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.

- **Total spending from all sources of paid Long-Term Services and Supports (LTSS)**: $531
- **Total out-of-pocket spending for all health care**: $433
- **Total spending on home and community-based LTSS**: $245

### Today's family caregivers are diverse.

- White: 61%
- Hispanic: 17%
- Black/African American: 14%
- Asian American and Pacific Islander: 5%
- Other: 3%

9% of family caregivers identify as LGBTQ

### 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.

### 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.

### 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.

### Six recommendations to support unpaid family caregivers:

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

### Source:

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