CAREGIVERS IN AMERICA
Growing Contributions with Little Support

PROFILE OF CAREGIVERS IN AMERICA

On average, caregivers help with 4.4 instrumental activities of daily living

61% of caregivers’ employment situations have been negatively affected

1 in 3 caregivers have a disability

89% provide care to a relative

30% of caregivers have a child or grandchild living with them

1 in 3 caregivers live in rural locations

27% of caregivers provide care to an adult with an emotional or mental health disability

18.5 billion hours of unpaid care for people with Alzheimer’s and related dementias

Approximately 24% of adults with IDD living at home reside with family caregivers age 60 years and older

Percentage of Individuals who are caregivers by race:
• 19.8% Non-Hispanic White
• 28.1% African American/Black
• 21.9% Hispanic
• 28.2% Other

SOURCES:
WHO THEY ARE
• RAISE Family Caregivers Act: Initial Report to Congress. DHS, ACL, and RAISE Family Caregiving Advisory Council.

WHAT AND WHERE

THE STRESSORS

LIMITED SUPPORT
• State Program Reports. AGing, Independence, and Disability (AGID) Program Data Portal, 2019.

PROFILE OF CAREGIVERS IN AMERICA
• Caregiving for a Person with Alzheimer’s Disease or a Related Dementia. CDC. October, 2019.

Leadership, innovation, collaboration for state Aging and Disability agencies.
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**CAREGIVERS: WHO THEY ARE**

- **Prevalence**: 53 million for all ages, 6 in 10 are employed.

- **Compensation**: Caregivers provide 30 billion hours of uncompensated care each year.

- **Gender**: 61% female, 39% male.

- **Age**: 1 in 5 caregivers are 65+, with 18-34 at 24%, 35-49 at 23%, 50-64 at 35%, 65-74 at 12%, 75+ at 7%.

**Caregiver Tasks**

- 58% assist with medical/nursing tasks, including:
  - Managing medications
  - Help with assistive devices
  - Preparing food for special diets
  - Wound care
  - Using monitors/meters
  - Using incontinence supplies
  - Operating medical equipment

Caregivers are often on their own in learning how to perform medical/nursing tasks.

**CAREGIVERS: WHAT & WHERE**

- **Where Care Recipients Live**:
  - 43% in their own home
  - 40% caregiver home
  - 11% nursing facility, assisted living, retirement community
  - 5% someone else’s home

- **Caregiver Tasks**:
  - 24 hours average per week

- **Report high physical strain due to caregiving duties**

**CAREGIVERS: THE STRESSORS**

- **Emotional**: 6 in 10 consider their caregiving situation stressful.

- **Health**: 1 in 5 report high physical strain due to caregiving duties.

- **Financial**: Caregivers spend on average 26% of their income on caregiving activities.

- **Healthcare**: 1 in 3 workers have left a job for caregiving responsibilities.

- **Economic Value**: 18% cut back on their own health care spending.

**CAREGIVERS: LIMITED SUPPORT**

- **Services for Caregivers**: The National Family Caregiver Support Program
  - Information services
  - Counseling
  - Respite care
  - Access assistance
  - Cash & counseling
  - Supplemental services

- **Services Unable to Meet Demand**: 6 in 10 could use more information and support.

- **The Growing Value of Caregiving**

  - Estimated value of unpaid family caregiving = $470 billion
  - Total LTSS spending = $426 billion