Nearly 40 million Americans provide unpaid care to an adult age 50 or older each year. In the spectrum of caregiver types, which one are you?

**The Working Daughter**

The average caregiver: a 49-year-old woman who works outside the home and provides 20 hours per week of unpaid care to her mother.

- 26% are also parents of a minor
- >50% financially support an adult child
- 16% regularly take care of a grandchild

Sources: Family Caregiver Alliance; Daughters in the Workplace Survey, 2017

**The Caring Man**

The average age for a son caring for a parent or in-law is 46.4 years old. The average age of male caring for spouse/partner is 62.5 years old.

- 56% married
- 26% single, never married
- 11% gay, bisexual or transgender

Source: Breaking Stereotypes: Spotlight on Male Family Caregivers, March 2017

**The Long-Distance Caregiver**

There are between 5–7 million long-distance caregivers in the U.S. That number is projected to double by 2020.

- 450 miles Average distance from care recipients
- 58% male
- 42% female

Sources: National Council on Aging; National Alliance for Caregiving/HeLiMa Mature-Market Institute