

CAREGIVER FACTS

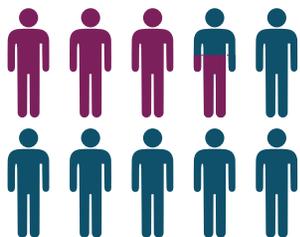
Fact

65 million adults provide care for a chronically ill, disabled or aged family member.



4 in 10
people spend an average
of 24 hours per week
caring for their loved ones.

1 in 7
(16.8 million)
provide care for children
with special needs.



36%
Provide care for
a parent over 50.

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DID YOU KNOW?

- 4 in 10 people are caring for a loved one with significant health issues.¹
- More than 65 million people provide care for a chronically ill, disabled, or aged family member.²
- Family caregivers spend an average of 24.4 hours per week providing care.³
 - Nearly 1 in 4 caregivers spends 41 hours or more per week providing care.³
- 1 in 7 (16.8 million) caregivers care for special needs children.²
- Caregivers have been in their role for an average of 4.6 years, with three in ten having given care to their loved one for five years or more (31%).⁴
- 23% of family caregivers caring for loved ones for 5 years or more report their health is fair or poor.²
- 40% to 70% of family caregivers have clinically significant symptoms of depression with approximately a 25% to 50% of these caregivers meet the diagnostic criteria for major depression.⁵
- More than 1 in 10 (11%) of family caregivers report that caregiving has caused their physical health to deteriorate.⁶

¹ <http://www.pewresearch.org/fact-tank/2013/07/18/as-population-ages-more-americans-becoming-caregivers/>

² <http://caregiveraction.org/resources/caregiver-statistics> Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP; November 2009.

³ <https://www.caregiver.org/caregiver-statistics-demographics> National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.

⁴ http://www.caregiving.org/data/Caregiving_in_the_US_2009_full_report.pdf

⁵ <http://caregiveraction.org/resources/caregiver-statistics> Zarit, S. (2006). Assessment of Family Caregivers: A Research Perspective.

⁶ <http://caregiveraction.org/resources/caregiver-statistics> How Do Family Caregivers Fare? A Closer Look at their Experiences. Center on Aging Society. 2005. How Do Family Caregivers Fare? A Closer Look at their Experiences. Center on Aging Society. 2005.

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