

Caregiving Population

The value of the services family caregivers provide for "free," when caring for older adults, is estimated to be **\$375 billion** a year. That is almost **twice as much** as is actually spent on homecare and nursing home services combined (\$158 billion).

More than **65 million people**, 29% of the U.S. population, provide care for a chronically ill, disabled, or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.

The typical family caregiver is a 49-year-old woman caring for her widowed 69-year-old mother who does not live with her. She is married and employed. Approximately **66%** of family caregivers are women. More than 37% have children or grandchildren under 18 years old living with them.

1.4 million children ages 8 to 18 provide care for an adult relative; **72%** are caring for a parent or grandparent; and 64% live in the same household as their care recipient. Fortunately, most are not the sole caregiver.

20 hours per week is the average number of hours family caregivers spend caring for their loved ones while **13%** of family caregivers are providing 40 hours of care a week or more.

Family caregivers are the **foundation of long-term care** nationwide, exceeding Medicaid long-term care spending in all states.

51% of care recipients live in their own home, 29% live with their family caregiver, and 4% live in nursing homes and assisted living.

36% of family caregivers care for a parent and **7 out of 10** caregivers are caring for loved ones over 50 years old.

14% of family caregivers care for a special needs child with an estimated **16.8 million caring for special needs children** under 18 years old. 55% of these caregivers are caring for their own children.

78% of adults living in the community and in need of long-term care depend on family and friends as their only source of help.

Economics of Caregiving

Women who are family caregivers are **2.5 times** more likely than non-caregivers to live in poverty and **five times** more likely to receive Supplemental Security Income (SSI).

Caregiving families (families in which one member has a disability) have **median incomes that are more than 15% lower** than non-caregiving families. In every state and DC the poverty rate is higher among families with members with a disability than among families without.

During the **2009 economic downturn**, 1 in 5 family caregivers had to move into the same home with their loved ones to cut expenses.

47% of working caregivers indicate an increase in caregiving expenses has caused them to **use up ALL or MOST of their savings**.

The average family caregiver for someone 50 years or older spends **\$5,531 per year** on out of pocket caregiving expenses in 2007 which was more than 10% of the median income for a family caregiver that year.

Impact on Family Caregiver's Health

23% of family caregivers caring for loved ones for 5 years or more **report their health is fair or poor**.

Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for **up to three years** after their caregiving ends thus increasing their chances of developing a chronic illness themselves.

Nearly three quarters (72%) of family caregivers report not going to the doctor as often as they should and 55% say they skip doctor appointments for themselves. **63% of caregivers report having poor eating habits** than non-caregivers and 58% indicate worse exercise habits than before caregiving responsibilities.

20% of employed female caregivers over 50 years old report symptoms of depression compared to 8% of their non-caregiving peers.

40% to 70% of family caregivers have clinically significant symptoms of depression with approximately a **quarter to half** of these caregivers meet the diagnostic criteria for major depression.

More than 1 in 10 (11%) of family caregivers report that caregiving has caused their physical health to deteriorate.

A wife's hospitalization increased her husband's **chances of dying** within a month by 35%. A husband's hospitalization boosted his wife's **mortality risk by 44%**.

Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as **10 years off a family caregiver's life**.

Six in 10 family caregivers are employed.