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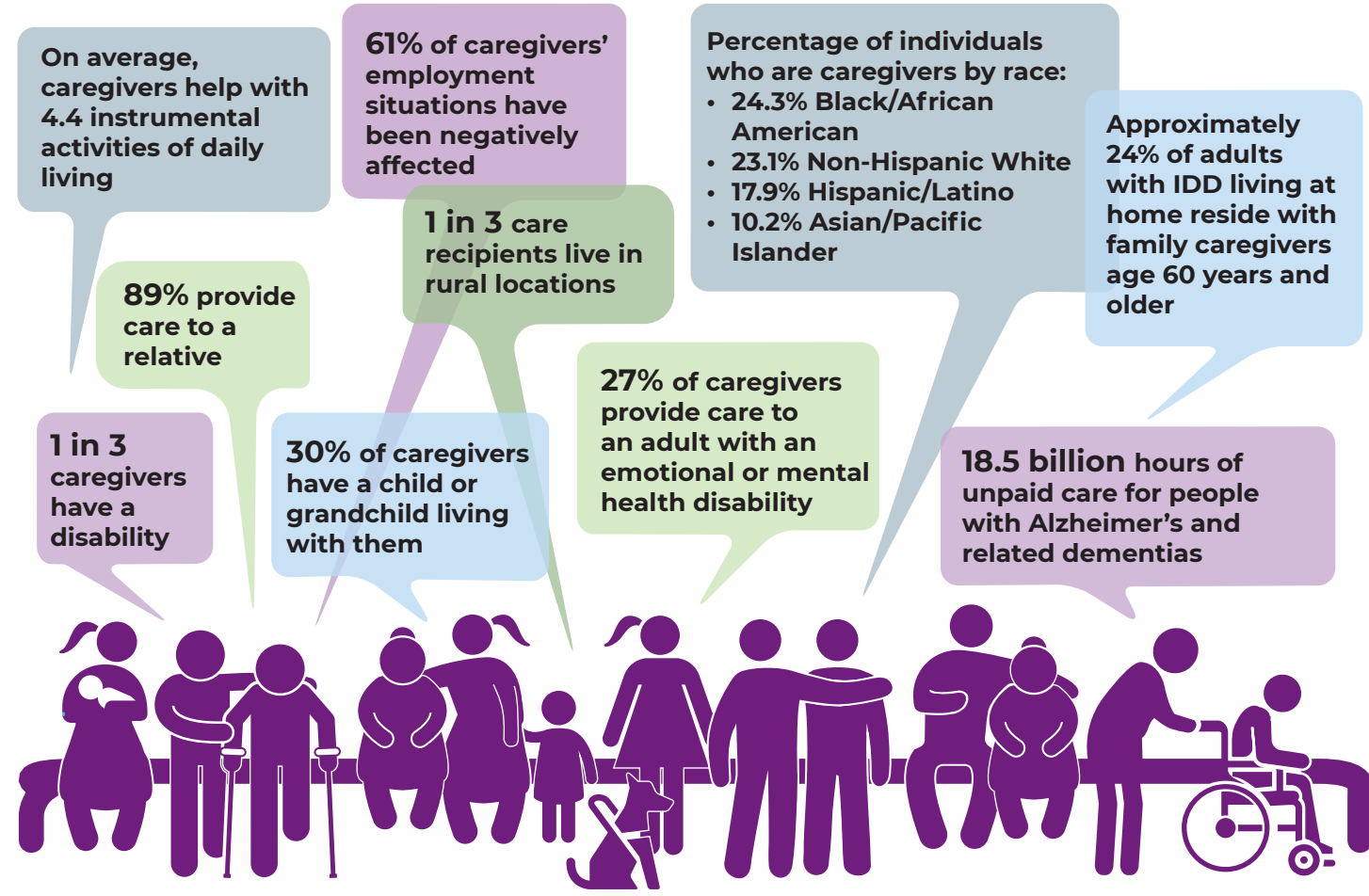
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The National Alliance for Caregiving  
1730 Rhode Island Ave., NW, Suite 812  
Washington, D.C. 20036  
www.caregiving.org



## PROFILE OF CAREGIVERS IN AMERICA



### SOURCES:

#### WHO THEY ARE

- AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*.
- Binette, J. (2021, November 18). *2021 Home and Community Preference Survey: A National Survey of Adults Age 18-Plus*.
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#### WHAT AND WHERE

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- 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*.
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- Skufca, Laura, and Chuck Rainville. *Caregiving Out-of-Pocket Costs Study 2021*. Washington, DC: AARP Research, June 2021.

#### LIMITED SUPPORT

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- 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*.

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- *Caregiving for Family and Friends—a Public Health Issue*. Centers for Disease Control and Prevention, 2019.
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- *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



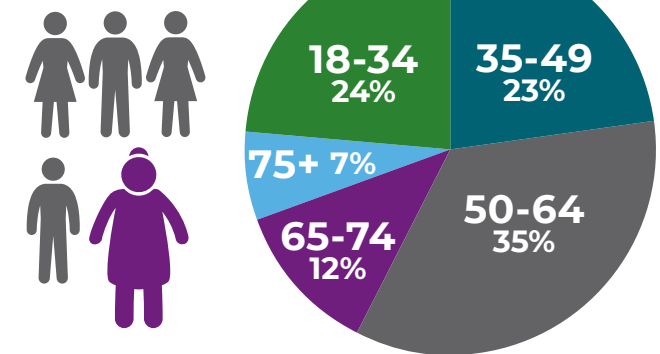
### The Growing Value of Caregiving

ESTIMATED VALUE OF UNPAID FAMILY CAREGIVING = **\$600 BILLION** > **\$400 BILLION** TOTAL LTSS SPENDING =



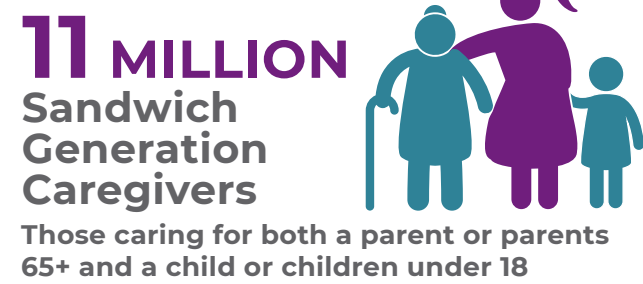
### Age

**1 in 5** Caregivers are 65+



## CAREGIVERS: WHAT THEY DO

### Competing Priorities



### Hours of Caregiving



### Caregiver Tasks



**80%** 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

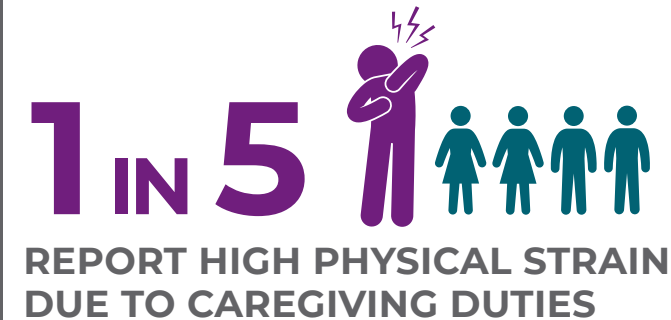
Caregivers are often on their own in learning how to perform medical/nursing tasks

## CAREGIVERS: THE EFFECTS

### Emotional



### Health



### Financial



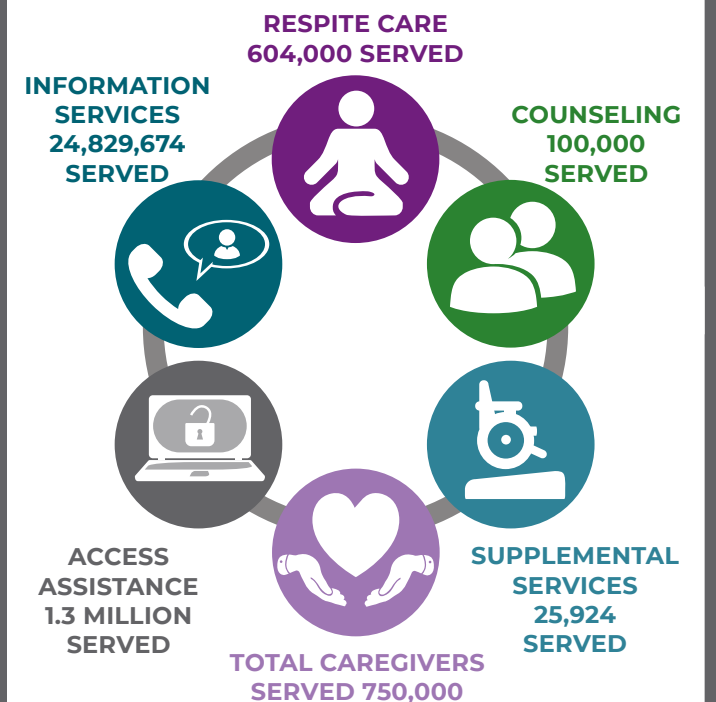
## CAREGIVERS: LIMITED SUPPORT

### Services Unable to Meet Demand



### Services for Caregivers

The National Family Caregiver Support Program



### Compensation

