

## Caregiving & Technology Survey Summary

As the population of older adults grows, more and more people are becoming caregivers. We appreciate all the RITE study participants who weighed in on their personal experiences of caregiving and how they think smart home technologies might impact caregiving now and in the future. ORCATECH researchers are currently working on two publications as a results of the Caregiving & Technology survey that RITE participants responded to in early 2017.

### Who participated in the Caregiving & Technology survey?

- 411 volunteers took this survey between January 16 - February 23, 2017
- 54% of these volunteers were female
- The volunteers have a mean age of 64.8 years (28-95 years)
- 20% of the volunteers live alone

Of these volunteers 49% have been a caretaker for an adult over the age of 30! 28% of them are currently acting as a caregiver. 43% expect to be caregivers in the future and another 39% replied maybe they would be caregivers in the future.



### What does being a caregiver look like?

In this group, the top three reasons for providing care are:

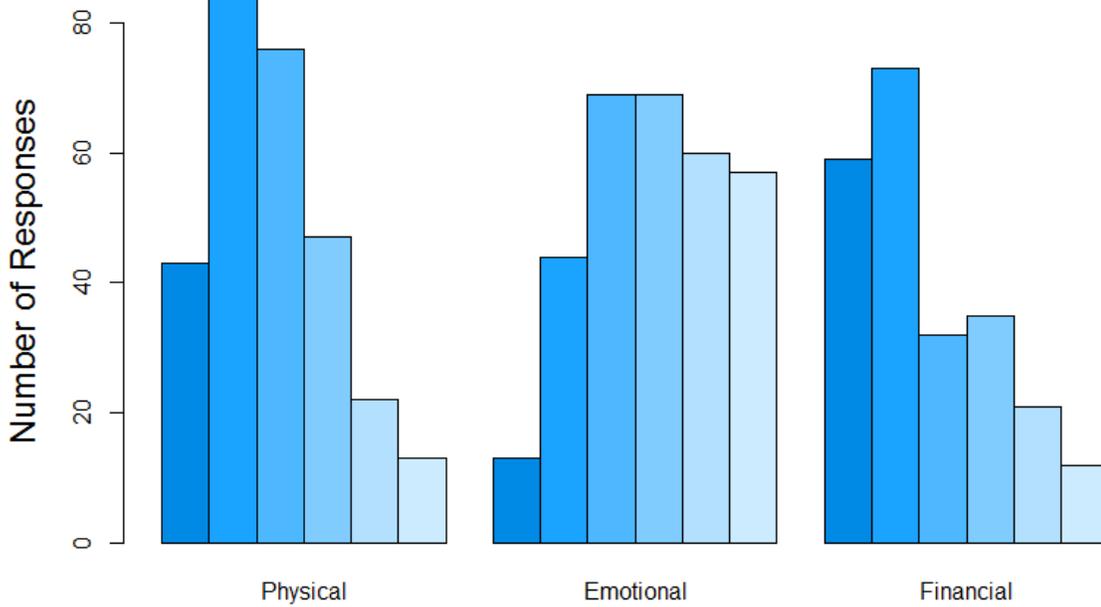
- 17.4% Alzheimer's, confusion, dementia, forgetfulness
- 16.8% Old age, aging
- 14.4% Cancer

Volunteers reported helping the most with getting in and out of beds and chairs, as well as giving medicines like pills, eye drops, or injections.

Volunteers reported helping the least with feeding, as well as dealing with incontinence or diapers.

Participants were asked to report on a scale of 0-5 (with 0 being the least and 5 being the most) about how much strain they felt as a caregiver in three different categories:

### Amount of Strain



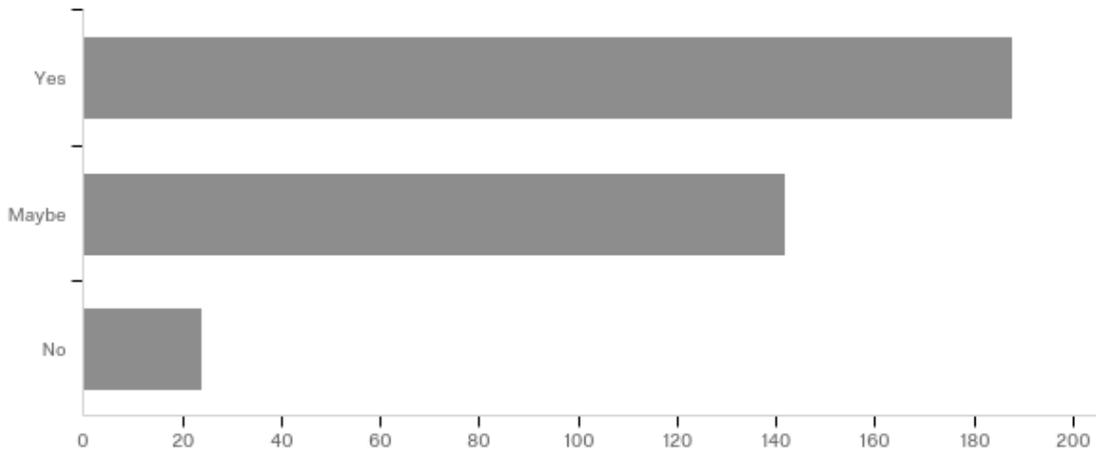
### Attitudes about in-home smart technologies

70% of the RITE volunteers who participated in the Caregiving & Technology survey thought that smart technologies would be helpful in the home of someone they are caring for.

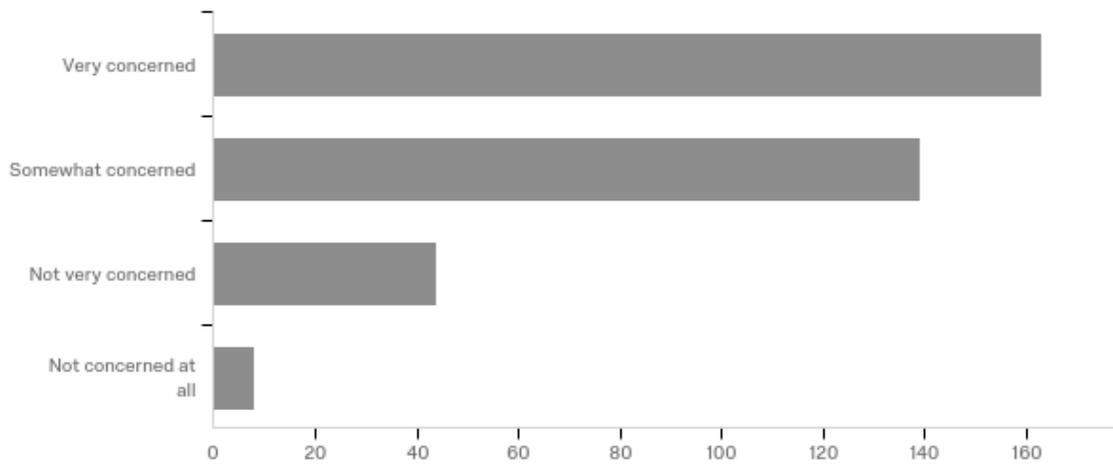
Volunteers through the following features would be the most helpful to monitor with a smart home system:

- 73% Changes in physical functioning
- 79% Medication use
- 80% Falls or risk of falling

Many people would consider using a smart home system in their own home:



Many people are also concerned information from smart home technologies getting to people or organizations who do not have a right to it:



Other assistive technologies were rated favorably by RITE volunteers:

- 79% would consider using an Amazon Echo as an assistive technology for themselves or a loved one
- 69% would consider using a home assistant robot that allows "video chat on wheels" for themselves or a loved one

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