

Massachusetts State of Care Survey Results

Every day, unpaid caregivers in Massachusetts give their time and energy to care for loved ones. Resources and support that focus on improving caregivers' health and well-being are often overlooked. The 2019 Massachusetts State of Care Survey questioned 420 unpaid caregivers aged 18-75 in Massachusetts. According to the respondents, the results of this survey are a consequence of their caregiving role and highlight the impact that caring for others has on caregivers' health, finances, employment, and emotional well-being.

Survey Highlights

Self-Care



58% of unpaid caregivers surveyed in Massachusetts have feelings of depression.



60% unpaid caregivers surveyed in Massachusetts don't have time to exercise.



68% of unpaid caregivers surveyed in Massachusetts find it difficult to sleep on a regular basis.



58% of unpaid caregivers surveyed in Massachusetts have gained or lost weight.

Healthcare



58% of unpaid caregivers surveyed in Massachusetts feel that their physical health has suffered.



45% of unpaid caregivers surveyed in Massachusetts often don't have time to book or attend their own medical appointments.



52% of unpaid caregivers surveyed in Massachusetts put the health of the person they're caring for above their own.

Career



27% of unpaid caregivers (ages 26-34) surveyed in Massachusetts feel their career has been negatively affected.



29% of unpaid caregivers surveyed in Massachusetts have had to reduce the hours they work to care for a family member.



41% of unpaid caregivers surveyed in Massachusetts feel that their role as a caregiver has put pressure on their financial situation.



19% of males & 9% of females (ages 26-34) surveyed in Massachusetts have had to move to live closer to the person they're caring for.

Caregiver Support



84% of unpaid caregivers surveyed in Massachusetts say it would be helpful if a friend, neighbor or family member was to offer them support in their caring role.



44% of males & 33% of females surveyed in Massachusetts feel their role as a caregiver is unrecognized by their local healthcare system.



37% of unpaid caregivers surveyed in Massachusetts feel they get more support from friends/family than the healthcare system.

