

**Table 7.2: Characteristics of the Primary Helper for Women with ADL Difficulty Who Receive Help (Percent)<sup>1,2,3</sup>**

Characteristics of Helpers	Total (N=181)	Age Group		
		65-74 (N=58)	75-84 (N=57)	85+ (N=66)
Relationship to participant <sup>4,5</sup>				
Spouse	22.2	33.1	22.1	1.0
Daughter/daughter-in-law	28.0	26.7	24.9	37.2
Son/son-in-law	4.1	6.9	1.8	3.9
Sibling	3.8	3.3	4.9	2.6
Other relative	6.8	5.2	6.8	10.0
Friend/neighbor	8.1	6.3	12.8	1.6
Nurse/aide	22.7	17.2	23.4	31.9
Other/non-relative	4.3	1.4	3.4	11.8
Gender <sup>6</sup>				
Male	26.3	40.0	23.9	4.9
Female	62.9	52.4	61.7	86.0
Not ascertainable	10.8	7.7	14.4	9.1
Residence <sup>7</sup>				
Lives with participant	56.3	62.9	58.0	40.1
Number of ADL tasks in which helper provides assistance <sup>8</sup>				
1	52.1	55.6	49.6	50.8
2	30.0	29.3	33.3	24.6
3	8.5	3.7	9.1	16.8
4	6.9	8.5	6.7	4.6
5	2.4	2.9	1.5	3.2
Assists with a least one IADL task <sup>9</sup>	87.2	86.9	85.3	91.8
Paid for help <sup>10</sup>	32.1	22.4	35.6	43.9

(Women's Health and Aging Study, baseline interview, 1992-1995)

- <sup>1</sup> These variables have less than 1% missing data. Results are based on non-missing data.
- <sup>2</sup> Descriptive statistics are based on weighted data.
- <sup>3</sup> In the last year, who have you relied on the most for help with the activities I've mentioned?
- <sup>4</sup> What is [person's] relationship to you?
- <sup>5</sup> Categories may not add up to 100% due to rounding.
- <sup>6</sup> Gender of caregivers was not asked directly. Primary helpers whose relationship to the participant is "nurse/aide" or "houseworker/maid" are assumed to be female. Gender is unascertainable for primary helpers whose relationship to the participant is "partner/roommate", "friend/neighbor", or "other non-relative."
- <sup>7</sup> Does [person] live with you or not?
- <sup>8</sup> Out of a possible 5 tasks: bathing or showering, dressing, getting in or out of bed or chairs, eating, and using the toilet including getting to the toilet.
- <sup>9</sup> IADL tasks include preparing meals, doing heavy housework, doing light housework, shopping for personal items, using the telephone, taking medications, and managing money.
- <sup>10</sup> Is [person] paid to help you or not?