

Statewide Needs Assessment for Unpaid Caregivers in Texas: Findings from a Statewide Needs Assessment

Texas ranks in the top five highest states of Alzheimer's Disease and related dementias (ADRD) cases. It is estimated that caregivers in Texas provide an estimated 1.9 million hours of unpaid care each year.

Two statewide surveys and four community discussion groups were conducted to better understand the needs of ADRD caregivers and the organizations that support them.

Unpaid ADRD Caregivers

Organizations Serving Caregivers

Unmet Needs & Service Provision

Largest Unmet Needs:

- Learning about new technologies for caregiving
- Learning about the newest research about cognitive impairment
- Learning about opportunities for ADRD treatments in development
- Health and wellness programs
- Community resources
- Respite care

Least Provided Services:

- Technologies for caregiving
- Financial planning
- Legal planning
- Research about cognitive impairment
- Information about ADRD treatments in development
- Transportation services
- Respite care

Caregivers and organizations identified deficits in respite care and technology, research, and respite care.

Awareness & Adequacy

- Self-report low awareness about services
- Believe services are insufficient and not always accessible

- Report caregivers have low awareness about services
- Believe services are insufficient and not always accessible

Caregivers and organizations agree caregiver awareness is low, resources are lacking, and accessibility is limited

Unpaid ADRD Caregivers

Organizations Serving Caregivers

Availability & Accessibility

Most Unavailable Services:

- information about ADRD treatments in development
- Technologies for caregiving
- Transportation services
- Community resources

Many caregivers reported services/resources were available, but difficult to access.

Most Unavailable Services:

- Transportation services
- Technologies for caregiving
- Research about cognitive impairment
- Legal planning

Many organizations believed services/resources were available at higher rates and largely accessible to caregivers.

Caregivers perceive fewer available services/resources in their areas. When available, many report they are difficult to access.

Barriers to Getting Services

- Not knowing who to call
- Appointment delays
- Limited financial resources

- Long waitlists
- Workforce shortages
- Inadequate internet
- Location of services
- Disproportionate barriers for certain caregiver groups

Caregivers and organizations identified financial strains and needs for guidance as barriers.

Action Priorities

- Train healthcare providers
- Raise awareness about resources
- Improve accessibility

- Improve accessibility
- Train healthcare providers
- Raise awareness about resources

Caregivers and organizations shared the same 3 priorities.

Recommended strategies to improve ADRD-related service availability, access, and use in Texas:

- Enhance outreach and awareness
- Simplify service access and increase care navigation
- Expand support for caregiver self-care, health, and well-being

- Increase the availability of geriatric specialists and the ADRD service workforce
- Address cultural and language barriers
- Enhance telehealth and virtual support