



Tipsheet: Caregiver Facts

Family caregivers are relatives, neighbors or close friends who directly provide for or manage the care of someone else that needs assistance to maintain an optimal level of independence.

Demographics

- In 1 out of every 4 households, someone is involved in providing care to a relative or friend age 50 and over.
- According to surveys, caregiving is more prevalent in non-white families ranging from 32 percent in Asian-American families, 29 percent in African-American families, 27 percent in Hispanic-American families and 24-25 percent in families of European descent.
- The average age of a caregiver is 57, however, 25 percent are between 65 and 75 years of age and another 10 percent is 75 and older.
- Nearly 23 percent of caregivers are wives, 13 percent are husbands, 29 percent are daughters and 9 percent are sons.
- Between 20 and 40 percent of caregivers are in the "sandwich generation" with children under age 18 to care for in addition to their disabled older relative.
- 64 percent of caregivers are in the workforce: 52 percent full-time; 12 percent part-time.

Care Recipients

- Nearly 3 out of 4 caregivers live with the care recipient.
- In Minnesota, families provide 95 percent of all assistance needed by an older adult and about 75 percent of disabled elders depend exclusively on informal sources of assistance.

Financials

- On average, caregivers provide personal care assistance and household maintenance chores for 18 hours a week; 11 percent provide round-the-clock care.
- The majority of caregivers provided unpaid assistance for 1 to 4 years; 20 percent provide care for 5 years or longer.
- Estimates suggest the value of family caregivers to the health care system is about \$196 billion each year, compared to \$32 billion per year spent for home care and \$83 billion per year for nursing home care.
- It has been stated that without family caregivers, our healthcare system would be bankrupt.

Source: FamilyMeans, a United Way supported agency provides family counseling and school programs, youth development activities, support, services for seniors and Consumer Credit Counseling Services.

Resources: [United Way 2-1-1™](#) is a free and confidential, 24-hour information/referral line that can connect you to helpful programs and resources in our community. Just dial 2-1-1 or 651-291-0211.