

# Alzheimer's Disease and Related Dementias 2024 Caregiver Survey Results

The Texas Department of State Health Services Alzheimer's Disease Program, Chronic Disease Epidemiology Branch, and the Texas Alzheimer's Disease Partnership created the *2024 Texas Alzheimer's Disease and Related Dementias Caregiver Survey* to learn more about the experiences of current and former unpaid caregivers as well as the progress made towards the strategies listed in the [Texas State Plan for Alzheimer's Disease](#).

## Survey Method

The Alzheimer's Disease Program emailed the survey to all Partnership members and key stakeholders, requesting that they forward the survey link to unpaid caregivers or people who might know unpaid caregivers. The survey link was also posted to the [Alzheimer's Disease Program website](#). The survey was open from July 3, 2024, to September 30, 2024.

A total of 393 respondents were included in the analysis.

## Demographics

### Caregivers

82% female  
89% at least 55 years old  
73% White,  
16% Hispanic/Latino,  
7% Black/African American  
44% retired  
36% employed full-time



### Care Recipients

57% female  
73% at least 75 years old  
74% White,  
16% Hispanic/Latino,  
7% Black/African American  
40% spouses  
47% parents

**50% of caregivers provide care for more than 40 hours per week.**

To view the full report, visit [dshs.texas.gov/alzheimers](https://dshs.texas.gov/alzheimers)



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## Caregiver Relationship with Health Care Providers

**51%** use healthcare providers as a source of information for Alzheimer's Disease and Related Dementias (ADRD) topics.

**42%** reported healthcare providers as the easiest service available to find and use.

**74%** were satisfied with their experience using healthcare providers for receiving information about ADRD.

**62%** were neutral or disagreed about having the information and resources needed to provide unpaid care.

*This suggests that the relationship between healthcare providers and caregivers is an opportunity to improve caregiver knowledge of information and available resources.*

## Topics Caregivers Felt Least Informed About

1. Research opportunities for treatments in development
2. Prevention of abuse, neglect, and exploitation of the care recipient
3. Caregiver safety
4. Grief
5. Respite care

## Stress Linked to Caregiving



**90%** of caregivers reported some level of **financial stress**.



**99.7%** of caregivers reported some level of **emotional stress**.



**65%** of caregivers reported that their **physical health** has worsened.

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