Results of the Pittsburgh Regional Caregivers Survey

■ *by Scott Beach*

Today, nearly 18 million infomal caregivers in the United States provide care and support to older adults who, because of limitations in their physical, mental, or cognitive functioning, require assistance. This population of informal, unpaid caregivers includes relatives, partners, friends, and neighbors. They provide a wide spectrum of support, which can include arranging and attending medical appointments, participating in routine and high-stakes treatment decisions, and coordinating care and services. They make sure that needs for food and shelter are met. They help with daily tasks, such as dressing and bathing. They manage medicines and may be responsible for obtaining and overseeing the use of medical equipment.

Although informal caregiving is a national phenomenon, it is greatly influenced by regional differences in population demographics, health and long-term care resources, and family structures and experiences. Men and women age 65 and older claim a greater share of the population in Western Pennsylvania than in most other regions in the United States. Currently, the elderly account for more than 18 percent of the population of Allegheny County, the most populous of the seven counties in the Pittsburgh Metropolitan Statistical Area (MSA), compared to 15.3 percent of the population nationally.

Alternative Measures of Unemployment for Pittsburgh Recipients

■ *by Christopher Briem*

The official unemployment rate, compiled by the Bureau of Labor Statistics (BLS) is one of the most widely reported and closely watched labor statistics. Monthly estimates of the official unemployment rate are published for the nation, each state, and metropolitan statistical areas (MSAs), including Pittsburgh.

The official unemployment rate is the percentage of the civilian labor force that is not employed. The definition of the civilian labor force includes those who are currently employed either full or part time, those working at temporary jobs, unpaid family workers, and those who are unemployed. Those who were

unemployed are specifically defined as those who are not working but are able and available to work and are actively seeking employment. The civilian labor force measure excludes people in the armed forces, the institutionalized population, and anyone under age 16. It also excludes people who are not working and remain outside the labor force either voluntarily or involuntarily.

Individuals who are voluntarily not in the labor market can include students, retirees, or those not working due to family responsibilities. Others not included in the civilian labor market include discouraged workers or individuals who may

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be available for work but have ceased looking for employment. While the official unemployment rate has been consistently defined for decades, it is only one measure of labor use within the economy.

In addition to the official unemployment rate, BLS also reports alternative measures of labor underuse. The alternatives range from much narrower to much broader definitions of unemployment or underemployment compared to the official unemployment rate. There are currently six alternative measures of labor force underuse, ranging from U-1 through U-6. BLS publishes estimates for U-1 through U-6 monthly for the Unoited States., and quarterly for states using a moving average covering data over the most recent 12-month period.

U-3 is the definition used for the calculation of the official unemployment rate.

U-1 and U-2 are narrower measures of unemployment and are typically significantly lower than the official unemployment rate. U-1 only measures workers who have been out of work for 15 weeks or longer and thus is a measure of long-term or extended unemployment. U-2 is a measure of workers who are "involuntarily unemployed" and counts job losers and those who have completed a temporary position.

U-4 through U-6 are broader measures of labor use and are typically higher than the official unemployment rate. U-4 includes discouraged workers, those who report they are able to and desire to work but who are not actively seeking employment. U-5 expands the definition of the unemployed further to include marginally attached workers or those who recently have given up the job search for a range of reasons extending beyond discouragement. These reasons could include lack of available child care or transportation. U-6, the broadest measure of labor underuse, considers people working part time who desire full-time employment as underemployed.

BLS calculates these alternative unemployment measures quarterly for all states, but comparable estimates are not published for most MSAs, including Pittsburgh. Here the comparable estimates of U-1 through U-6 for the Pittsburgh MSA are compiled for 2005–17 using data from the Current Population Survey (CPS).

Over a recent 12-month period, between October 2016 and September 2017, the estimate of U-3 (comparable to the official unemployment rate) for the Pittsburgh MSA averaged 4.8 percent. Alternative measures of unemployment ranged from 2.1 percent for U-1 (long term unemployment) to 8.4 percent for U-6 (the broadest measure of labor force underuse). For U-1 through U-5, the differences between national and regional estimates differ by no more than 0.3 percentage points. U-6—the broadest definition of labor force use—has the widest gap between national and regional levels. While U-6 is estimated at 8.4 percent for the Pittsburgh MSA, the comparable national estimate was 8.9 percent.

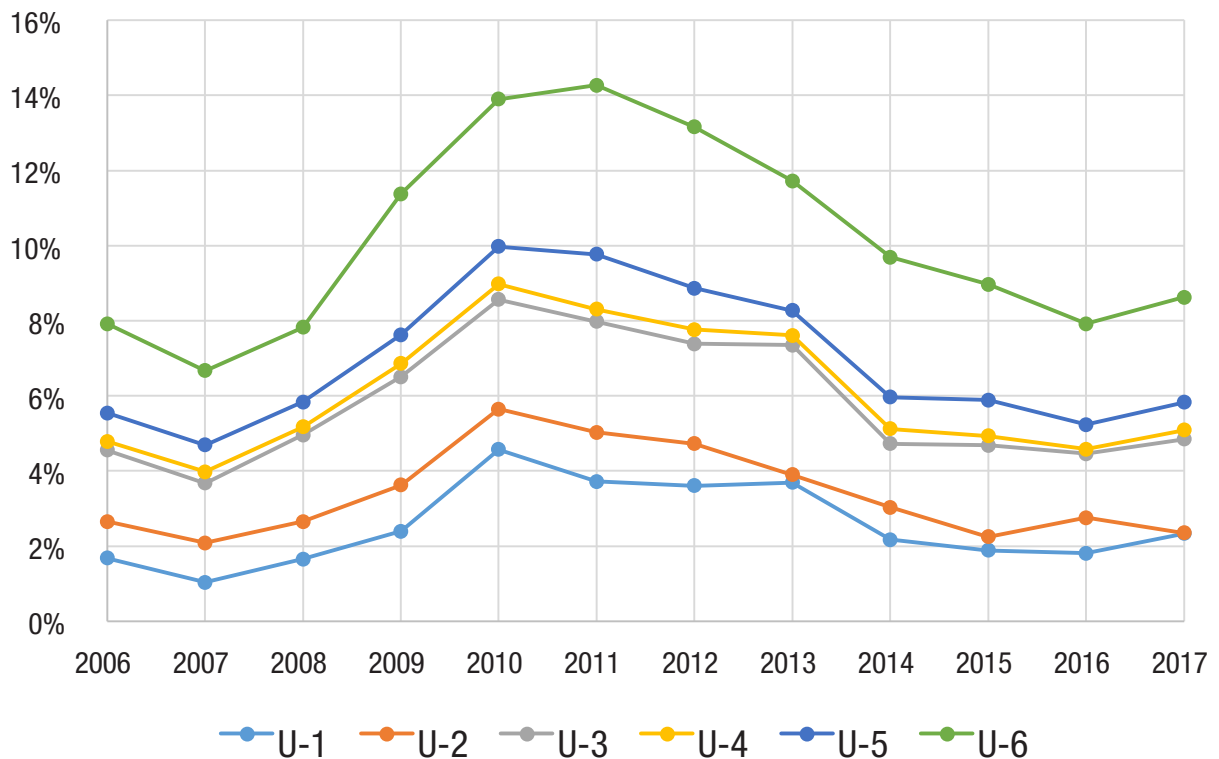**Alternative Measures of Labor Underuse, Fourth Quarter of 2016 through Third Quarter of 2017 Averages**

	U-1	U-2	U-3	U-4	U-5	U-6
United States	1.8	2.2	4.5	4.8	5.5	8.9
Pennsylvania	2.1	2.6	5.0	5.3	6.1	9.6
Pittsburgh MSA	2.1	2.6	4.8	5.0	5.6	8.4

SOURCES: Pennsylvania and United States data from Bureau of Labor Statistics
Pittsburgh MSA estimates compiled from Current Population Survey monthly data

Definitions of Alternative Measures of Unemployment

U-1	Persons unemployed 15 weeks or longer as a percent of the civilian labor force
U-2	Job losers and persons who completed temporary jobs as a percent of the civilian labor force
U-3	Total unemployed as a percent of the civilian labor force (also the definition used for the official unemployment rate)
U-4	Total unemployed plus discouraged workers as a percent of the civilian labor force plus discouraged workers
U-5	Total unemployed plus discouraged workers plus all other marginally attached workers as a percent of the civilian labor force plus all marginally attached workers
U-6	Total unemployed plus all marginally attached workers plus total employed part time for economic reasons as a percent of the civilian labor force plus all marginally attached workers

Pittsburgh MSA: Alternative Measures of Labor Underuse Since 2006

Compiled from Current Population Survey data
Note: 2017 estimate is for January–September
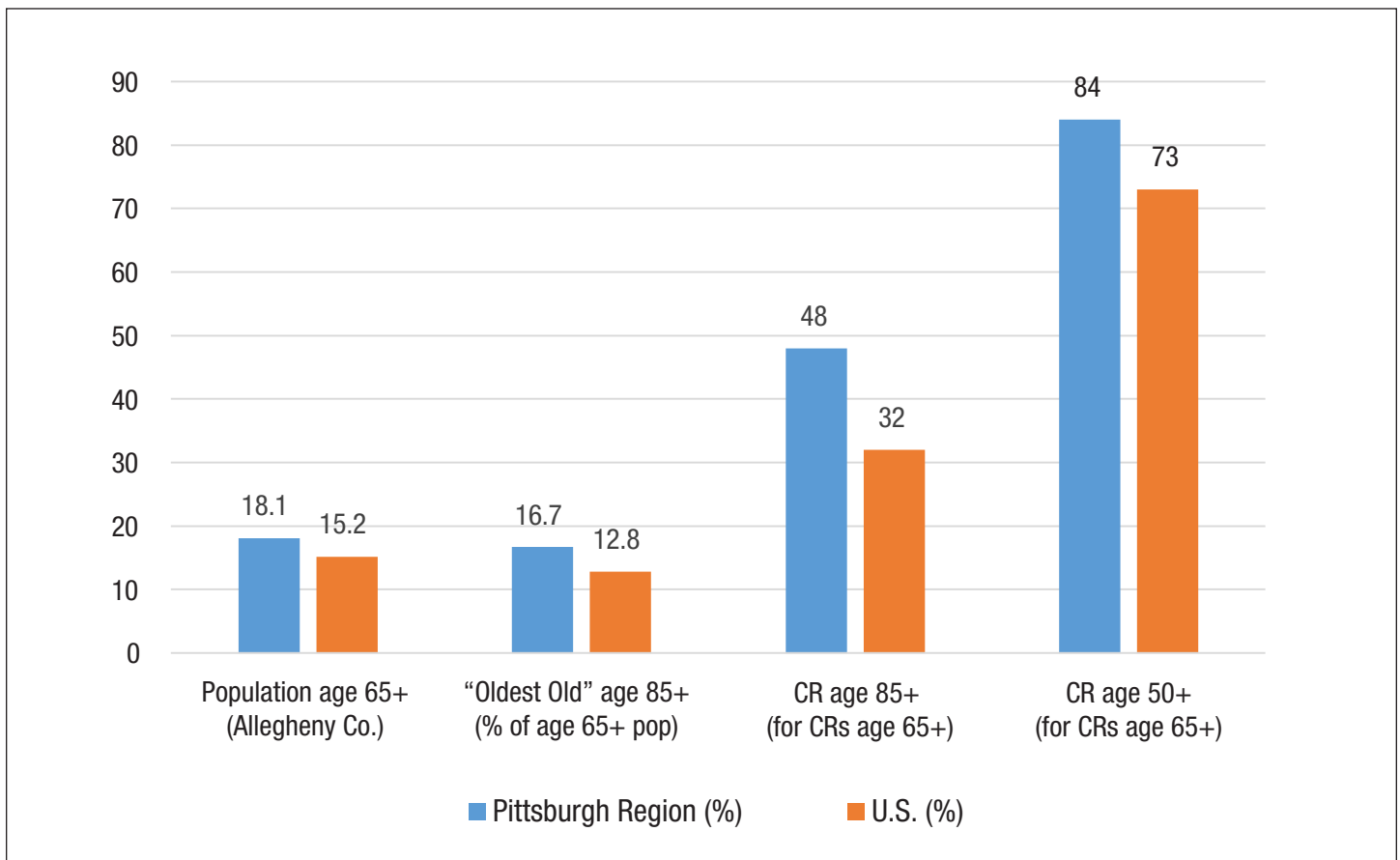
Results of the Pittsburgh Regional Caregivers Survey

The estimated prevalence of caregiving varies depending on how caregiving is defined and measured as well as the age range of the caregivers and care recipients included. For example, a 2015 AARP study of caregivers and care recipients of all ages found that 18.2 percent of the adult U.S. population provides care; the same study found that 14.3 percent of adults in the United States provides care to care recipients age 50 and older, and the 2011 National Survey of Caregivers (NSOC) study

including care recipients age 65 and older found that 7.7 percent of U.S. adults provide care to that population. Locally, the best estimate is from 2014 The State of Aging in Allegheny County survey conducted by University Center for Social and Urban Research (UCSUR) researchers, which found a 20.3 percent caregiving prevalence rate among adults age 55 and older and included care recipients of any age.

At the University of Pittsburgh, UCSUR and the Health Policy Institute's Stern Center for Evidence-Based Policy recently conducted a survey of Western Pennsylvania caregivers to better understand informal caregivers and their needs

and to help inform regional and state policies. The Pittsburgh Regional Caregivers Survey involved telephone interviews with more than 1,000 informal caregivers in the seven-county Pittsburgh MSA, primarily in Allegheny County. About 800 of the residents interviewed lived in Allegheny County and about 200 lived in Armstrong, Butler, Beaver, Fayette, Washington, and Westmoreland counties. Survey responses offer a detailed portrait of caregivers in the region, from who they are, who they care for, and what they do to how cargiving impacts their lives. To provide context, the findings among local caregivers are compared with the 2011 NSOC, the most

Regional Caregivers Are Older

Chart data:

Category	Pittsburgh Region (%)	U.S. (%)
Population age 65+ (Allegheny Co.)	18.1	15.2
"Oldest Old" age 85+ (% of age 65+ pop)	16.7	12.8
CR age 85+ (for CRs age 65+)	48	32
CR age 50+ (for CRs age 65+)	84	73

comprehensive national survey of caregivers of adults age 65 and older.

Survey results estimate that local caregivers are much more likely to be caring for the "oldest old." More than 48 percent of those age 65 and over who receive care from family and friends in Allegheny County are age 85 or older—and 25 percent of them are at least 90 years old. That's a much higher rate than what is seen nationally. In the United States, 32 percent of older adults who receive care from informal caregivers are age 85 or older.

Local caregivers are themselves older than is typical elsewhere. More than half of the informal caregivers in the Pittsburgh region are between the ages of 50 and 64. Nationally, 40.5 percent of caregivers fall into that age group. Women account for 74 percent of caregivers locally, which is also high. Nationally, they represent less than 62 percent of informal caregivers. Caregivers in the Pittsburgh region also tend to have more formal education. Some 46 percent, for example, have a bachelor's degree or higher, while only 27 percent of all U.S. caregivers have that level of education.

A smaller percentage of local caregivers have been helping older adult friends and relatives for at least five years compared to U.S. caregivers as a whole. But those providing care today to local older adults are much more likely to spend a significant number of hours every week doing so, survey findings indicate. Nearly half of local informal caregivers spend at least nine hours a week helping older adults, and 17 percent of them report that caring for relatives and friends over age 65 is a job that consumes 40 hours a week or more. Only 12 percent of U.S. caregivers devote such long hours to caring for older adults.

Survey findings among the region's informal caregivers make clear that the breadth of the help they provide extends well beyond routine personal care and household chores to include performing a significant share of medical and nursing tasks and coordinating health care; giving medicine and helping older adults with exercises, special diets, and caring for feet and teeth are the most common medical tasks the region's informal caregivers report performing. The most commonly performed nursing tasks include helping with incontinence equipment, meters/monitors such as glucometers or blood pressure monitors, and durable medical equipment.

The share of the region's population of older adults continues to rise but

Care Recipient Disability, Intensity of Caregiving, and Informal Caregiver Networks: Regional Versus National Comparisons

	Care recipient age 65+	
	Region (%)	United States (%)
Care recipient help received, summary		
Household activities only	24.2	31.1
Self-care or mobility	75.8	68.9
1–2 needs	29.8	38.0
3 or more needs	45.9	30.9
High need care recipient (IOM definition)		
Alzheimer's disease (AD) / dementia only	9.3	16.7
Help with 2+ ADL only	28.4	15.7
Both AD and help with 2+ ADL	17.6	15.8
Care recipient meets "high need" criteria	55.3	48.2
CG provides 40 or more hours of care per week	17.0	12.0
Additional unpaid caregivers		
One additional caregiver	21.0	51.0
Three or more	52.0	28.0
Has paid caregiver	32.3	20.0

Alternative Measures of Unemployment for Pittsburgh Recipients

Similar to national trends, unemployment rates in the Pittsburgh MSA jumped during and immediately following the Great Recession between December 2007 and June 2009. At its peak, U-6 is estimated to have reached 14.6 percent for the Pittsburgh MSA in 2011. Each of the measures of labor underuse has declined from 2011 through 2016, with an uptick estimated for 2017 (data through September 2017).

The Pittsburgh estimates of labor force use were compiled from the CPS. CPS is a monthly survey of about 50,000 households conducted by the Census Bureau for the Bureau of Labor Statistics. CPS is the same source used for the calculation of national and state-level unemployment rates. Metropolitan and other substate areas use the same CPS data, along with other data sources, to compile monthly estimates of the

official unemployment rate. Because of the additional data, unemployment rates calculated solely from CPS data can differ slightly from the data published for substate areas by the Local Area Unemployment Statistics program, which compiles official unemployment statistics. For comparison, the average for U-3 over the January–September 2017 period is estimated here for the Pittsburgh MSA to be 5.0 percent. An average of seasonally adjusted unemployment rates for the Pittsburgh MSA published by BLS over the same period is 5.1 percent. The official unemployment rate published by BLS is subject to change and often is adjusted following annual revisions.

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at a slower pace than the rest of the nation. UCSUR demographic modeling suggests that more than one in five residents of Allegheny County will be age 65 or older by 2040, mirroring the national average. And more than 1,000 will reach the age of 100, according to a 2014 UCSUR survey, The State of Aging in Allegheny County. Such a demographic phenomenon has profound implications for families and caregiving.

The full report also explores in greater depth additional topics, including how caregiving impacts employment, the specific care needs of older adults, caregiver physical and mental health, conflicts within families over the coordination of care, caregiver training, the networks of support used by caregivers, caregiver expenses, unmet needs, and the emerging cohort of younger caregivers. The full report can be accessed on the UCSUR Web site at ucsur.pitt.edu.

New Staff Associate at UCSUR

Ellen Kinnee, MA, has joined UCSUR as a geographic information system (GIS) analyst in conjunction with the Drexel University Department of Environmental and Occupational Health. She is the project manager for a multi-city research study—Validating GIS-based Methods to Address Spatial Uncertainty in Clinical Trials—examining to what degree the effectiveness of treatments in three AsthmaNet clinical trials may be modified by indicators of chronic social and environmental exposures. Kinnee was previously a

senior GIS specialist supporting the U.S. Environmental Protection Agency in Research Triangle Park, N.C. where she developed spatial databases to improve regulatory air quality models. She received her MA in geography from the University of North Carolina at Chapel Hill, and her master's thesis focused on using GIS and dispersion modeling to assess community cancer risk from large above-ground gasoline storage tanks in Paw Creek, N.C.

Urban and Regional Brown Bag Seminar Series, Spring 2018

Bring your lunch and join us for presentations that highlight neighborhood, community, economic, and other social research by our esteemed colleagues. Presenters include local, national, and international social research experts. Lectures are from noon to 1:15 p.m.

Please note the location of the seminars: 3911 Wesley W. Posvar Hall, 230 South Bouquet Street, Pittsburgh, PA (next to the Hillman Library on the Schenley Oval in the center of the University of Pittsburgh campus). On-street metered parking is available as well as a metered parking lot at Semple and South Bouquet streets. Other parking is available at the parking garage underneath Soldiers & Sailors Memorial Hall & Museum at the corner of Fifth Avenue and Bigelow Boulevard.

More information and schedule updates are available online at ucsur.org/ura-brown-bag.

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March 23, 2018
"Urban Apartheid and the 2016 Summer Olympics"

Tyeshia Redden, PhD
Visiting Professor,
Gettysburg College

Tyeshia Redden, PhD, is an urban planner whose work examines housing, urban governance, and social policy. Before receiving her PhD in design, construction, and planning from the University of Florida, she was employed by DeKalb County, Ga. government as an economic development and housing research analyst in the metro Atlanta region. Her most recent work examines forcible evictions preceding the 2016 Summer Olympics in Rio de Janeiro, Brazil. Redden argues that the evictions, coupled with a strategic disinvestment in transit nodes, were a component of a larger municipal plan of urban apartheid. The study links hyper-commodification of the urban landscape to urban governance failures and asserts that a healthy community of scholar-activists exists globally, leveraging their academic skill sets to address social inequalities. Redden is currently a visiting professor at Gettysburg College and conducting a grant-sponsored neighborhood resilience study in Gainesville, Fla.

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