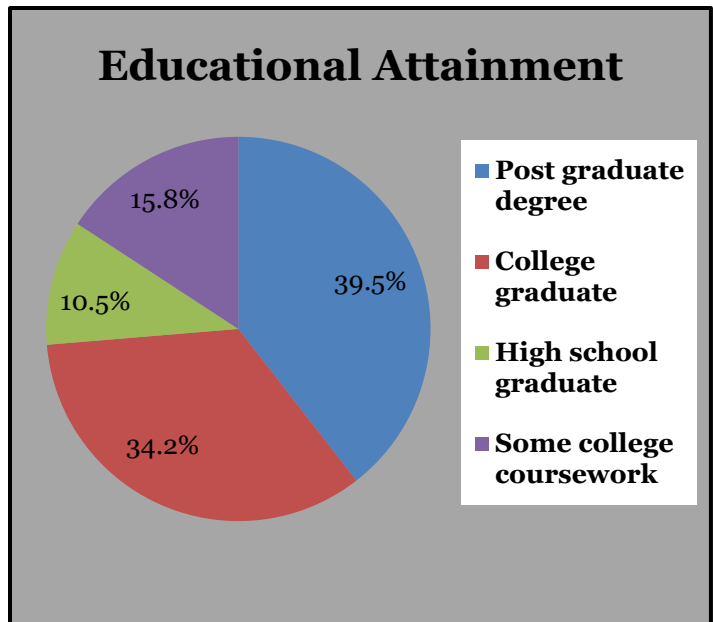
Eighty-four percent of AofC participants were female, and 16 percent were male.

Ethnicity	Freq.	%
Caucasian	29	76.3%
African American	3	7.9%
Asian	1	2.6%
Hispanic	1	2.6%
Caucasian, Hispanic	1	2.6%
Rather not say/No response	3	7.9%
Total	38	100.0%



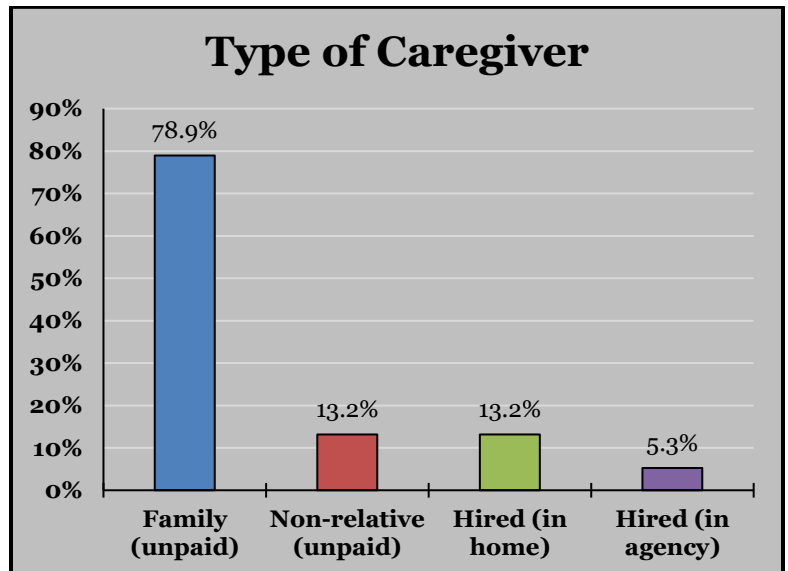
Seventy-six percent of AofC participants were Caucasian, eight percent were African American, three percent were Asian, three percent were Hispanic, and three percent Caucasian/Hispanic; eight percent of participants did not report their ethnicity.

Educational Attainment	Freq.	%
Post graduate degree	15	39.5%
College graduate	13	34.2%
Some college coursework	6	15.8%
High school graduate	4	10.5%
Total	38	100.0%



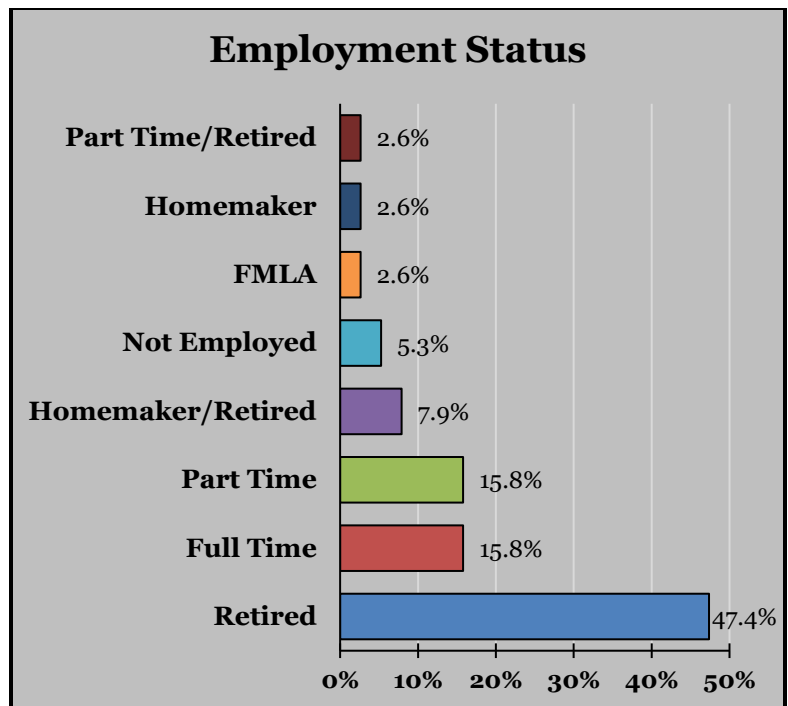
Forty percent of AofC participants reported having a post graduate degree, 34 percent reported being a college graduate, 16 percent reported having completed some college coursework, and 11 percent reported being a high school graduate.

Type of Caregiver	Freq.	%
Family (unpaid)	30	78.9%
Non-relative (unpaid)	5	13.2%
Hired (in home)	5	13.2%
Hired (in agency)	2	5.3%
<i>Some participants provided caregiving services to more than one individual.</i>		



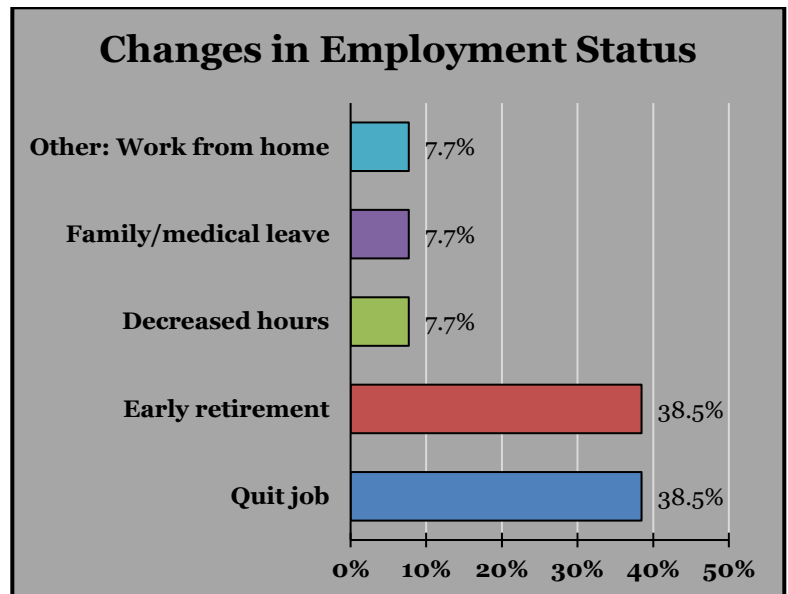
Seventy-nine percent of AofC participants provided uncompensated care for a family member, and 13 percent provided uncompensated care to a person who is not related to them. Thirteen percent of AofC participants were paid caregivers working in a care recipient's home, and five percent were paid caregivers working at an agency.

Employment Status	Freq.	%
Retired	18	47.4%
Full Time	6	15.8%
Part Time	6	15.8%
Homemaker/ Retired	3	7.9%
Not Employed	2	5.3%
FMLA	1	2.6%
Homemaker	1	2.6%
Part Time/Retired	1	2.6%
Total	38	100.0%



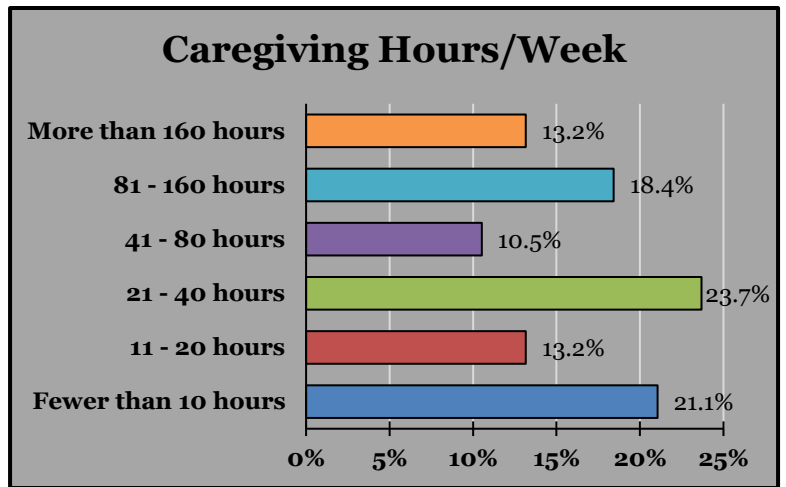
Forty-seven percent of AofC participants were retired, 16 percent were working full time, 16 percent were working part time, eight percent were retired and homemakers, five percent were not employed, three percent were on a family medical leave of absence from their job, three percent were homemakers, and three percent were retired while still working part time.

Changes in Employment Status	Freq.	%
Quit job	5	38.5%
Early retirement	5	38.5%
Decreased hours	1	7.7%
Family/medical leave	1	7.7%
Other: Work from home	1	7.7%
Total	13	100.0%



Fifty-eight percent of AofC participants reported that there had been no changes in their employment status due to their caregiving responsibilities. Of those who reported that their employment status had changed due to their caregiving responsibilities, 39 percent had quit their job, 39 percent took an early retirement, eight percent decreased their hours, eight percent took a family medical leave of absence, and eight percent began working from home.

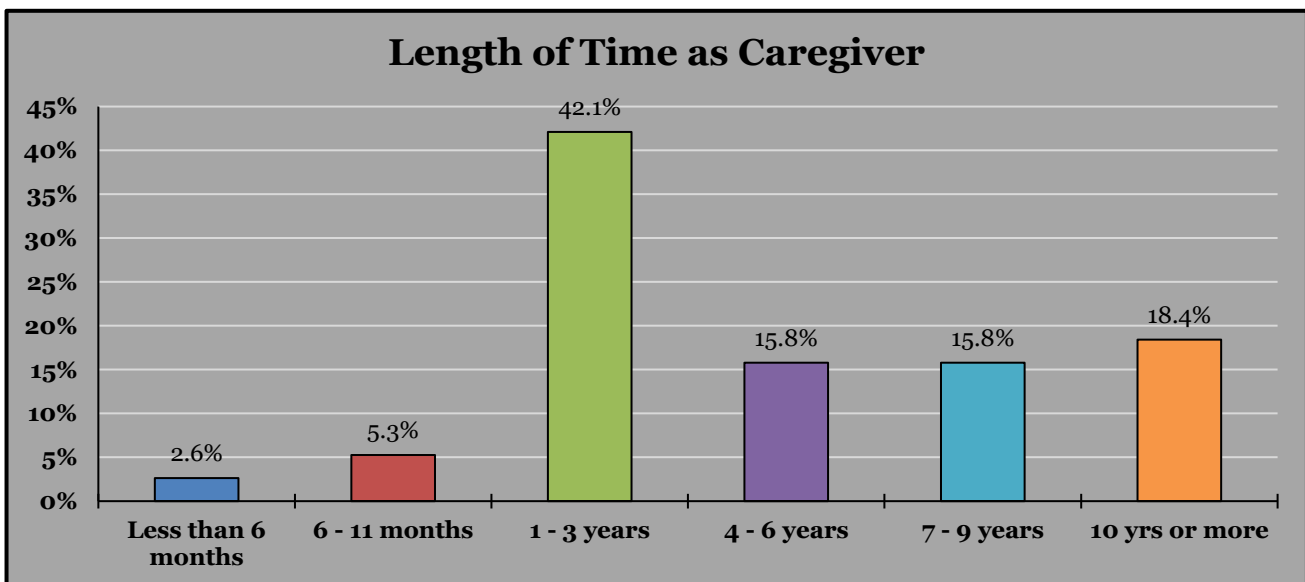
Caregiving Hours/Week	Freq.	%
Fewer than 10 hours	8	21.1%
11 - 20 hours	5	13.2%
21 - 40 hours	9	23.7%
41 - 80 hours	4	10.5%
81 - 160 hours	7	18.4%
More than 160 hours	5	13.2%
Total	38	100.0%



Twenty-one percent of AofC participants reported spending fewer than ten hours per week providing caregiving services, 13 percent spent 11 – 20 hours per week caregiving, 24 percent spent 21 – 40 hours per week, 11 percent spent 41 – 80 hours per week, and 18 percent spent 81 – 160 hours per week providing caregiving services. Thirteen percent of participants reported spending more than 160 hours each week providing caregiving services; these were often spouses who reported that they are caregiving “twenty-four seven”. The average number of hours per week that AofC participants provided caregiving services was 66 hours, the minimum was two hours, the maximum was 168 hours (“twenty-four seven”), and the standard deviation was 62 hours.

Length of Time Caregiving	Freq.	%
Fewer than 6 months	1	2.6%
6 - 11 months	2	5.3%
1 - 3 years	16	42.1%
4 - 6 years	6	15.8%
7 - 9 years	6	15.8%
10 years or more	7	18.4%
Total	38	100.0%

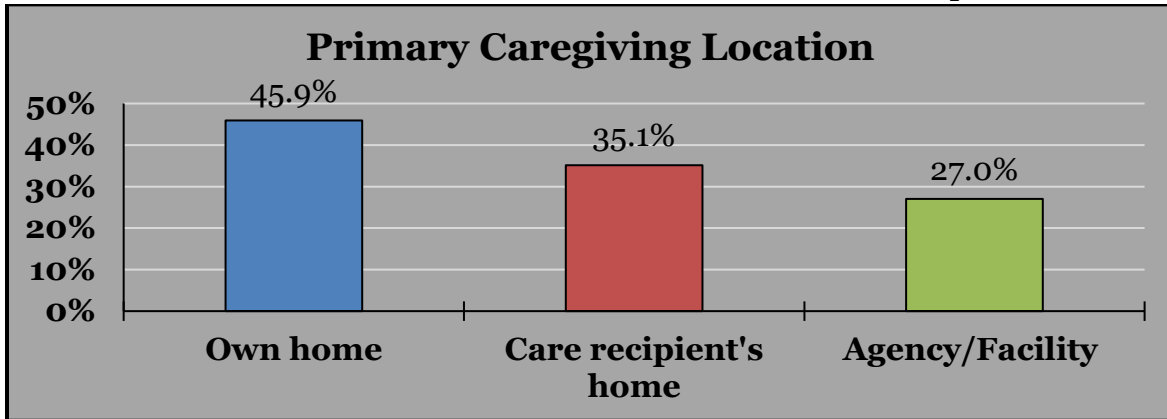
Three percent of AofC participants had only been providing caregiving services for less than six months, five percent had been caregiving for less than a year, 42 percent had been caregiving between one and three years, 16 percent had been caregiving between four and six years, 16 percent had been caregiving between seven and nine years, and 18 percent of participants had been providing caregiving services for ten years or more.



Primary Caregiving Location	Freq.	%
Own homes	17	45.9%
Care recipients' homes	13	35.1%
Agencies/Facilities	10	27.0%

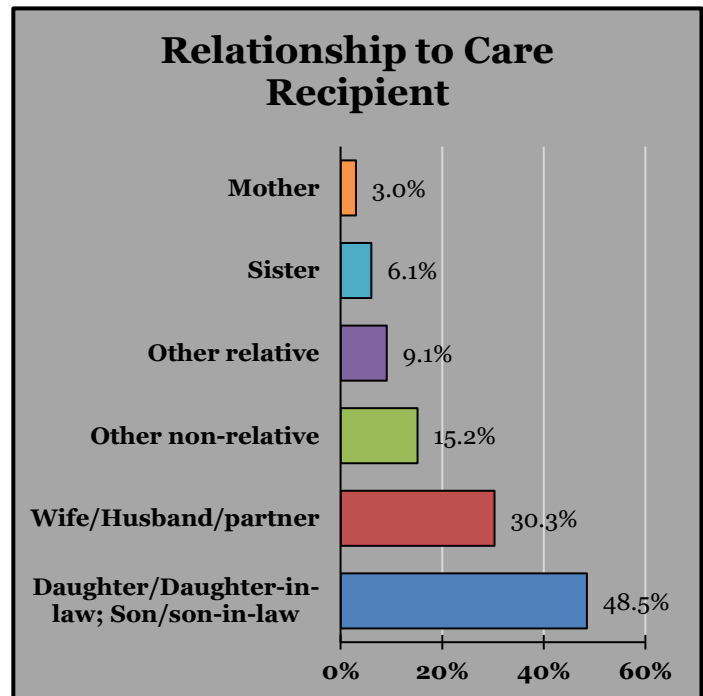
Some participants provided services in more than one location

Forty-six percent of AoC participants provided caregiving services in their own home, 35 percent provided services in their care recipient's home, and 27 percent provided caregiving services at an agency or facility, such as a nursing home, assisted or independent living facility, or a memory care center. It is important to note that some participants provided caregiving services to more than one care recipient.



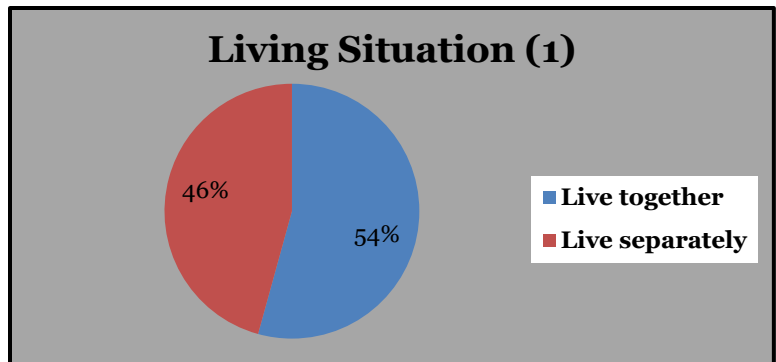
Relationship to Care Recipient	Freq.	%
Daughter/ Daughter-in-law; Son/son-in-law	16	48.5%
Wife/Husband/ Partner	10	30.3%
Other non-relative	5	15.2%
Other relative	3	9.1%
Sister	2	6.1%
Mother	1	3.0%

Some participants provided care for more than one individual

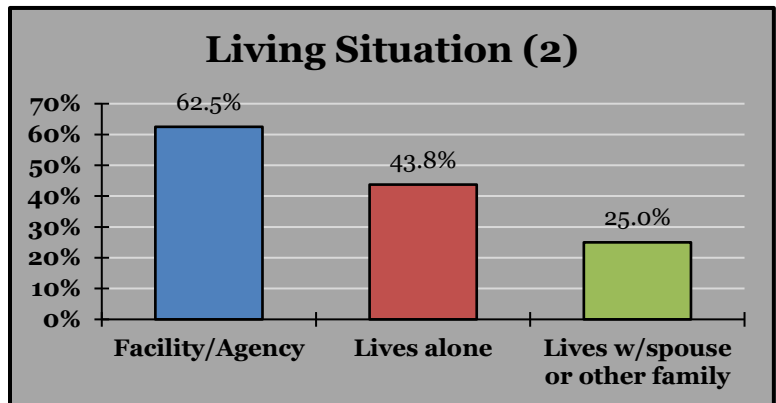


Of the AofC participants who were unpaid caregivers, 49 percent were the child (daughter, son, or in-law) of the care recipient, 30 percent were the spouse (wife, husband, partner) of the care recipient, six percent were the sister of the care recipient, three percent were the mother of the care recipient, nine percent were another relative, and 15 percent were a friend/non-relative of the care recipient.

Living Situation (1)	Freq.	%
Live together	19	54.3%
Live separately	16	45.7%
Total	35	100.0%

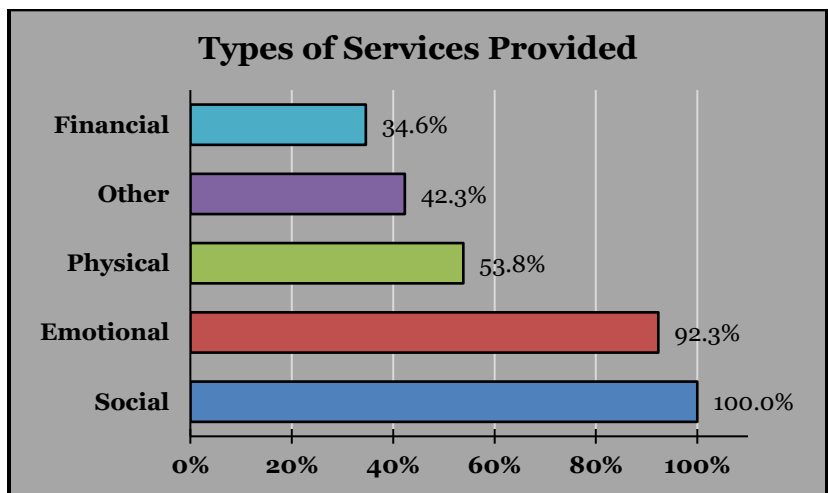


Living Situation (2)	Freq.	%
Facility/Agency	10	62.5%
Lives alone	7	43.8%
Lives w/spouse or other family	4	25.0%
<i>Some participants provided care for more than one individual</i>		



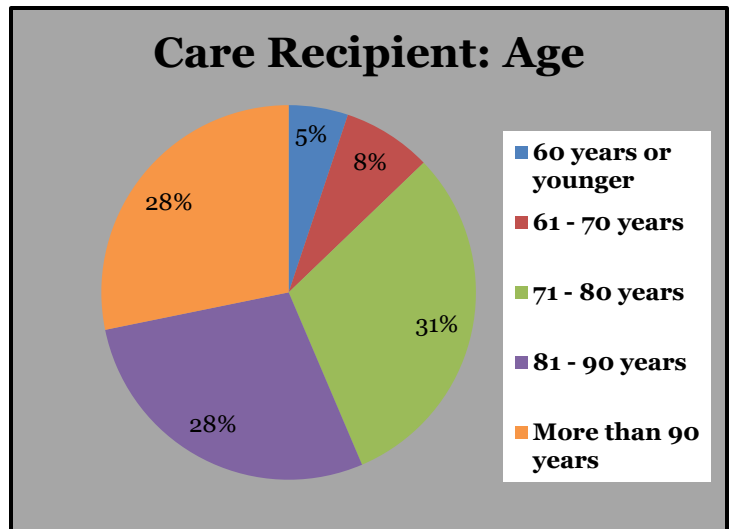
Fifty-four percent of AofC participants reported living together with their care recipient, and 46 percent lived separately from their care recipient. Of those who were living separately from their care recipient, 63 percent of them had care recipients who lived in a facility or agency (such as a nursing home, assisted living, or memory care center), 44 percent of them had care recipients who lived alone, and 25 percent of them had care recipients who lived with another family member (such as a spouse).

Types of Services	Freq.	%
Social	26	100.0%
Emotional	24	92.3%
Physical	14	53.8%
Other	11	42.3%
Financial	9	34.6%
<i>Most participants provide more than one type of service to their care recipient/s</i>		



All (100 percent) of AofC participants reported providing social services (visits, taking out for dinner, etc.) to their care recipients, 92 percent reported providing emotional services, 54 percent reported providing physical services (bathing, dressing, etc.), 42 percent reported providing other services (such as housekeeping, grocery shopping, transportation, etc.), and 35 percent reported providing financial services to their care recipients. It is important to note that most participants provide more than one type of service to their care recipient/s.

Care Recipient: Age	Freq.	%
60 years or younger	2	5.1%
61 - 70 years	3	7.7%
71 - 80 years	12	30.8%
81 - 90 years	11	28.2%
More than 90 years	11	28.2%
Total	39	100.0%
average	81.9 years	
standard deviation	11.1 years	
minimum	50 years	
maximum	98 years	

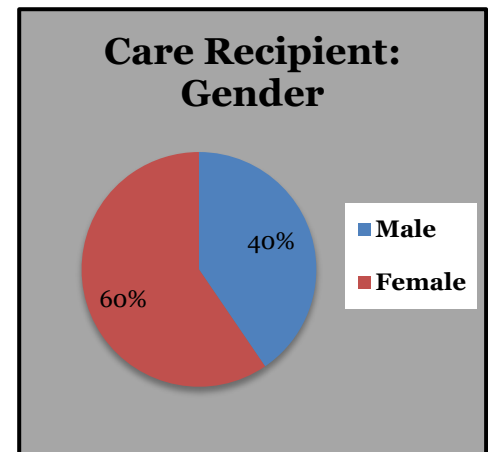


Five percent of care recipients were 60 years old or younger, eight percent were 61 – 70 years old, 31 percent were 71 – 80 years old, 28 percent were

80 – 90 years old, and 28 percent were older than 90 years old. The average age of an AofC participant’s care recipient was 81.9 years old, the minimum age was 50, and the maximum age was 98; the standard deviation was 11.1 years.

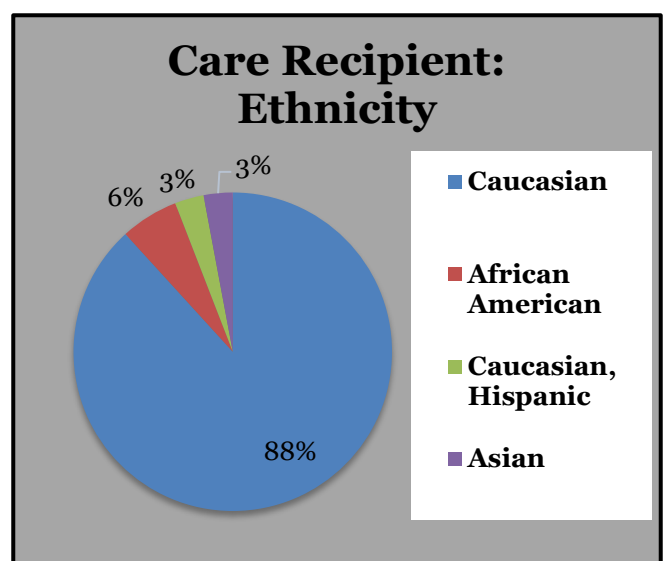
Care Recipient: Gender	Freq.	%
Male	17	40.5%
Female	25	59.5%
Total	42	100.0%

Forty-one percent of care recipients were male, and 60 percent were female.

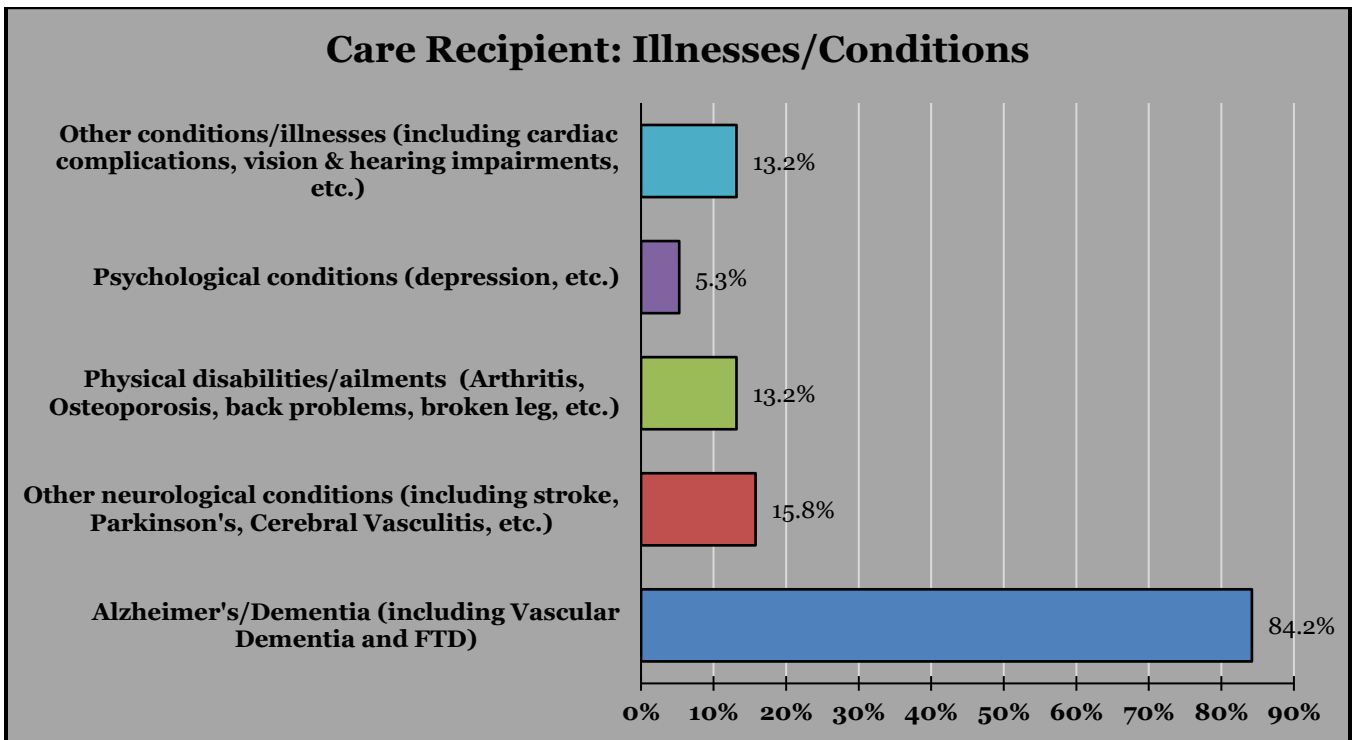


Care Recipient: Ethnicity	Freq.	%
Caucasian	30	88.2%
African American	2	5.9%
Caucasian, Hispanic	1	2.9%
Asian	1	2.9%
Total	34	100.0%

Eighty-eight percent of care recipients were Caucasian, six percent were African American, three percent were Caucasian & Hispanic, and three percent were Asian.



Illnesses/Disabilities	Freq.	%
Alzheimer's/Dementia (including Vascular Dementia and FTD)	32	84.2%
Other neurological conditions (including stroke, Parkinson's, Cerebral Vasculitis, etc.)	6	15.8%
Physical disabilities/ailments (Arthritis, Osteoporosis, back problems, broken leg, etc.)	5	13.2%
Psychological conditions (depression, etc.)	2	5.3%
Other conditions/illnesses (including cardiac complications, vision & hearing impairments, etc.)	5	13.2%
<i>Some participants care for more than one individual, or individuals with more than one illness/condition</i>		



Eighty-four percent of AofC participants were caring for a person who had Alzheimer's/Dementia (including Vascular Dementia and FTD), 16 percent were caring for someone who had another neurological condition (including stroke, Parkinson's, Cerebral Vasculitis, etc.), 13 percent were caring for someone who had a physical disabilities or ailment (such as Arthritis, Osteoporosis, back problems, or a broken leg), five percent were caring for someone who had a psychological condition such as depression, and 13 percent were caring for someone who had another condition or illness (such as cardiac complications, vision & hearing impairments, etc.). It is important to note that some participants care for more than one individual, or individuals with more than one illness/condition.

*How did you become caregiver?		
By choice	Familial duties	Spouse
Family	She is my mom	Wife
I married him.	Long-time friend	Sister died
Spouse of 50 years plus	Through my church	I am the youngest sibling
No idea? Just happened to be available		Mom deteriorated, moved to MI
She's my mom & my father needs help		Mother got stroke @55yrs old
My aunt cared for her and could not do it any longer		No one in family wanted to do it
Gradually, by default; only family member able to		Husband became ill
Assigned by a group from church		He's my husband
She wanted me and not a stranger - none of my siblings help out except one (who is a single mother & works F/T)	It's my spouse, so this the "worse" part of "for better or for worse"	
My uncle passed away, her only sister passed away & no children. My wife & I were helping her before Dementia started.	No one else available. She is my mother. I love her. She needs help.	
My mom needs me sometimes & my friend calls me when she needs me to help with her grandma	After my father passed away, my mother was not capable of living on her own	
Father passed away and it evolved - Lived down the street and eventually came to live w/us (wife & me)	She lived w/my husband & me for 18yrs. My husband recently passed away.	
I am my father's medical power of attorney. I am his eldest daughter. I am first choice. I would have wanted the responsibility if I was the youngest.		
I was the only sibling in a position to quit job to help w/care. (Watched my parents at my brother's home for 2 1/2 years until dad passed away.) So my caregiving has lightened up recently & I need some art! :-)		
Married 49 years. 6 years ago refused knee replacement; started showing signs of dementia; testing showed possible NPH. Fell 2 dozen times; in Jan 2015 ended up in nursing home -- diagnosis: Parkinson's, dementia, inability to walk on his own.		