

# 10 Fast facts about caregivers

*"The simple act of caregiving is heroic." ~Edward Albert*

Caregiving today affects everyone. Either you are a caregiver, know someone who is, or you expect to be one in the future. Over 43 million adults in the United States have provided unpaid care to an adult or child in the past 12 months. Caregivers come from all walks of life, what they have in common is that they provide unpaid care by helping their loved ones perform Activities of Daily Living (ADLs) including bathing, dressing and feeding, Instrumental Activities of Daily Living (IADLs) including housework, cooking & managing finances, and Medical/Nursing Tasks (M/N) including injections, tube feedings and colostomy care.

## Caregiver Snapshot

- Typical caregiver profile: 49-year-old female caring for a 69 year-old relative due to a long-term physical condition.
- 60% women & 40% men are caregivers.
- 82% care for one person who is living with them or lives within a 20 minute distance.
- 34% are employed full-time, 25% work part time.
- 39% left their job to have more time to provide care.
- 34% left their job due to lack of flexible work hours.
- 70% who performed M/N tasks reported that caregiving impacted their job.
- Higher-hour caregivers average 62 hours per week of care.
- 32% of higher-hour caregivers provide care for at least 21 hours each week.
- Senior caregivers 75 years and older typically care for a close relative (spouse, adult, child or sibling), live with them, and have been doing so for an average of 5 ½ years, spending about 34 hours per week helping with ADLs, IADLs and M/N tasks.

*Source: National Alliance for Caregiving & American Association of Retired Persons Public Policy Institute, "Caregiving in the U.S. 2015," June 2015*

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