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**Demographic & Impact Survey Results**

**ACAP Hickory (NC) & ACAP Centre County (PA)**

**2017 Highlights**

An estimated 10 million adult-children in the U.S. are providing personal care and/or financial assistance for one or more aging parents, in-laws, or other aging family members, a number that has tripled in the past 15 years (MetLife Mature Market Institute, 2011). Seventy-five percent report feeling a need for more help with or information about caregiving, a demand that has increased in recent years (National Alliance of Caregivers, 2009).

ACAPcommunity, a nationally unique 501(c)(3) non-profit organization provides information, resources, support, and community for adult-child caregivers so they may better care for their aging parents and for themselves. Free monthly, face-to-face educational programs are offered through local chapters in North Carolina and Pennsylvania, connecting informal caregivers with community resources via program speakers, business sponsors and other caregiver attendees. In addition, ACAP provides audio podcasts and an annual conference. The framework for all ACAP programs is a nationally-validated curriculum, designed by founders and presented by local experts in aging and family caregiving. While programs are designed specifically for adult-child caregivers, attendees and podcast listeners include other family members, friends and senior services professionals.

Each year, an annual survey is conducted among program attendees to determine their backgrounds, experiences, and needs relative to caregiving as well as their view of ACAP programming. Of the ninety-five (95) participants responding to the 2017 survey:

* 72 (75.7%) of the respondents were female, and 23 (24.2%) were male.
* 58 (55%) care for parents and/or in-laws, 12 (11%) care for a spouse or other family member, and 11 (11.5%) are paid caregivers or other elder care professional.
* At the time of the survey, 54 (56.8%) were attending their first ACAP, 16 (16.8%) had attended between two and five programs, and 22 (23.1%) had attended more than five ACAP programs.
* Word of mouth (41%), newspapers (36.8%) and email (18.9%) were the primary means for learning about the local ACAP chapter and its programs.
* Of the respondents, 63 (66.3%) were working-aged adults: 22 (23%) were between 46-55 years of age; 37 (38.9%) were 55-65 years of age, at the pinnacle of their careers; and 30 (31.5%) were over 66 years old. 41 (43%) were employed full-time, 6 (6.3%) were working part-time, 30 (31.5%) were retired, and 4 (4.2%) were not employed because of caregiving responsibilities. Of those who were employed, 86.7% noted having had to make adjustments at work, having taken vacation or sick leave for caregiving responsibilities and/or having used time at work to arrange loved ones' appointments.
* Respondents indicated that ACAP provides critical resources for the caregiving role: 97% reported having learned new information about caregiving, 93% reported having learned about new resources and/or new caregiving skills, and 62% reported having met other caregivers who offered them support and community.
* ACAP ameliorates one of the greatest challenges for caregivers — the balance of home / work / caregiving responsibilities. As a result of attending ACAP, 69% of the respondents reported feeling more confident, and 63% noted feeling less anxious. Interestingly, also noted was the relationship between ACAP attendance and caregiving stress — that those who have attended five or more ACAP programs indicated lower caregiving stress than those who have attended fewer ACAP programs.
* ACAP provides meaningful programs: 93.4% (57/61) noted that the variety of ACAP programs topics were of interest to them, and 91.8% (56/61) affirmed that ACAP speakers offer high-quality programs.
* A significant increase was noted in 2017 respondents who attended ACAP programs to learn strategies for their own healthy aging in addition to learning how to better provide caregiving support for aging parents and other family members. In 2013, 10% of the participants indicated their reason for attending ACAP programs was to prepare for their own aging. By 2017, the percentage grew to 30%.