

Leadership, innovation, collaboration for state Aging and Disability agencies.

241 18th Street S, Suite 403 Arlington, VA 22202 Phone: 202-898-2578 www.advancingstates.org www.hcbs.org





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



PROFILE OF CAREGIVERS IN AMERICA

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

89% provide

care to a

relative

1 in 3

have a

disability

caregivers

61% of caregivers' employment situations have been negatively affected

30% of caregivers

have a child or

with them

grandchild living

1 in 3 care recipients live in rural locations

Percentage of individuals who are caregivers by race:

- 24.3% Black/African American
- 23.1% Non-Hispanic White • 17.9% Hispanic/Latino
- 10.2% Asian/Pacific Islander

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

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





SOURCES:

WHO THEY ARE

- · AARP and National Alliance for Caregiving. Caregiving in the United States 2020.
- Binette, J. (2021, November 18). 2021 Home and Community Preference Survey: A National Survey of Adults Age 18-Plus.
- 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., Selena Caldera, Ari Houser, and Rita B. Choula. Valuing the Invaluable 2023 Update: Strengthening Supports for Family Caregivers. Washington, DC: AARP Public Policy Institute. March 8, 2023.
- · 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 AMERICA

Growing **Contributions with Little Support**







The Growing Value of Caregiving

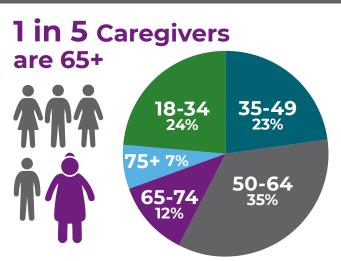
ESTIMATED VALUE OF UNPAID FAMILY **CAREGIVING =**

TOTAL LTSS SPENDING =

\$600 BILLION > \$400 BILLION



Age





CAREGIVERS: WHAT THEY DO

Competing Priorities

11 MILLION Sandwich Generation **Caregivers**



Those caring for both a parent or parents 65+ and a child or children under 18

Hours of Caregiving



Caregiver Tasks



SMTWTFS

of Americans' caregiving needs provided by unpaid caregivers

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 EFFECTS

Emotional



8 OUT OF **10** FIND CAREGIVING MEANINGFUL

Health



REPORT HIGH PHYSICAL STRAIN **DUE TO CAREGIVING DUTIES**

Financial

CAREGIVERS SPEND ON AVERAGE 26% OF THEIR INCOME **ON CAREGIVING**





WORKERS HAVE LEFT A JOB FOR CAREGIVING RESPONSIBILITIES

CUT BACK ON THEIR OWN HEALTH CARE SPENDING





CAREGIVERS: LIMITED SUPPORT

Services Unable to Meet Demand

COULD USE MORE **INFORMATION**





SAY IT IS DIFFICULT TO GET **AFFORDABLE SERVICES** FOR THEIR CARE RECIPIENT

Services for Caregivers

The National Family Caregiver Support Program

RESPITE CARE



SERVED

SERVED TOTAL CAREGIVERS SERVED 750,000

Compensation

Caregivers provide 36 BILLION HOURS of UNCOMPENSATED care each year

