

*Caregivers are: wives, husbands, parents, children, friends, employees...
If you provide physical or financial support, transportation or
assistance by telephone... YOU ARE a Caregiver.*

Family Caregiving Fact Sheet

Did you know that ...

- American families, organized as households, provide 80 to 90 percent of the medical and personal care required by our frail elderly.
- Nearly one in four households in America are involved in providing physical and emotional assistance to older relatives and friends.
- The number of households providing caregiving has tripled in the last decade.
- 37 percent of Kent County residents surveyed are providing care to elderly relatives or friends.
- 39 percent of people 60 and older, surveyed in Kent County, are providing some type of care.
- About 75 percent of all caregivers for older people are women.
- Family caregiving differs across racial and ethnic groups.
- Some 25 percent of all persons in the paid labor force provide care for their elderly relatives.
- Just over half of all caregivers for persons aged 50 and older are employed full-time and almost two-thirds are employed full- or part-time.

- Transportation, grocery shopping, and household chores are the most common tasks of caregivers.
- While the average caregiver provides about 18 hours of care per week, intense caregiving is going on in a quarter of the 22.4 million households providing care. Some 4.1 million households are providing at least 40 hours per week of unpaid, informal family assistance, and some 1.6 million households are providing 20-40 hours per week.
- The majority of caregivers provide unpaid assistance for one to four years. Some 20 percent provide care for five years or longer.
- Research has shown that spouses who experience mental or emotional strain in their caregiving have a 63 percent higher risk of dying than non-caregivers.
- Contrary to popular belief, only about 10 percent to 20 percent of family caregivers use formal services offered by public or private agencies.
- Almost all (96 percent) of caregiving women have experienced some conflict among the major roles so many contemporary women fill – caregiver, mother, wife, and employee.
- The women who experience the most parent care conflict with their other roles in life tend to have more physically and mentally impaired parents.
- Caregiving can be an emotional roller coaster. Caring for loved ones can demonstrate the caregiver's love and commitment. But it can also lead to burn out, stress and depression due to exhaustion, inadequate help and support, and unending responsibilities.
- Nearly one-third of all adult children caregivers show signs of clinical depression after one year of caregiving.

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