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for state Aging and Disability agencies.

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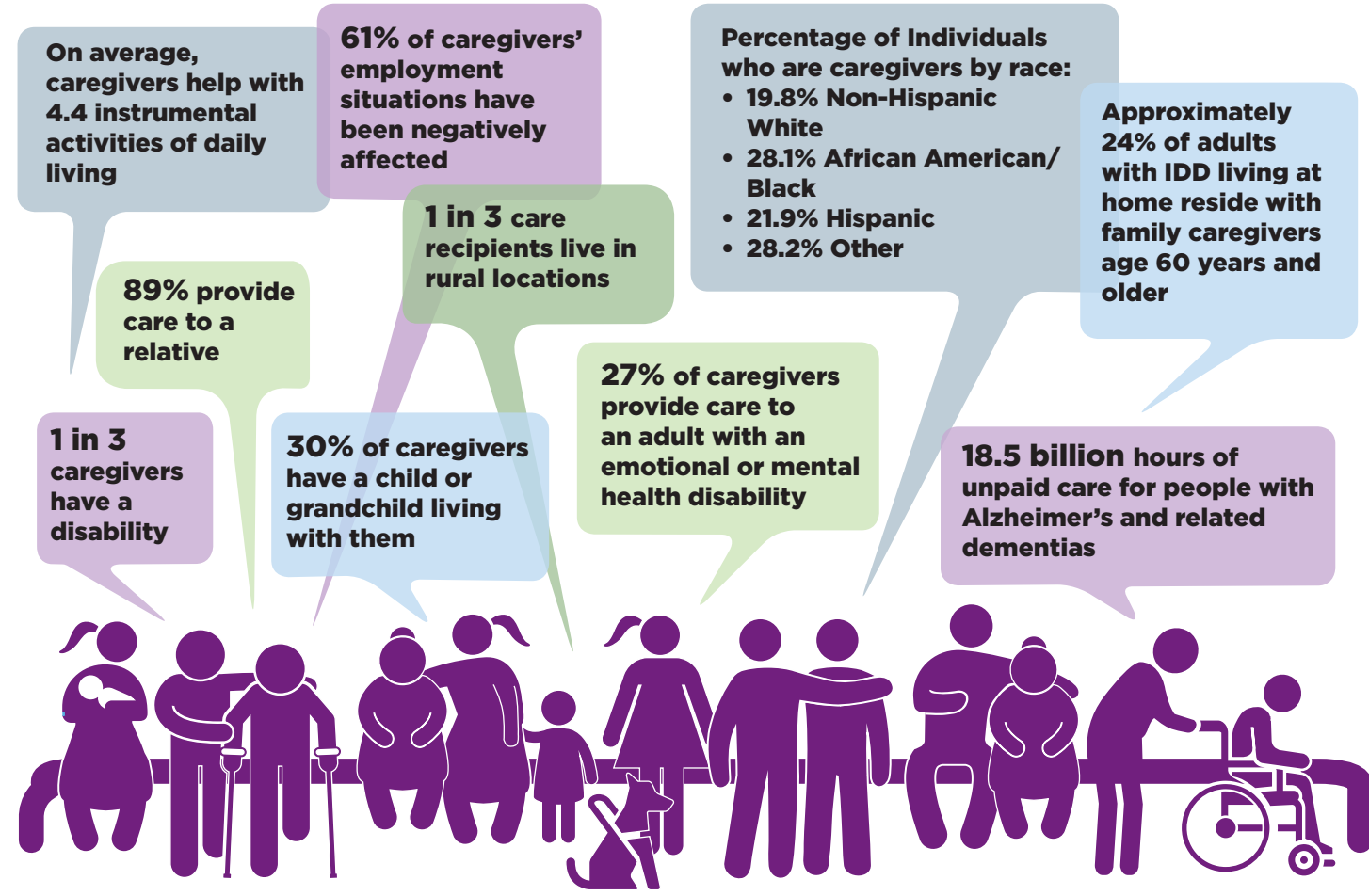
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The National Alliance for Caregiving
1730 Rhode Island Ave., NW, Suite 812
Washington, D.C. 20036
www.caregiving.org



PROFILE OF CAREGIVERS IN AMERICA



SOURCES:

WHO THEY ARE

- AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*.
- RAISE Family Caregivers Act: Initial Report to Congress. DHS, ACL, and RAISE Family Caregiving Advisory Council.

WHAT AND WHERE

- AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*.
- Reinhard, Susan, Heather M. Young, Carol Levine, Kathleen Kelly, Rita Choula, and Jean Accius. *Home Alone Revisited*. Washington, DC: AARP Public Policy Institute, 2019.

THE STRESSORS

- AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*.
- Reinhard, Susan, Heather M. Young, Carol Levine, Kathleen Kelly, Rita Choula, and Jean Accius. *Home Alone Revisited*. Washington, DC: AARP Public Policy Institute, 2019.
- Skufca, Laura, and Chuck Rainville. *Caregiving Out-of-Pocket Costs Study 2021*. Washington, DC: AARP Research, June 2021.

LIMITED SUPPORT

- *State Program Reports*. AGing, Independence, and Disability (AGID) Program Data Portal, 2019.
- AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*.
- Reinhard, Susan C. Lynn Friss Feinberg, Ari Houser, Rita Choula, and Molly Evans. *Valuing the Invaluable: 2019 Update - Charting a Path Forward*. AARP Public Policy Institute, 2019.
- Congressional Research Services. *Who Pays for Long-Term Services and Supports, 2021*.

PROFILE OF CAREGIVERS IN AMERICA

- *Caregiving for Family and Friends—a Public Health Issue*. Centers for Disease Control and Prevention, 2019.
- AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC: AARP, May 2020.
- *Caregiving for a Person with Alzheimer's Disease or a Related Dementia*. CDC. October, 2019.
- *Recognize, Assist, Include, Support, & Engage (RAISE) Family Caregivers Act: Initial Report to Congress*. Department of Health and Human Services, Administration for Community Living, and RAISE Family Caregiving Advisory Council.

CAREGIVERS IN AMERICA

Growing Contributions with Little Support



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

= \$0

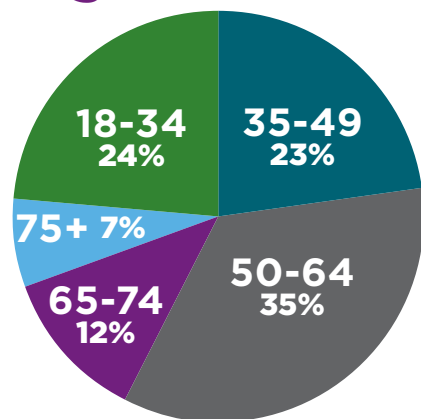
Gender



61% FEMALE **39% MALE**

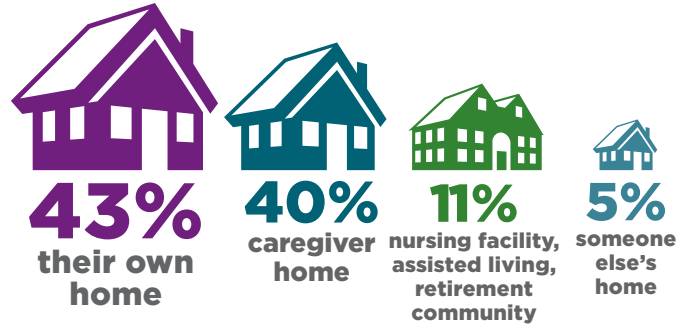
Age

1 in 5 Caregivers are 65+



CAREGIVERS: WHAT & WHERE

Where Care Recipients Live



Hours of Caregiving



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: 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

1 IN 3 WORKERS HAVE LEFT A JOB FOR CAREGIVING RESPONSIBILITIES

18% CUT BACK ON THEIR OWN HEALTH CARE SPENDING

CAREGIVERS: LIMITED SUPPORT

Services for Caregivers

The National Family Caregiver Support Program



Services Unable to Meet Demand

6 IN 10 COULD USE MORE INFORMATION AND SUPPORT

1 IN 4 SAY IT IS DIFFICULT TO GET AFFORDABLE SERVICES FOR THEIR CARE RECIPIENT

The Growing Value of Caregiving

