

# CAREGIVER FACTS

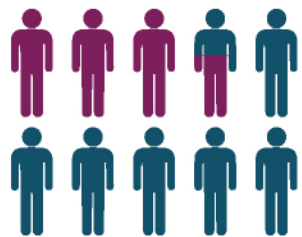
## Fact

**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.

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



## DID YOU KNOW?

- ④ **4 in 10** people are caring for a loved one with significant health issues.<sup>1</sup>
- ④ **More than 65 million** people provide care for a chronically ill, disabled, or aged family member.<sup>2</sup>
- ④ **36%** of family caregivers care for a parent or loved one over 50 years old.<sup>2</sup>
- ④ Family caregivers spend an average of **24.4 hours per week providing care**.<sup>3</sup>
  - ▶ Nearly **1 in 4 caregivers** spends **41 hours or more per week providing care**.<sup>3</sup>
- ④ **1 in 7 (16.8 million)** caregivers care for special needs children.<sup>2</sup>
- ④ 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%)**.<sup>4</sup>
- ④ **23% of family caregivers** caring for loved ones for 5 years or more report their health is fair or poor.<sup>2</sup>
- ④ **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**.<sup>5</sup>
- ④ **More than 1 in 10 (11%)** of family caregivers report that caregiving has caused their physical health to deteriorate.<sup>6</sup>

*Detailed statistics available at: [chronic-joy.org](http://chronic-joy.org)*

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