






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

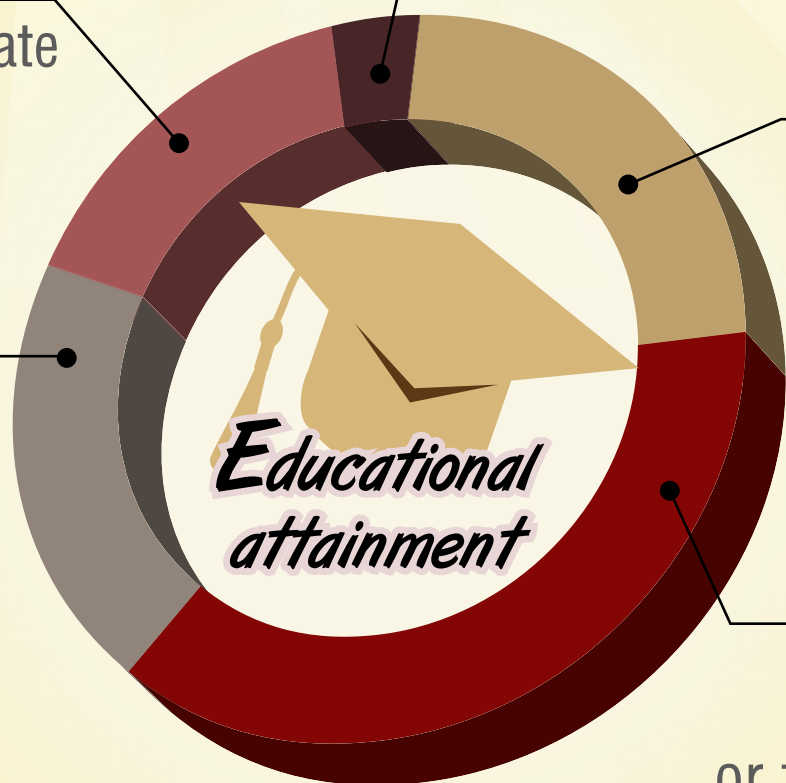
16%
Post graduate

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

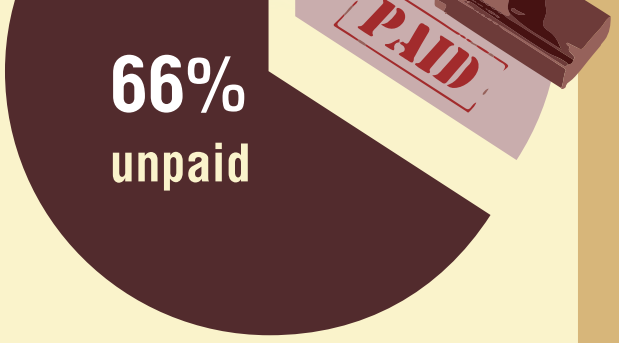
48.2%
MALE

51.8%
FEMALE

38.3%
MALE

61.7%
FEMALE

34%



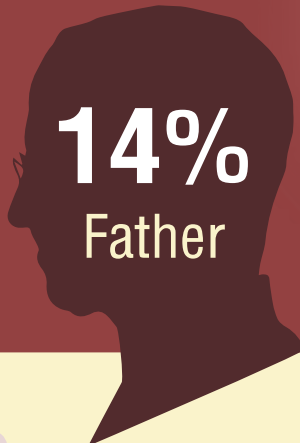
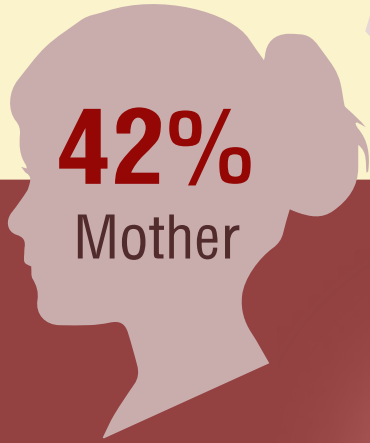
Family Caregiver

Average number of hours family caregivers spend in 2009



20
hours
per week

Who they provide care for

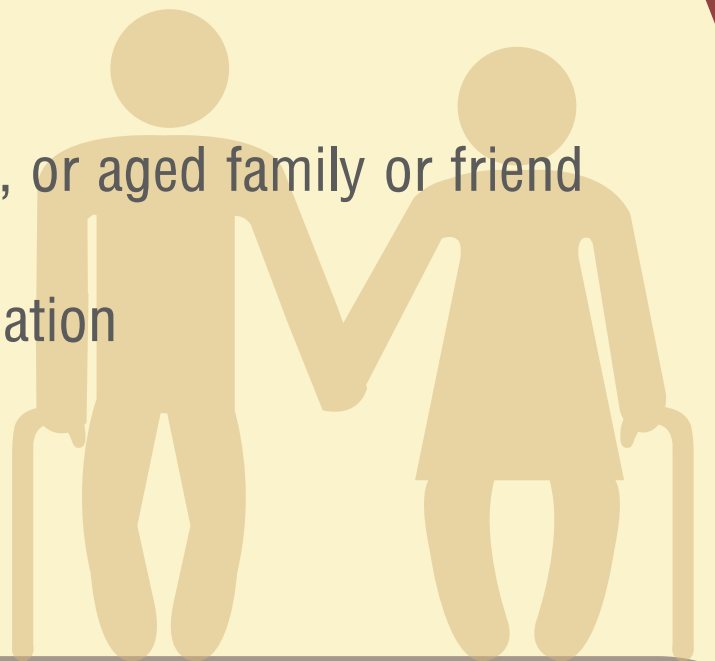


13% Spouse



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

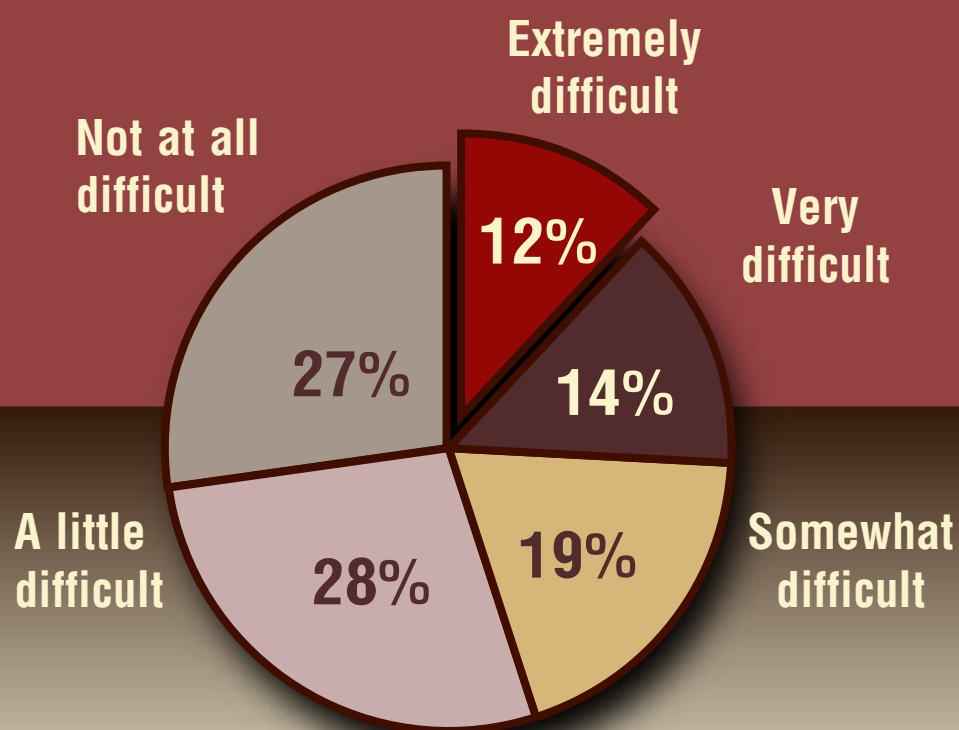
family caregivers are employed in 2010



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/>

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