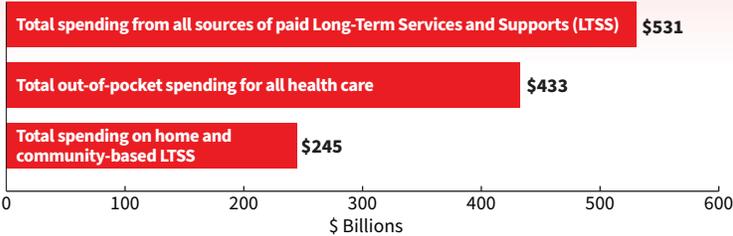


In 2021, about 38 million Americans spent 36 billion hours caring for adults with chronic, disabling, or serious health conditions. The estimated economic value of this care is **\$600 billion**.

Estimated value of caregiving relative to other spending.

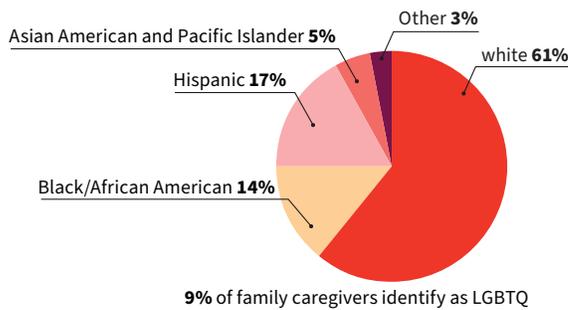


60% of caregivers juggle work and care.

- ▶ **60%** of caregivers worked a full-time or part-time job.
- ▶ **40%** of caregivers cite the emotional stress of juggling caregiving with paid work as biggest challenge.
- ▶ Career disruptions and breaks due to caregiving can lead to substantial economic risk and even long-term financial struggles for caregivers.



Today's family caregivers are diverse.



Sandwich Generation Caregivers face dual-generation care demands.

- ▶ Caring for *both* an older family member or friend and children or grandchildren results in a higher level of **emotional & financial strain**.
- ▶ **30%** of all caregivers are caring for two generations.
- ▶ They increasingly include Gen Z and millennial caregivers.
- ▶ They are often balancing work with caregiving.



Diverse caregivers have distinct care experiences.

- ▶ Black/African American and Hispanic/Latino caregivers are more often involved in **high-intensity caregiving**.
- ▶ Black/African American caregivers often receive **no paid or unpaid caregiving help**.



- ▶ Hispanic/Latino caregivers are more often younger and **caring for children, too**.
- ▶ Asian American caregivers report feelings of having **no choice** in providing care.
- ▶ LGBTQ caregivers more often experience **high financial strain**, feelings of isolation, & high emotional stress tied to their role.

Six recommendations to support unpaid family caregivers:

<p>Implement the National Strategy to Support Family Caregivers.</p>	<p>Support family caregivers when caring for someone in the hospital and as they transition home through the CARE Act.</p>	<p>Offer caregiver tax credits or other reimbursement programs to offset the costs of family caregiving.</p>
<p>Strengthen paid family leave and paid sick leave to help family caregivers balance care and work responsibilities.</p>	<p>Expand respite care services that give family caregivers a hard-earned break.</p>	<p>Include family caregivers in care through caregiver training & education and caregiver assessments that connect them to supports and services.</p>