

# Caregiving

Title	Additional Information
<b>Family Caregiver Defined</b>	78% of adults living in the community and in need of LTC depend on family & friends as their only source of help.
<b>Who Provides Care</b>	65 million people or 29% of US population provide care for a chronically ill disabled or aged family member or friend. An average of 20 hours per week is spent in unpaid caregiving. The value of unpaid caregiving when caring for an older adult is estimated at \$375 billion dollars/yr - almost 2 times the amount actually spent on home and nursing care services - \$158 Billion. <i>Reference:</i> Evercare & AARP - 2009 Survey
<b>Working Caregivers</b>	Typical Caregiver is a 49 year old married, working female caring for a 69 year old mother who does not live with her. Approximately 66% of family caregivers are women and 37% have children or grandchildren under the age of 18 living at home.
<b>Physical Stress</b>	23% of family caregivers providing care to a loved one for five or more years report that their health is fair or poor. Stress of caring for a loved one with Dementia can continue to impact a persons immune system for up to three years after the caregiving stops leading to potential health issues for the caregiver.
<b>Emotional Stress</b>	40 -70% of family caregivers have clinically significant symptoms of depression. Of these between 25% - 50% meet diagnostic criteria for major depression.
<b>Financial Stress</b>	47% of working caregivers indicate an increase in caregiving expenses has caused them to use up all or most of their savings. During 2009 economic downturn 1 in 5 family caregivers had to move in to home with the loved one to cut expenses. Average family caregiver for someone 50+ spends approximately \$5,531/yr out of pocket more than 10% of median US income.