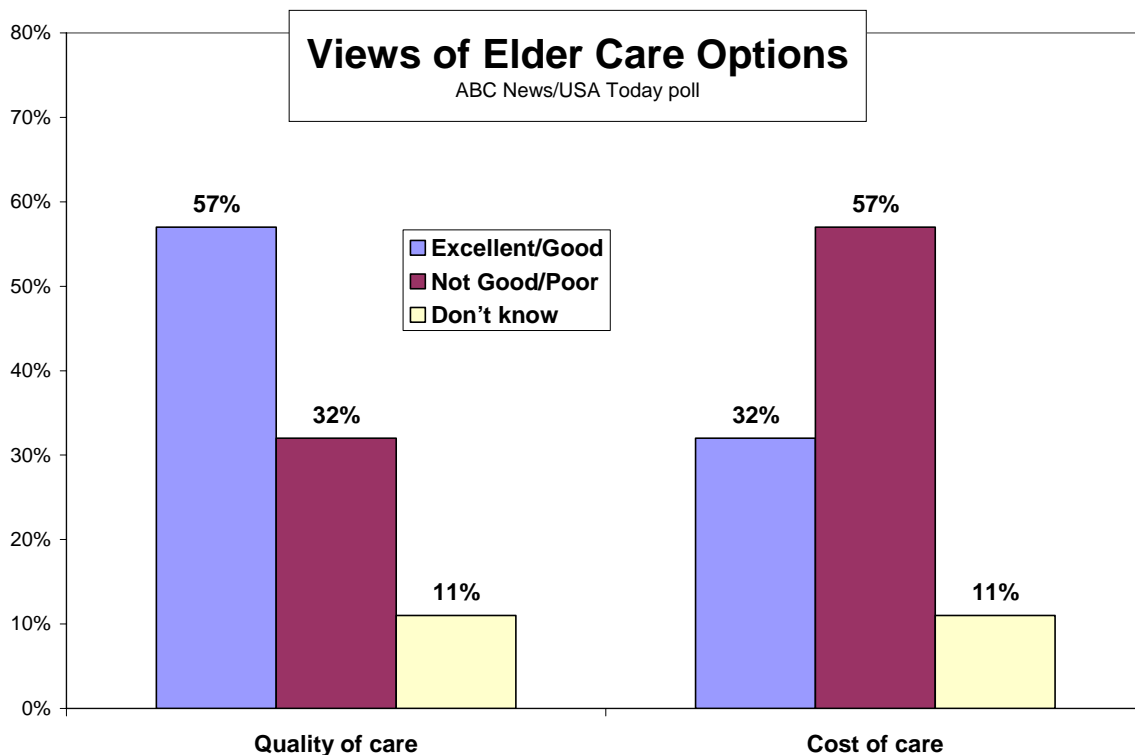


## **Cost More a Concern than Quality In Future Care for Elderly Parents**

Most baby boomers think their aging parents have good options for quality health care when they can no longer look after themselves. But the cost is another matter.

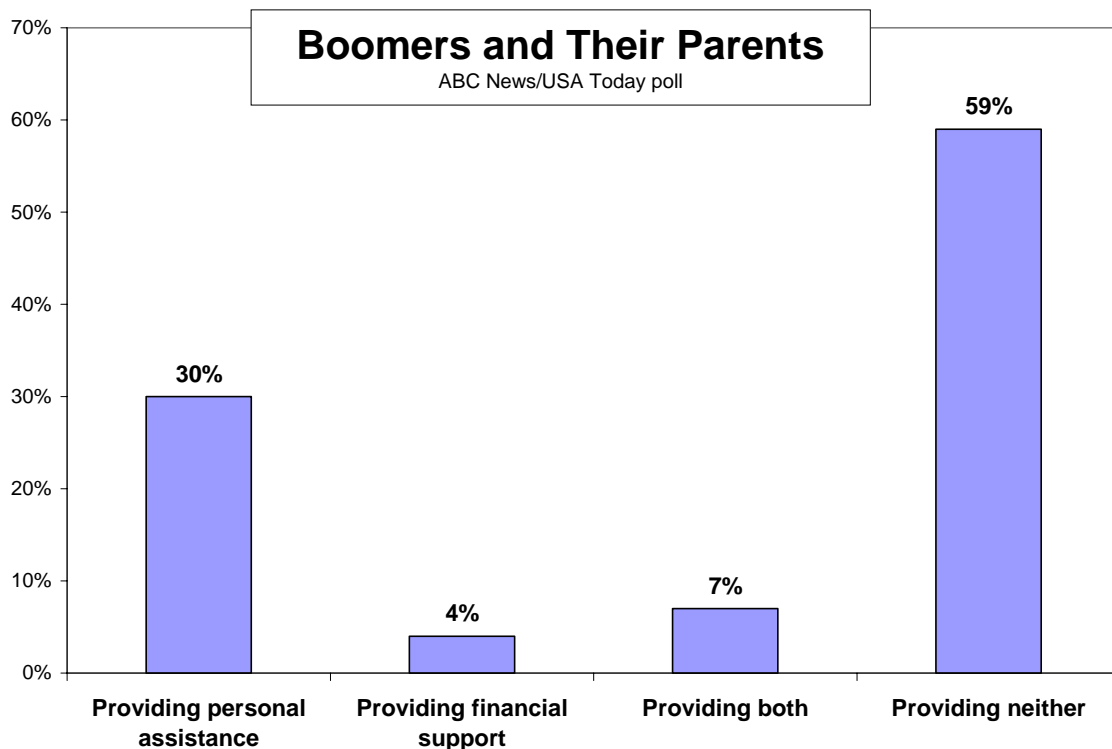
Only a third of boomers in this ABC News/USA Today poll think their parents have good choices when it comes to the expense of senior care. That compares with 57 percent who think the alternatives are good in terms of the quality of care, rather than its cost.

Some speak from experience: Four in 10 baby boomers with a living parent (including a step-parent or parent-in law) currently are providing them with some kind of assistance – more often personal care than financial help. And one in four (27 percent) has a parent living somewhere other than on their own – in a nursing home or assisted-care facility (12 percent), with them (eight percent) or with another relative (eight percent more).



For many more, issues of elder care may lie ahead: Among all baby boomers – adults born between 1946 and 1964 – the vast majority, 73 percent, have a living parent, step-

parent or parent-in-law. “Role Reversal: Your Aging Parents and You” is the subject of a network-wide ABC News special the week of June 25.

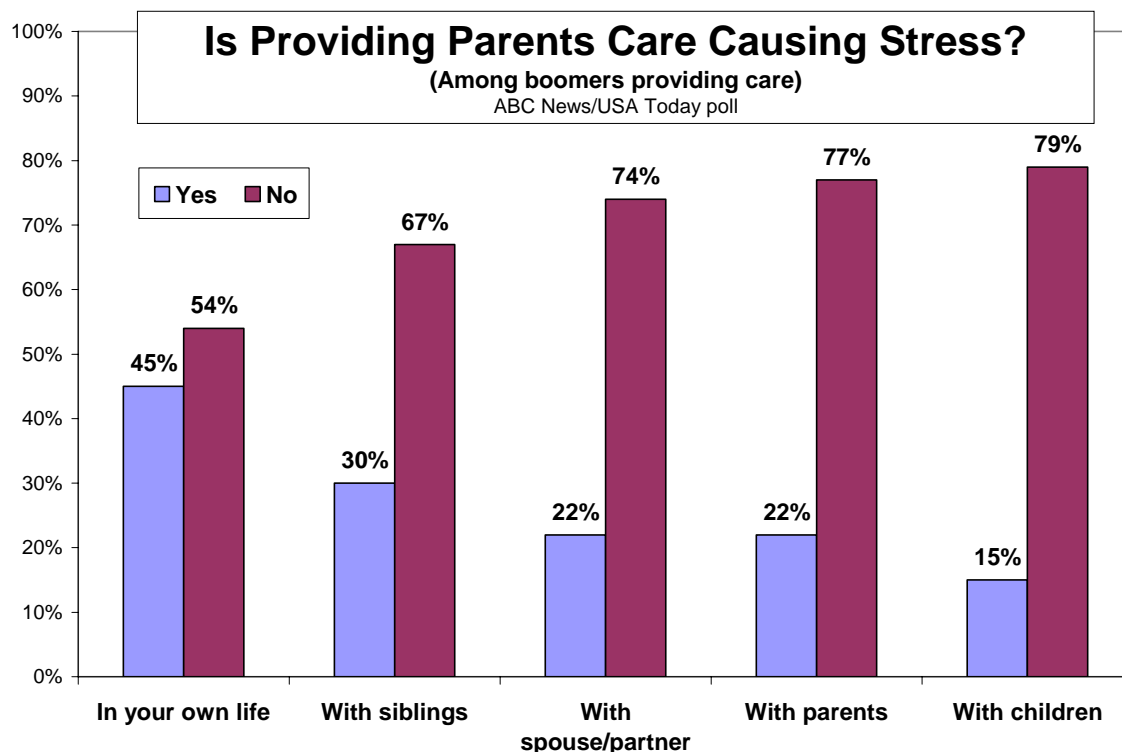


How many boomers will be called on to help their parents is an open question. Six in 10 currently do not provide ongoing personal care (such as checking in regularly or helping with appointments) or financial assistance for their aging parents. Most in this group, 55 percent, don't think they'll be called upon to provide help in the future.

**CONCERN** – Concerns about elder care peak among those boomers who do expect to be called on to assist with their parents' care in the future. In this group – just over a fifth of all boomers – 72 percent are concerned about their parents' future care, and a third are “very” concerned about it.

By contrast, boomers who are not providing assistance now and don't expect to provide it in the future are much less apt to express concern about the issue – just 31 percent are concerned, including 13 percent “very” concerned.

**STRESS** – Among those who do provide assistance now, there's some associated stress: Just under half, 45 percent, say assisting their parents has caused some stress in their lives. Few of them, nine percent, say it's caused a “great deal” of stress – although nine percent of nearly 60 million baby boomers with living parents makes for plenty of highly stressed people.



Three in 10 boomers say providing ongoing parental assistance has caused some stress in their relationship with their siblings; others report some stress with their spouse (22 percent), the parent receiving assistance (22 percent) or children (15 percent). Again few, two to 10 percent, report a “great deal” of care-related stress in any of these relationships.

This relative lack of high-level stress likely relates to an absence of major sacrifices in providing parental assistance. A little over a third of boomers providing care say they have not had to make any sacrifices in their own quality of life to do so. Fifty-four percent have made minor sacrifices; again few, 11 percent, have made “major” sacrifices.

Nor is there especially broad guilt: Among those providing assistance, 72 percent feel they’re doing the right amount for their parents and only 24 percent feel they should be doing more. Hardly any – four percent – feel they’re doing too much.

Missing work is a potential cause of stress, and among boomers who work outside the home, 26 percent say they’ve taken time off during the last year to help provide care for a parent. But for most by far it hasn’t caused much conflict: Eight in 10 say their employer has been helpful in giving them the time off they’ve needed.

**SANDWICH** – Stress is moderate even for the so-called “sandwich” boomers, who have children of their own for whom they’re still financially responsible, as well as aging parents. Fifty percent of these boomers with kids experience some stress resulting from their role assisting their parents. But just 11 percent say it’s a lot of stress.

Sandwich boomers account for about a third (35 percent) of baby boomers. It may seem counterintuitive that they're no more likely than others to be stressed by assisting a parent, or, for that matter, to be concerned about providing future care. But there's a likely reason: Sandwich boomers have higher incomes than other boomers, likely because more of them are married and thus living in dual-income households. They have greater responsibilities, but also greater resources.

(Specifically, 58 percent of sandwich boomers have household incomes over \$75,000, compared with just 34 percent of other boomers. And 80 percent are married, compared with 61 percent of others.)

**PLANNING AHEAD** – Just over six in 10 boomers say they (or someone else in their family) have discussed with their parents how to handle their future health care options; an additional 15 percent say their parents have taken care of it themselves. That leaves just 19 percent who say it's been entirely unaddressed.

Fewer, though, have looked into specifics. About half of boomers (49 percent) say either they, their parents or someone else in the family has looked into future health care options for when their parents no longer can care for themselves. Essentially as many (47 percent) haven't yet done any research.

What people find apparently can be reassuring: Concern about providing future care is lower among people who already have looked into the issue, or whose parents have looked into it on their own; and these people also are more likely to rate the quality of care options as good. But most still rate the cost negatively.

**DISCUSSING IT** – Among the 52 percent of boomers who personally have discussed future health care options with their parents, six in 10 percent say it was an easy discussion to have. Thirty-eight percent say it was difficult, including 10 percent "very" difficult. And of those who say it's not been addressed, the vast majority say that's because it hasn't seemed necessary – rather than to avoid the conversation.

	Boomers w/ parents
Discussed future care with parents	52%
Others in family have discussed w/ parents	10
Parents have taken care of it	15
Not addressed yet	19

More than half, 54 percent, also say they have discussed their parents' future care options with other family members. There's no widespread conflict there: Among them, 89 percent say the family generally agrees on how to proceed with elder care.

**METHODOLOGY** – This ABC News/USA Today poll was conducted by telephone May 24-June 3, 2007, among a random national sample of 500 adults aged 42 to 61 who have

a living parent. The results have a 4.5-point error margin. Sampling, data collection and tabulation by The Gallup Organization of Princeton, N.J.

Analysis by Peyton M. Craighill and Gary Langer.

ABC News polls can be found at ABCNEWS.com at <http://abcnews.com/pollvault.html>.

Media contact: Cathie Levine, (212) 456-4934.

Full results follow (\*= less than 0.5 percent).

1. (AMONG BABY BOOMERS) Do you have any parents, step-parents, adoptive parents, or parents-in-law who are currently alive, or not?

	Yes	No	No opinion
6/3/07	73	27	*

2. (AMONG BABY BOOMERS WITH A LIVING PARENT) Are any of these people - a parent, step-parent or parent-in-law - currently living in an assisted living or long-term-care facility like a nursing home, or not?

	Yes	No	No opinion
6/3/07	12	88	0

2a. (AMONG BABY BOOMERS WITH A LIVING PARENT) Are any of these people currently living with you in your home, or not?

	Yes	No	No opinion
6/3/07	8	92	0

2b. (AMONG BABY BOOMERS WITH A LIVING PARENT) Are any of these people currently living in the home of some other relative, or not?

	Yes	No	No opinion
6/3/07	8	92	0

NET Q2/2A/2B:

	Assisted living or with family	None of these	No opinion
6/3/07	27	73	0

In the next few questions when I say "parents," I mean that to include any living step-parents or parents-in-law that you might have in addition to any living biological or adoptive parents.

3. (AMONG BABY BOOMERS WITH A LIVING PARENT) Are you providing ongoing financial assistance for any of your parents, or not?

	Yes	No	No opinion
6/3/07	11	89	0

4. (AMONG BABY BOOMERS WITH A LIVING PARENT) Apart from financial assistance, are you providing ongoing personal care assistance to any parents, or not? That includes, for example, checking in on them regularly, helping them with their routine responsibilities, or helping them with medical and other appointments.

	Yes	No	No opinion
6/3/07	37	63	*

NET 3/4:

		Providing ongoing				
		----assistance to parent----			No	
	NET	Finances	Care	Both	assistance	No opinion
6/3/07	41	4	30	7	59	*

5. (AMONG BABY BOOMERS PROVIDING ASSISTANCE) Has helping to provide care or financial assistance created any stress in your own life, or not? [Has it created a great deal of stress or just some stress?]

		-----Caused Stress-----		No	
	NET	Great deal	Some	stress	No opinion
6/3/07	45	9	36	54	1

6. (AMONG BABY BOOMERS PROVIDING ASSISTANCE) Regardless of whether it has created stress in your own life, has helping to provide care or financial assistance created stress in your relationship with [RANDOM ORDER], or not? [Has it created a great deal of stress or just some?]

6/3/07 Summary Table:

		-----Caused Stress-----			No	Doesn't	No
		NET	Great deal	Some	stress	apply (vol.)	opin.
a.	Your spouse or partner	22	5	17	74	4	0
b.	Your children	15	2	13	79	6	0
c.	Any brothers, sisters, step-brothers or step-sisters you might have	30	10	20	67	1	2
d.	The parent or parents you're caring for	22	3	19	77	0	1

7. (AMONG BABY BOOMERS PROVIDING ASSISTANCE) Would you say that, as a result of caring for your parents, you and your family have had to make major sacrifices, minor sacrifices, or no sacrifices in your own quality of life?

	Major	Minor	No	
	Sacrifices	sacrifices	sacrifices	No opinion
6/3/07	11	54	35	0

8. (AMONG BABY BOOMERS PROVIDING ASSISTANCE) Which of the following statements comes closest to the way you feel about the care you are providing -- [ROTATED: you feel like you should be doing more than you are, you feel like you're doing what you should be doing, or you feel like you are having to do too much]?

	Should be	Doing what	Having to	
	doing more	you should	do too much	No opinion
6/3/07	24	72	4	0

9. (AMONG BABY BOOMERS NOT PROVIDING ASSISTANCE) Do you expect to provide care or financial assistance for a parent in the future, or not?

	Yes	No	No opinion
6/3/07	37	55	8

10. (AMONG BABY BOOMERS NOT PROVIDING ASSISTANCE) How concerned are you about being able to provide care or financial assistance for a parent -- very concerned, somewhat concerned, not too concerned, or not concerned at all?

	----- Concerned -----			----- Not Concerned -----			
	NET	Very	Somewhat	NET	Not too	At all	No opinion
6/3/07	48	21	27	51	28	23	1

Again, when I say "parents," I mean that to include any living step-parents or parents-in-law that you might have in addition to any living biological or adoptive parents.

11. (AMONG BABY BOOMERS WITH A LIVING PARENT) [Apart from anyone in assisted living,] Have you, personally, discussed with your parents how to handle their health care options when they can no longer care for themselves, or not?

	Yes	No	No opinion
6/3/07	52	48	0

12. (AMONG BABY BOOMERS WHO HAVE DISCUSSED WITH PARENT) Did you, personally, find it - [ROTATED: very easy, somewhat easy, somewhat difficult, or very difficult] - to discuss it with them?

	----- Easy -----			----- Difficult -----			
	NET	Very	Somewhat	NET	Somewhat	Very	No opinion
6/3/07	60	32	28	38	28	10	2

NET 11/12:

	----- Have discussed -----			----- Haven't -----	
	NET	Easy	Difficult	No op.	discussed
6/3/07	52	31	20	1	48
					No opinion
					0

13. (AMONG BABY BOOMERS WHO HAVE NOT DISCUSSED WITH PARENT) Has another member of your family discussed this with your parents, have your parents taken care of this on their own, or is this something that has not been addressed yet?

	Another family member discussed	Parents took care of on their own	Not been addressed yet	No opinion
6/3/07	20	31	40	9

NET 11/13

	----- Discussed -----			----- Not -----		
	NET	Self	Other family	Parents handled	addressed	No opinion
6/3/07	62	52	10	15	19	4

14. (AMONG BABY BOOMERS WHO HAVE NOT DISCUSSED WITH PARENT) Is that -- [ROTATED: mainly because they don't really want to talk about it with you,

mainly because you don't really want to talk about it with them, (or is it) mainly because it doesn't seem necessary at this stage]?

	Parents don't want to talk	Respondents don't want to talk	Doesn't seem necessary	Other (vol.)	No opinion
6/3/07	6	4	86	0	4

15. (AMONG BABY BOOMERS WITH A LIVING PARENT) Have you discussed how to handle your parents' future care with any other members of your family, or not?

	Yes	No	No opinion
6/3/07	54	45	1

16. (AMONG BABY BOOMERS WHO HAVE DISCUSSED WITH OTHER FAMILY MEMBERS) Do you and your other family members generally agree or disagree on what should be done for your parents?

	Agree	Disagree	No opinion
6/3/07	89	10	1

NET 15/16:

	NET	Agree	Disagree	No op.	Have not discussed	No opinion
6/3/07	54	48	5	1	45	1

17. (AMONG BABY BOOMERS WITH A LIVING PARENT)[Apart from anyone in assisted living,] Have you or has someone else in your family looked into the health care alternatives that are available for your parents when they can no longer care for themselves, have your parents taken care of this on their own, or is this something that has not been addressed yet?

	Looked into alternatives	Parents took care of it	Not been addressed	No opinion
6/3/07	26	23	47	4

18. (AMONG BABY BOOMERS WITH A LIVING PARENT) As far as you're aware, in terms of quality of care, how would you rate the health care alternatives that are available for your parents when they can no longer care for themselves - as excellent, good, not so good or poor?

	NET	Excellent	Good	NET	Not so good	Poor	No opinion
6/3/07	57	11	46	32	19	13	11

19. (AMONG BABY BOOMERS WITH A LIVING PARENT) Now in terms of cost, how would you rate the health care alternatives that are available for your parents when they can no longer care for themselves - in terms of cost, are the options excellent, good, not so good or poor?

	NET	Excellent	Good	NET	Not so good	Poor	No opinion
6/3/07	32	7	25	57	31	26	11



