

Caregiving Statistics from the National Family Caregivers Association **(<http://www.nfcacares.org/index.cfm>)**

CAREGIVING POPULATION

More than 50 million people, provide care for a chronically ill, disabled or aged family member or friend during any given year

Caregiving is no longer predominantly a women's issue. Men now make up 44% of the caregiving population. *Source: National Family Caregivers Association (NFCA) Random Sample Survey of Family Caregivers, Summer 2000, Unpublished.*

Caregivers providing care for a family member over the age of 50 routinely underestimate the length of time they will spend as caregivers - only 46% expected to be caregivers longer than two years. In fact the average length of time spent on caregiving was about eight years, with approximately one third of respondents providing care for 10 years or more. *Source: MetLife Juggling Act Study, Balancing Caregiving with Work and the Costs of Caregiving, Met Life Mature Market Institute, November 1999.*

Most women will spend 17 years caring for children and 18 years helping an elderly parent. *Source: 101 Facts on the Status of Working Women produced by business and Professional Women's Foundation*

ECONOMICS OF CAREGIVING

The value of the services family caregivers provide for "free" is estimated to be \$257 billion a year. That is twice as much as is actually spent on homecare and nursing home services. *Source: Peter S. Arno, "Economic Value of Informal Caregiving," presented at the American Association of Geriatric Psychiatry, February 24, 2002.*

Caregiving families tend to have lower incomes than non-caregiving families. Thirty-five percent of average American households have incomes of under \$30,000. Among caregiving families the percentage is 43%. *Source: National Family Caregivers Association (NFCA) Random Sample Survey of Family Caregivers, Summer 2000.*

Of the estimated 2.5 million Americans who need assistive technology such as wheelchairs, 61% can't afford it. *Source: Lisa I. Iezzoni, M.D., M.Sc., 'When Walking Fails: Personal and Health Policy Considerations,' Research in Profile, a National Program of the Robert Wood Johnson Foundation, March 2002.*

Out of pocket medical expenses for a family that has a disabled member who needs help with activities of daily living (eating, toileting, etc.) are more than 2.5% greater (11.2% of income compared to 4.1%) than for a family without a disabled member. *Source: Drs. Altman, Cooper and Cunningham, 'The Case of Disability in the Family: Impact on Health Care Utilization and Expenditures for Non-disabled Members' Milbank Quarterly 77 (1) pages 39 - 75, 1999*

IMPACT OF CAREGIVING

Elderly spousal caregivers with a history of chronic illness themselves who are experiencing caregiving related stress have a 63% higher mortality rate than their non-caregiving peers. *Source: Schulz, R. and Beach, S. R. Caregiving as a Risk Factor for Mortality: The Caregiver Health Effects Study, Journal of the American Medical Association, December 15, 1999, Vol. 282, No. 23*

The stress of family caregiving for person's with dementia has been shown to impact a person's immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves. *Source: Drs. Janice-Kiecolt Glaser and Ronald Glaser 'Chronic stress and age-related increases in the proinflammatory cytokine IL-6', Proceedings of the National Academy of Sciences, June 30, 2003.*

Family caregivers who provide care 36 or more hours weekly are more likely than non-caregivers to experience symptoms of depression or anxiety. For spouses the rate is six times higher; for those caring for a parent the rate is twice as high. *Source: Cannuscio, CC, C Jones, I Kawachi, GA Colditz, L Berkman and E Rimm, Reverberation of family illness: A longitudinal assessment of informal caregiver and mental health status in the nurses' health study. American Journal of Public Health 2002; 92:305-1311.*

Family caregivers providing high levels of care have a 51% incidence of sleeplessness and a 41% incidence of back pain. *Source: National Family Caregivers Association, Caregiving Across the Life Cycle, 1998*

CAREGIVING AND WORK

Thirty-seven percent of employees don't believe that their organizations provide a real and ongoing effort to inform employees of the family -friendly programs that are available. *Source: Families and Work Institute*

Forty two percent of parents of special needs children lack basic workplace supports, such as paid sick leave and vacation time. *Source: Ellen Galinsky and James Bond The 1998 Business Work-Life Study - A Source Book, Families and Work Institute*

Women average 11.5 years out of the paid labor force, primarily because of caregiving responsibilities; men average 1.3 years. *Source: 101 Facts on the Status of Working Women produced by business and Professional Women's Foundation*

American businesses loses between \$11 billion and \$29 billion each year due to employees' need to care for loved ones 50 years of age and older. *Source: National Alliance for Caregiving/Met Life Met Life Study of Employer Costs for Working Caregivers*

Both male and female children of aging parents make changes at work in order to accommodate caregiving responsibilities. Both have modified their schedules (men 54%, women 56%). Both have come in late and/or leave early (men 78%, women 84%) and both have altered their work-related travel (men 38%, women 27%). *Source: Sons at Work: Balancing Employment and Eldercare, MetLife Mature Market Institute, June 2003*

CAREGIVING AND HEALTH CARE

Over 40% of U.S. primary care physicians think they don't have enough time to spend with patients. *Source: The Commonwealth Fund Quarterly Report, Fall 2000 Volume 6, Issue 3*

Family caregivers provide the overwhelming majority of homecare services in the U.S., approximately 80%. *Source: US Agency for Healthcare Research and Quality (November 8, 2000). Long-term Care Users Range in Age and Most Do Not Live in Nursing Homes*

In 2000, 50 percent of caregivers reported that different providers gave different diagnoses for the same set of symptoms and 62 percent reported that different providers gave other conflicting information. Another recent survey found that 44 percent of physicians believe that poor care coordination leads to unnecessary hospitalization, and 24 percent stated it can lead to otherwise unnecessary nursing home stays. *Source: Partnership for Solutions, Chronic Conditions: Making the Case for Ongoing Care, Johns Hopkins University, December 2002.*

By the year 2030, nearly 150 million Americans will have some type of chronic illness, a 50% increase since 1995. *Source: Partnership for Solutions Harris Survey Johns Hopkins University, data presented at March 2003 conference, Washington, DC. And Partnership for Solutions, "Chronic Conditions: Making the Case for Ongoing Care," Johns Hopkins University, December 2002.*

Family caregivers who acknowledge their role are more proactive in reaching out for resources and talking with their loved one's doctor than non-acknowledged caregivers. *Source: National Family Caregivers Association, Survey of Self-Identified Family Caregivers, 2001*

Over 40 percent of family caregivers provide some type of 'nursing care' for their loved ones, such as giving medications, changing bandages, managing machinery and monitoring vital signs. *Source: National Family Caregivers Association (NFCA) Random Sample Survey of Family Caregivers, Summer 2000 and C. Levine, Rough Crossings: Family Caregivers' Odysseys through the Health Care System. New York: United Hospital Fund, 1998.*

One-third of family caregivers who change dressings and manage machines, receive no instructions. *Source: Henry J. Kaiser Family Foundation Wide Circle of Caregiving, 1998*