

PROFILE OF CAREGIVERS IN AMERICA

- 82% care for 1 adult
- 15% care for 2 adults
- 3% care for 3+ adults

On average, caregivers help with 4.2 Instrumental Activities of Daily Living

Caregivers by Race:

- 16.9% White
- 19.7% Asian American
- 20.3% African American
- 21% Hispanic

\$28+ billion in lost productivity for full/part-time employed caregivers

49% felt they had no choice in taking on this role

85% provide care to a relative

28% of caregivers have a child or grandchild living with them

8.4 million provide care to an adult with an emotional or mental health issue

17.9 billion hours of unpaid care for people with Alzheimer's & related dementias

600,000-700,000 families have an adult with I/DD living with aging family members with no future planning



Definitions

A **caregiver**—sometimes called an **informal caregiver**—is an unpaid individual (for example, a spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks. **Formal caregivers** are paid care providers providing care in one's home or in a care setting (day care, residential facility, long-term care facility). For the purposes of the present fact sheet, displayed statistics generally refer to caregivers of adults.

Local Caregiver Feedback: The Arc of Wisconsin FINDS results (excerpt):

How does caregiving affect employment?

- 92% caregivers reported going in late or leaving early because of caregiving responsibilities.
- 83% of respondents worked for pay outside of caregiving responsibilities in the 12 months prior to the survey.
- 71% of caregivers reported cutting back hours.
- 52% reported giving up working.
- 42% turned down a promotion.
- 36% did not take job opportunities that require moving out of state.
- 31% reported losing benefits.
- 21% received warnings about attendance or work performance.

How is caregiving affecting parents?

- 98% report some level of stress. 50% are very or extremely stressed.
- 94% report challenges finding time for self-care.
- 91% report challenges balancing other family responsibilities.
- 83% report out-of-pocket expenses related to their family members needs of more than \$1,000 per year.
- 65% report challenges meeting their own health needs.

What worries caregivers about the future for their family member?

- 93% worry the quality of support will go down if they are not there to advocate.
- 90% worry she/he will have to live somewhere she/he does not want to live.
- 86% worry she/he will not have enough friends and social activities.
- 85% worry she/he will have difficulty advocating for what she/he needs.
- 85% worry she/he will not be able to contribute to major life decisions or receive support for self-determination.
- 84% worry there is no one else to provide the support they are giving.
- 82% worry her/his health will deteriorate.
- 82% worry some form of abuse or neglect might occur.