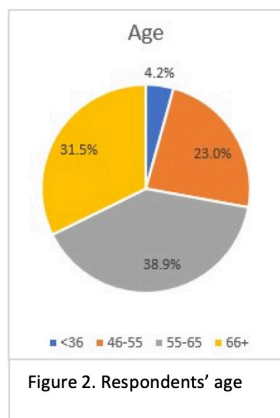
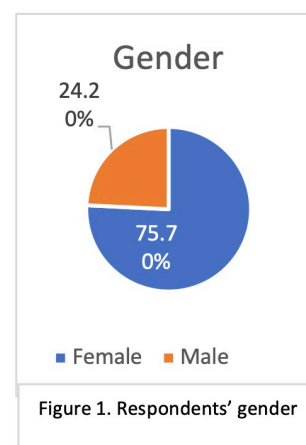


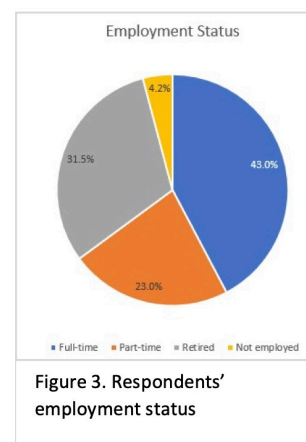
Demographic and Impact Survey Results (2017)

ACAP community leaders surveyed program participants in 2017 to learn more about attendees' backgrounds, experiences, and needs related to caregiving for aging loved ones and the impact of ACAP programming. Ninety-five (95) ACAP program participants in Hickory, NC, and Centre County, PA, the only ACAP chapters existing at that time, responded to the survey. Paralleling national statistics, highlights from the 2017 survey include:

- 72 (75.7%) of the respondents were female, and 23 (24.2%) were male (Figure 1).
- 58 (55%) care for parents and/or in-laws, 12 (12.6%) care for a spouse or other family member, and 11 (11.5%) are paid caregivers or other elder care professional. Fourteen respondents (14.7%) were attending to learn more about effective strategies for their own aging.
- At the time of the survey, 54 (56.8%) were attending their first ACAP program, 16 (16.8%) had attended between two and five programs, and 22 (23.1%) had attended more than five ACAP programs.
- Three sources of publicity were primary in respondents' learning about ACAP programs: 39 (41%) learned of ACAP through word of mouth, 35 (36.8%) from newspapers, and 18 (18.9%) from the ACAP email distribution list.

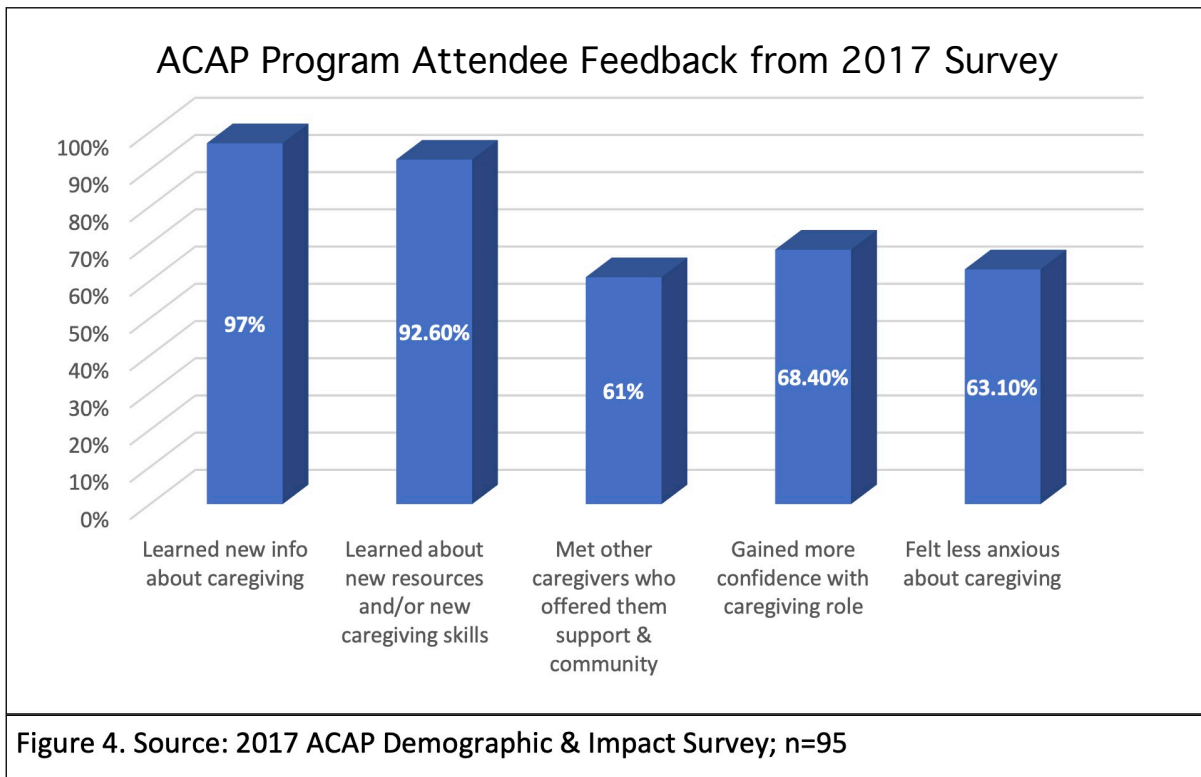


- Of the respondents, 63 (66.3%) were working-aged adults: 22 (23.0%) were between 46-55 years of age; 37 (38.9%) were 55-65 years of age, the age of being at the pinnacle of their career and in the experience bracket those employers rely on the most; and 30 (31.5%) were over 66 years old. Four (4.2%) were under 36 years old (Figure 2).
- Almost half of the respondents are working: 41 (43.0%) are employed full-time, 6 (6.3%) are working part-time, 30 (31.5%) are retired, and four (4.2%) are not employed because of caregiving responsibilities (Figure 3). Of those who were employed, 38 (82%) 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: 92 (97%) reported having learned new information about caregiving, 88 (92.6%) reported having learned about new resources and/or new caregiving skills, and 58 (61%) reported having met other caregivers who offered them support and community (Figure 4).
- ACAP ameliorates one of the greatest challenges for caregivers — the balance of home/work/caregiving responsibilities. As a result of attending ACAP, 65 (68.4%) of the respondents reported feeling more confident, and 60 (63.1%) noted feeling less anxious. Interestingly, responses documented the relationship between ACAP attendance and

caregiving stress — that those who have attended five or more ACAP programs indicate lower caregiving stress than those who have attended fewer ACAP programs (Figure 4).



- ACAP provides meaningful programs: 89 (93.6%) noted that the variety of ACAP program topics was of interest to them, and 86 (90.5%) affirmed that ACAP speakers offer high-quality programs.
- A significant increase was again detected in 2017 respondents who attended ACAP programs to learn strategies for their own healthy aging in addition to or in lieu of 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 had grown to 30.5%.