

Leadership, innovation, collaboration for state Aging and Disability agencies.

241 18th Street S, Suite 403 Arlington, VA 22202 Phone: 202-898-2578 www.advancingstates.org www.hcbs.org

Stay informed with us on:







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



PROFILE OF CAREGIVERS IN AMERICA

On average, caregivers help with 4.4 instrumental activities of daily living

89% provide

care to a

relative

1 in 3

have a

caregivers

disability

61% of caregivers' employment situations have been negatively affected

30% of caregivers

have a child or

with them

grandchild living

1 in 3 care recipients live in rural locations

Percentage of Individuals who are caregivers by race:

- 19.8% Non-Hispanic White
- 28.1% African American/ **Black**
- 21.9% Hispanic
- 28.2% Other

Approximately 24% of adults with IDD living at home reside with family caregivers age 60 years and older

27% of caregivers provide care to an adult with an emotional or mental health disability

18.5 billion hours of unpaid care for people with **Alzheimer's and related** dementias





SOURCES:

- AARP and National Alliance for Caregiving. Caregiving in the United
- RAISE Family Caregivers Act: Initial Report to Congress. DHS, ACL, and RAISE Family Caregiving Advisory Council.

WHAT AND WHERE

- AARP and National Alliance for Caregiving. Caregiving in the United
- 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
- Reinhard, Susan, Heather M. Young, Carol Levine, Kathleen Kelly, Rita Choula, and Jean Accius. Home Alone Revisited. Washington. DC: AARP Public Policy Institute, 2019.
- Skufca, Laura, and Chuck Rainville. Caregiving Out-of-Pocket Costs Study 2021. Washington, DC: AARP Research, June 2021.

LIMITED SUPPORT

- State Program Reports. AGing, Independence, and Disability (AGID) Program Data Portal, 2019.
- AARP and National Alliance for Caregiving. Caregiving in the United
- Reinhard, Susan C. Lynn Friss Feinberg, Ari Houser, Rita Choula, and Molly Evans. Valuing the Invaluable: 2019 Update - Charting a Path Forward. AARP Public Policy Institute, 2019.
- Congressional Research Services. Who Pays for Long-Term Services and Supports, 2021.

PROFILE OF CAREGIVERS IN AMERICA

- Caregiving for Family and Friends—a Public Health Issue. Centers for Disease Control and Prevention. 2019.
- AARP and National Alliance for Caregiving. Caregiving in the United States 2020. Washington, DC: AARP. May 2020.
- 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 AMERICA

Growing Contributions with Little Support









Compensation

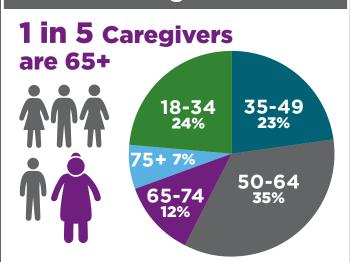
Caregivers provide 30 BILLION HOURS of UNCOMPENSATED care each year



Gender



Age





CAREGIVERS: WHAT & WHERE

Where Care Recipients Live



their own

home





retirement

someone

assisted living.

Hours of Caregiving



Caregiver Tasks



assist with medical/ nursing tasks



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 STRESSORS

Emotional

SSSSS 6 IN 10 **CAREGIVING SITUATION STRESSFUL**

Health



REPORT HIGH PHYSICAL STRAIN **DUE TO CAREGIVING DUTIES**

Financial

CAREGIVERS SPEND ON AVERAGE 26% OF THEIR INCOME **ON CAREGIVING ACTIVITIES**





WORKERS HAVE LEFT A JOB FOR CAREGIVING RESPONSIBILITIES

THEIR OWN HEALTH CARE SPENDING





CAREGIVERS: LIMITED SUPPORT

Services for Caregivers

The National Family Caregiver Support Program

RESPITE CARE 58,900 SERVED

INFORMATION COUNSELING SERVICES 102,023 24,829,674 SERVED **SERVED**



ASSISTANCE CASH & COUNSELING

SUPPLEMENTAL SERVICES 25,924 **SERVED**

Services Unable to Meet Demand

1.809 SERVED

COULD USE MORE INFORMATION





547.393

SERVED

SAY IT IS DIFFICULT TO **GET AFFORDABLE SERVICES FOR THEIR CARE RECIPIENT**

The Growing Value of Caregiving

ESTIMATED VALUE OF UNPAID FAMILY CAREGIVING = \$470 BILLION







