Caregivers Are Amazing

Caregivers, thank you for the important work you do every day. November is National Caregivers Month, and we’re celebrating you by sharing some facts about how you and fellow caregivers support your loved ones.

40.4 million people provide unpaid care for an adult age 65+.

(Pew Research Center)

66% of family caregivers are women.

(Family Caregiver Alliance, 2018)

47% of adults ages 40-59 are simultaneously caring for aging parents and raising children.

(The Sandwich Generation, Pew Research Center)

The average time caregivers spend providing care: 24.4 hours/week

(Caregiving in the U.S., 2015)

91% of caregivers are grateful for the opportunity to help a loved one.

(The Journey of Caregiving, Merrill Lynch)

91% of dementia caregivers say it’s made them think about their own future potential care needs.

(National Poll on Healthy Aging, 2017)

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