

# THE COST OF CAREGIVING

Caring for a loved one can be rewarding, but it's not always easy. As the number of family caregivers rises, they continue to face a variety of challenges.



## WHO'S CAREGIVING?

**34.2 million Americans** have provided unpaid care to an adult age 50+ in the past 12 months.

**60%** Female  
**40%** Male

**49** Average age

**33%**

spent more than 30 hours a week caregiving.

**1 in 10** caregivers are age 75+.

**24.4** is the average hours per week spent caregiving.

**56%** of employed caregivers work full time.



**49%** care for a parent (or in-law).

## THE BURDEN OF CARE

Family caregivers usually aren't equipped to handle managing a loved one's growing needs. This stress can take a heavy toll on many areas of a caregiver's life.

### HEALTH

Caregivers spend much of their time tending to others' needs, often at the expense of their own health and well-being.

**55%** are overwhelmed by the amount of care needed.

**22%** experience a decline in their own health.

**38%** feel highly stressed.

**20%** experience extreme physical strain.

### FINANCE

Many caregivers are stressed about money. Medical bills and other expenses can pile up quickly as a loved one's needs increase.

**20%** have felt stressed about finances.

**Nearly 40%** experience a moderate-to-high-intensity degree of financial strain.

**46%** spend \$5,000+ each year on caregiving.

### CAREER

The burden of care extends to the workplace, where caregivers find they're forced to neglect responsibilities and miss opportunities.



- 60%** have seen a negative impact on their jobs.
- 66%** are distracted at work.
- 50%** change their work schedules.

**1 in 5** retirees left the workforce earlier than planned last year as a result of caregiving duties.



be.group