

15 Enlightening Facts about Caregivers

and Why We Should Appreciate Them More

Duties



Assist in basic activities like bathing, dressing, grooming, eating, toileting, moving



Prepare meals and clean up



Help in house chores



Give medical needs and reminders



Provide companionship



Statistics

30-64

Age of primary caregivers

16%

Post graduate

20%

College graduate

4%

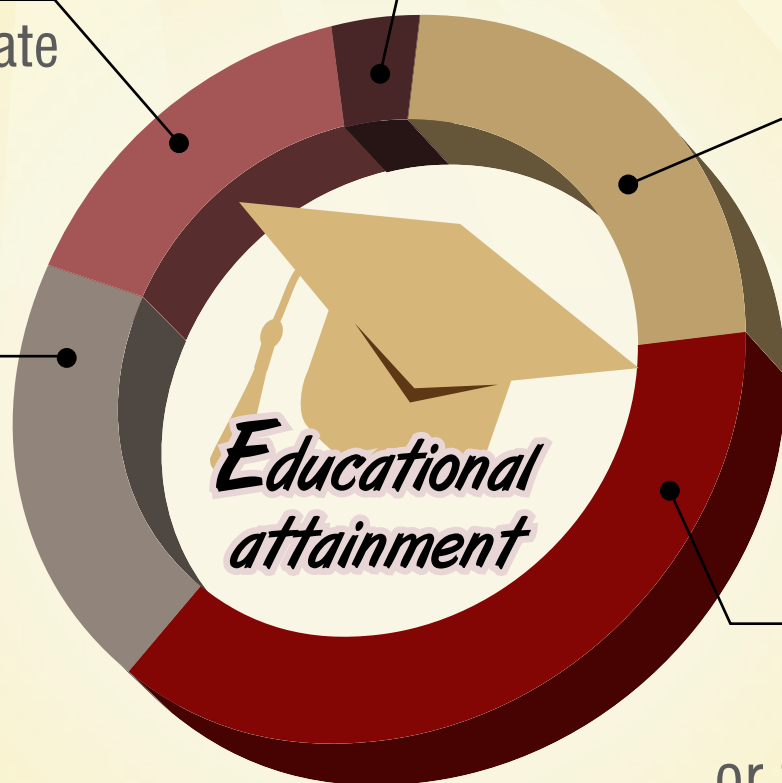
Less than high school

23%

High school graduate

37%

College or technical training



2010

Have other jobs

Full-time caregivers

Number of paid and unpaid caregivers in 2009

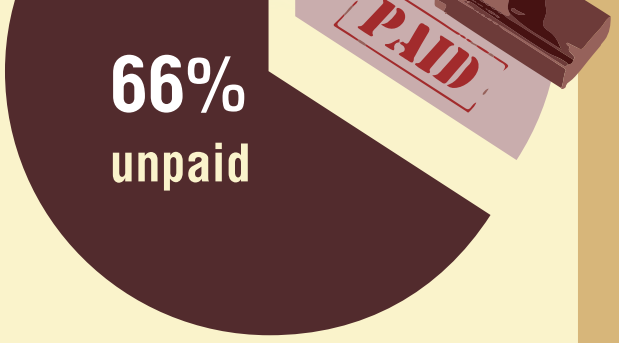
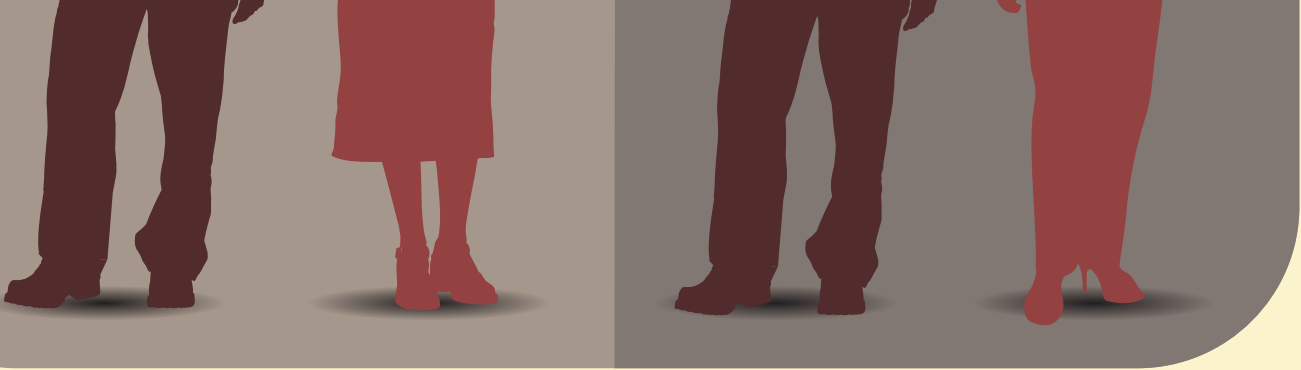
48.2%
MALE

51.8%
FEMALE

38.3%
MALE

61.7%
FEMALE

34%



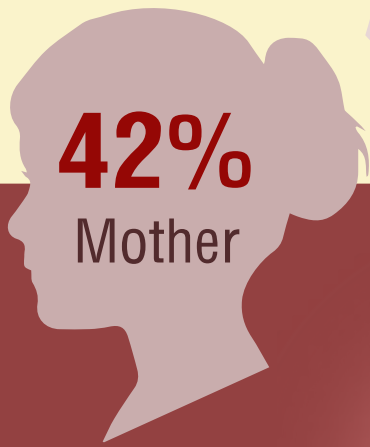
Family Caregiver

Average number of hours family caregivers spend in 2009



20
hours
per week

Who they provide care for

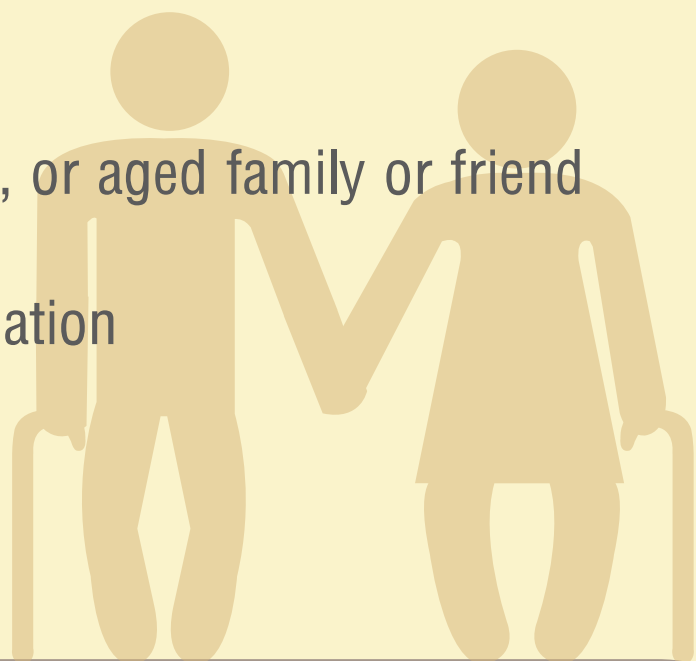


13% Spouse



Family caregivers in the US

65M provide care for chronically ill, disabled, or aged family or friend or **29%** of total US population



Effects of caregiving

Health



42% felt stress with their spouse
35% stress with their children

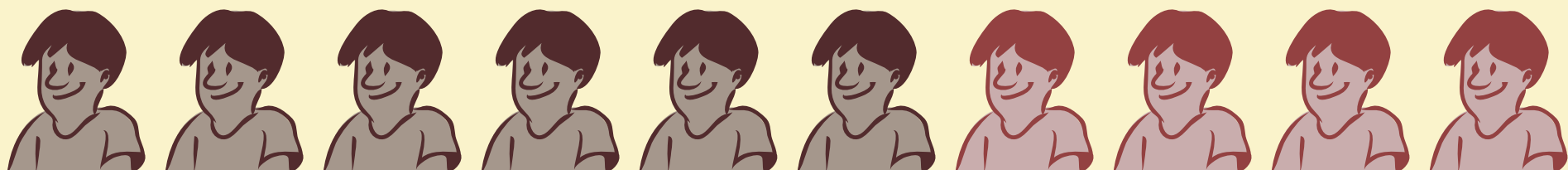
Caregivers diagnosed with Depression



Work and financial

6 in 10

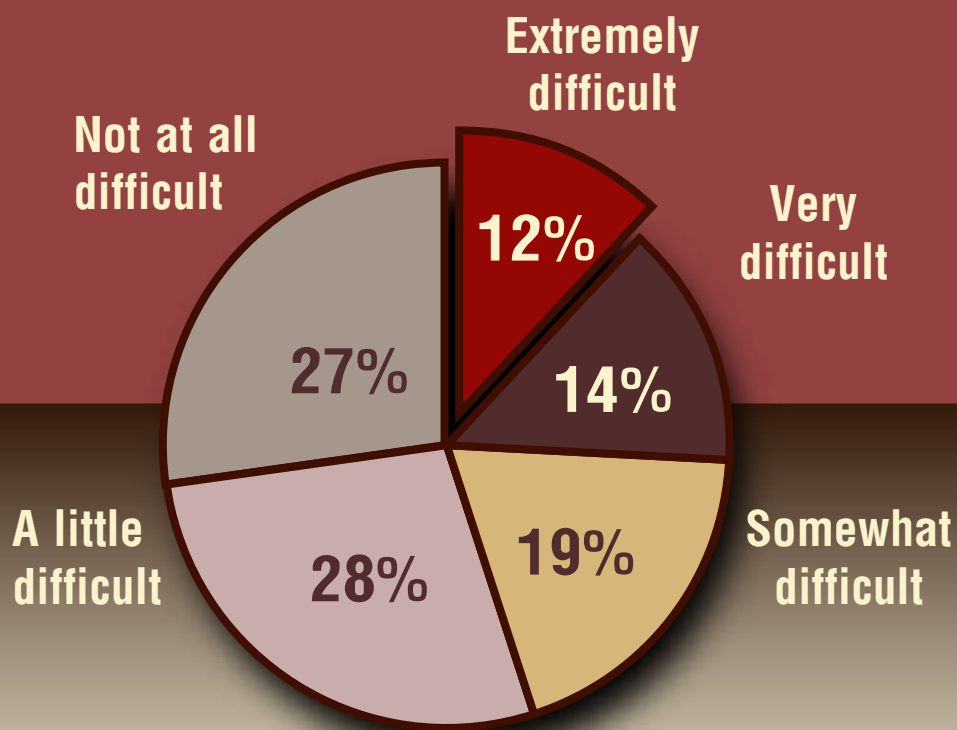
family caregivers are employed in 2010



44% had to work fewer hours

20% direct loss of career opportunities

How caregivers evaluate their work



Family caregiver household earnings in 2012



45% have positive emotions of happiness and fulfillment

56% says that they feel appreciated

61% have stronger sense of connection to people being cared for

Taking care of caregivers

Ways



Take a rest



Join support groups



Exercise and eat healthy meals



Go out with friends



Have a medical check up

In 2012, companies pay **8%** more in health care costs for workers with **caregiving responsibilities** than those without

Resources

- <http://www.wilder.org/Wilder-Research/Publications/Studies/Caregiving%20in%20Context/Caregiving%20in%20Context%20-%20Understanding%20Caregivers%27%20Networks%20of%20Support,%20Full%20Report.pdf>
- https://www.genworth.com/dam/Americas/US/PDFs/Consumer/corporate/Beyond%20Dollar%20FINAL%20109048_093010_secure.pdf
- <http://www.aasa.dshs.wa.gov/Professional/TCARE/documents/FCSP%20Expansion%20Report%20-%20January%207%202013.pdf>
- <http://www.webmd.com/balance/tc/caregiver-tips-caregiver-tip-number-1-take-care-of-yourself-first>
- <http://www.multivu.com/assets/57429/documents/57429-AARPCaregiverStudyJuly2012-original.pdf>
- http://www.caregiving.org/data/Caregiving_in_the_US_2009_full_report.pdf
- [http://www.well-beingindex.com/files/20100513_CHR_CareGiving.pdf\(1\)](http://www.well-beingindex.com/files/20100513_CHR_CareGiving.pdf(1))
- <http://www.caregiverlist.com/JobDescription.aspx>
- <http://caregiveraction.org/statistics/>
- <http://www.ltcoptions.com/7-family-caregiving-tips-for-alzheimers-patients/>
- <http://www.infolongtermcare.org/become-ultimate-family-caregiver/>