



# Caregiving in the U.S.

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2015 REPORT

CONDUCTED BY:



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# About the Report

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- Family caregiver is defined as an individual, age 18 or older, who provides unpaid care to family member or friend who needs assistance with everyday activities
- The research study is based on qualitative, online interviews of 1,248 family caregivers age 18 and older
  - Includes a random sample of 1,015 caregivers, with oversample for African American, Hispanic/Latino, and Asian American Pacific Islander caregivers*
- Special focus on family caregivers who support a loved one for at least 21 hours each week (“higher-hour”), medical/nursing tasks, caregivers in the workplace, and caregivers age 75 or older

# Who are America's Carers?

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There are an estimated 43.5 million caregivers in the U.S. (18.2% of the population).

The typical caregiver is a 49 year-old female caring for a 69 year-old relative due to a long-term physical condition.

22% of caregivers are caring for someone with Alzheimer's or dementia.

Nearly one-third are considered "*higher-hour*"-- providing increased hours of care each week.

<u>SNAPSHOT</u>	
60%	Women
40%	Men
13%	African American/ Black
6%	Asian American Pacific Islander
17%	Hispanic/Latino
62%	White

# Higher-Hour Caregivers

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Higher-hour caregivers provide at least 21 hours each week caregiving.

The average amount of time for higher-hour caregivers is **62 hours per week** and they have a high burden of care (4 out of 5 in a 5 point scale).

They are typically the sole, unpaid care provider and nearly four times as likely to be caring for a spouse or partner.

These caregivers often report that they had “no choice” in taking on the caregiving role.



## **Overall:**

32% of caregivers are higher-hour

## **Breakout by Ethnicity:**

White: 28%, Asian American Pacific Islander: 37%, African American/Black: 39%, Hispanic/Latino: 40%

# Caregivers Age 75 and Older

Caregivers age 75 or older are typically caring for a close relative (spouse, adult child, or sibling). They are the sole provider of care, and usually live with the care recipient.

These caregivers, on average, have provided care for 5 ½ years, spending about 34 hours per week performing multiple caregiving responsibilities:

- 2 Activities of Daily Living (ADL);
- 5 Instrumental Activities of Daily Living (IADL); and
- Medical/Nursing Tasks (M/N Tasks).



## Responsibilities Include:

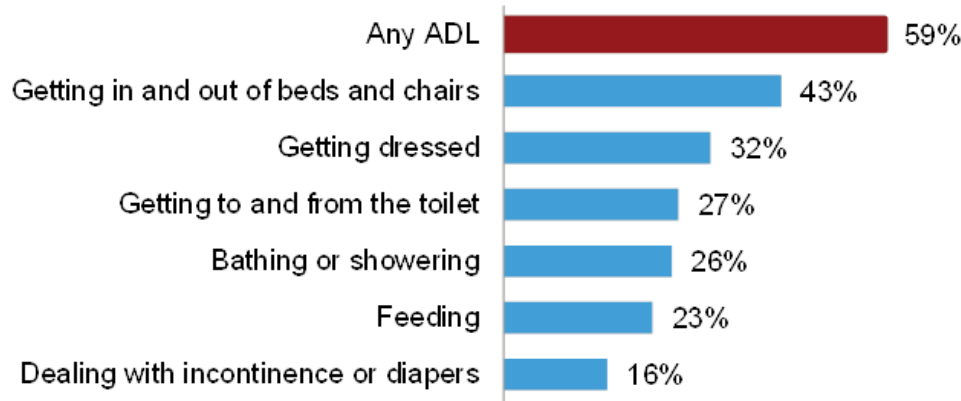
ADL- Bathing, Dressing & Feeding

IADL- Housework, Cooking & Managing Finances

M/N Tasks- Injections, Tube Feedings & Colostomy Care

# Help with Activities of Daily Living (ADLs)

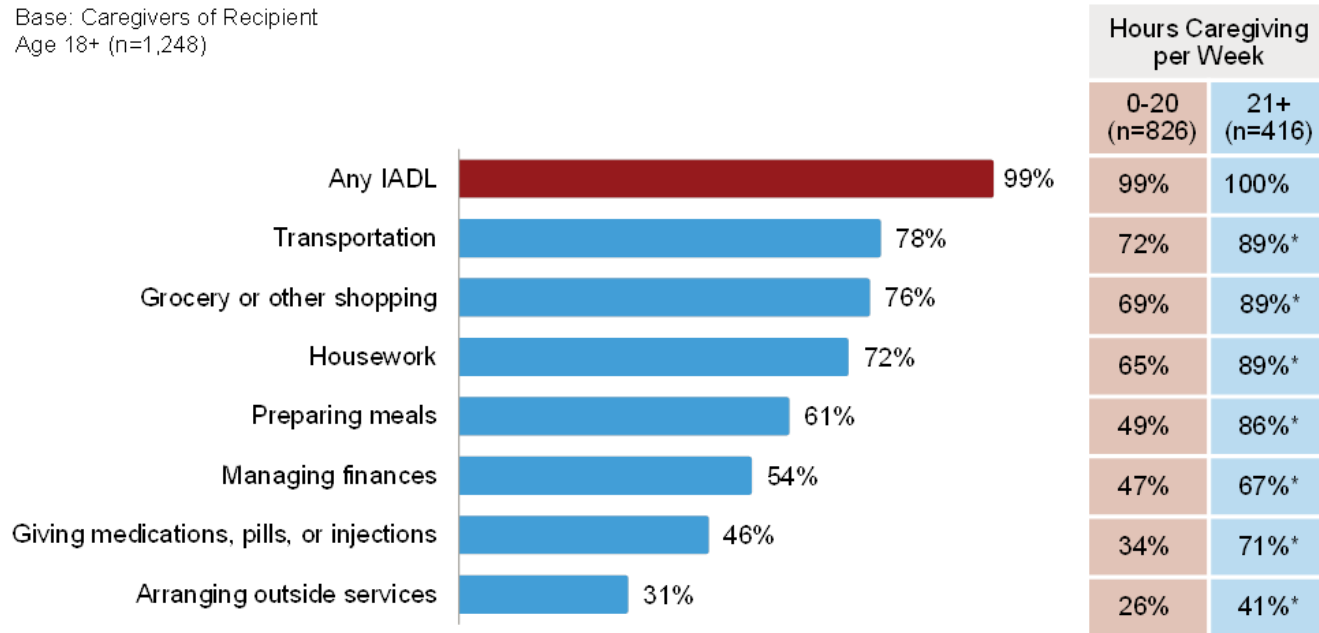
Base: Caregivers of Recipient  
Age 18+ (n=1,248)



Hours Caregiving per Week	
0-20 (n=826)	21+ (n=416)
51%	75%*
36%	59%*
22%	51%*
21%	40%*
17%	45%*
18%	36%*
9%	31%*

# Help with Instrumental Activities of Daily Living (IADLs)

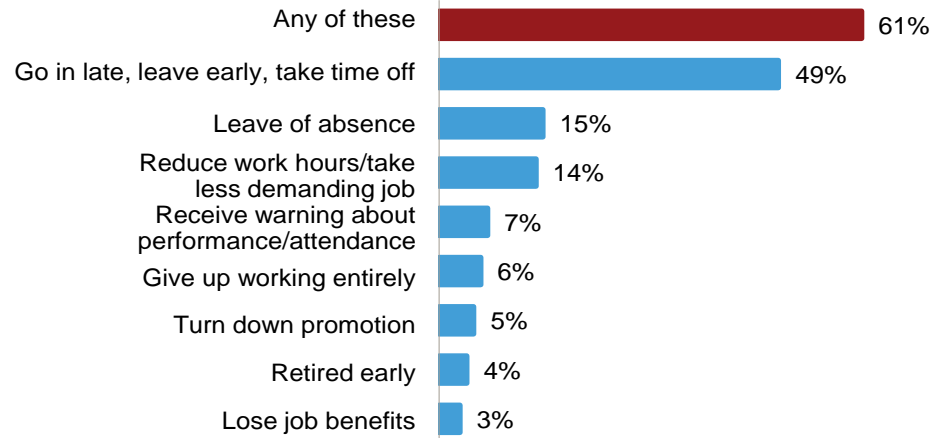
Base: Caregivers of Recipient  
Age 18+ (n=1,248)





# Balancing Caregiving & Work

Base: Working Caregivers of Recipient Age 18+ (n=724)



Hours Caregiving per Week	
0-20 (n=527)	21+ (n=194)
58%	69%*
47%	53%
12%	23%*
10%	25%*
5%	11%*
4%	12%*
3%	11%*
3%	8%*
2%	5%

60% of caregivers were employed at some point in the past year while also caregiving. Higher-hour caregivers are more likely to report experiencing nearly all of these work impacts.

# Other Impacts on Work/Caregiving Balance

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- Primary caregivers are more likely to report that caregiving impacted their work, as are caregivers who felt they had “no choice” in taking on the role
- 70% of caregivers who perform medical/nursing tasks reported that caregiving impacted their job
- Employees working 30 hours a week or more were more likely to report workday interruptions as a result of caregiving
- 39% of caregivers left their job to have more time to provide care
- 34% of caregiver left their job due to lack of flexibility

# Medical/Nursing Tasks

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More than 8 in 10 higher-hour caregivers are performing medical/nursing tasks without any prior preparation.

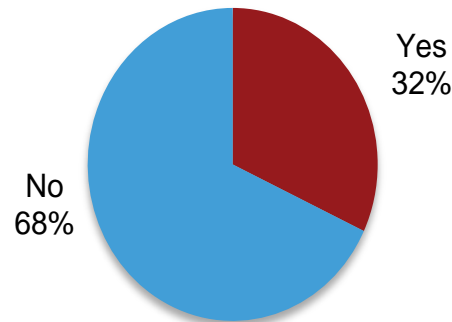
Caregivers in the most complex care situations are the ones most likely to be performing medical/nursing tasks without any preparation.

62% of high-burden caregivers are performing medical/nursing tasks without prior preparation.

# Most Caregivers Have No Paid Help

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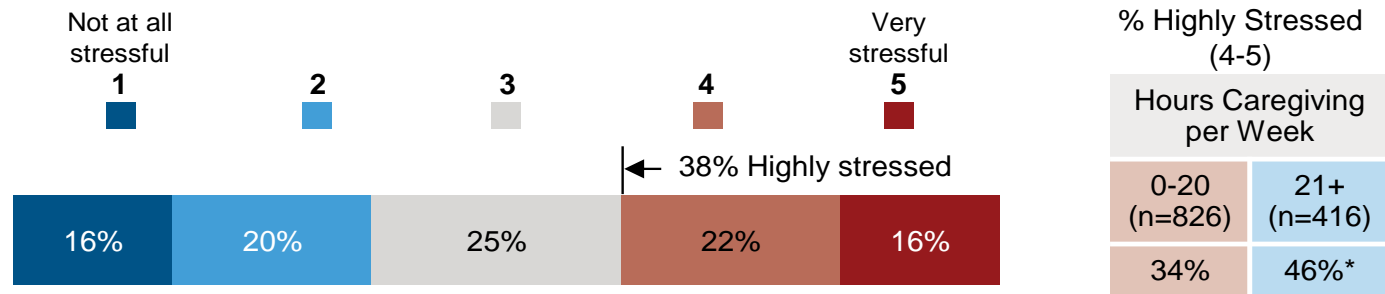
Base: Caregivers of Recipient Age 18+ not in nursing home or assisted living (n=1,147)



% Yes	
Hours Caregiving per Week	
0-20 (n=740)	21+ (n=401)
30%	34%

# Many Caregivers are “Highly Stressed”

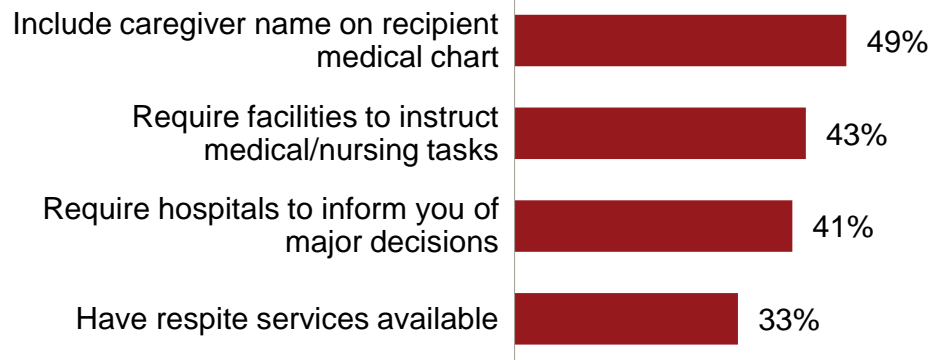
Base: Caregivers of Recipient  
Age 18+ (n=1,248)



Experiencing emotional stress is more common among higher-hour caregivers. Over half of those who feel they had no choice in taking on their caregiving role report high levels of emotional stress (53%).

# Caregiving Support Policies

Base: Caregivers of Recipient Age 18+ (n=1,248)



Hours Caregiving per Week	
0-20 (n=826)	21+ (n=416)
48%	52%
42%	46%
41%	42%
30%	41%*

Higher-hour caregivers are more likely to say respite services would be helpful. Respite services are especially appealing to higher-hour caregivers who live with their care recipient (44%).

# Recommendations

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1. Identify high-risk caregivers.
2. Support caregivers in the workplace.
3. Provide resources to new caregivers.
4. Offer training.
5. Encourage advance planning for when caregivers can no longer provide care.

# More Information

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