

## Family Caregivers Breaking Under Pressure

Families provide **80%** of care for children and adults with disabilities and older adults



**1** of **3** expect to continue caregiving next **30 years**.



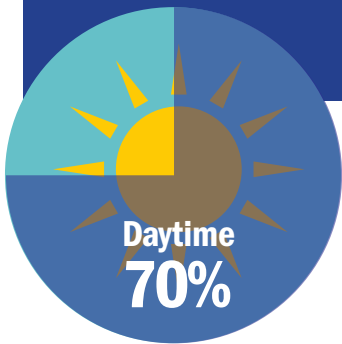
**4** of **5** have been caregiving at least **10 years**.

**10 YEARS**

**20 YEARS**

**30 YEARS**

Friend and family caregivers fill in the gaps for **decades**.



Families are caregiving all the time.

**In 24 hours,**  
**1 of 2** are providing more than  
**12 hours** of caregiving per day.



**84%** are weekend caregivers.

When there is no worker, families' lives are thrown into **crisis**.

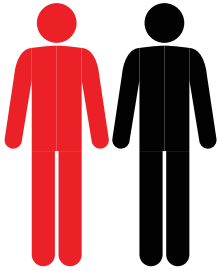
### CALENDAR

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8



In a week, **3 of 5** spend more than **40 hours** – the equivalent of a full-time job—on caregiving duties.

# Families are the back-up for paid help.



**1 of 2** caregivers can't find anyone to hire and are providing all the care.

**1 of 2** family caregivers said if family could no longer provide care, their loved one would be unable to remain at home.

If family members aren't doing the work, people end up in expensive Medicaid-funded institutions.

**2/3** of caregivers have left the workforce or decreased their hours

**40%** left jobs completely

**58%** Need employer to understand caregiver role, responsibilities and have flexibility

**47%** Job must be close to home, not involve travel

**46%** Job must have virtual option or flexible hours

**44%** can only work certain hours

**30%** can only work part time

**20%** of families are interrupted during day at least once a week to provide care.

Another **12%** are interrupted more than 5 times per week.

