



FACT SHEET



About Caregivers:

- More than 4 million New Yorkers (many of them already employed) provide 2.6 billion hours of unpaid informal care annually.
- Caregivers save New York State \$32.2 billion a year by providing unpaid long-term care.
- The value of unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S.
- The aging population 65+ will more than double between the years 2000 and 2030.

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Caregivers: Providing the Lion's Share of Long-Term Care

You may have heard: the population is shifting from young to old and with that the need for “caregivers” and services and supports for caregivers is growing. U.S. Department of Health and Human Services projections estimate 70 percent of Americans who reach 65 will need some form of nonmedical long-term care to assist them with the “activities of daily living.”

What is a “caregiver”?

A caregiver is an unpaid individual (a family member, neighbor, partner or spouse) who helps someone (usually an older family member or neighbor) with activities of daily living. Some of the more common caregiving tasks performed by these unpaid individuals include assisting older adults with shopping, bathing, dressing, transportation, coordinating physician visits and managing financial matters. (*Home Alone: Family Caregivers Providing Complex Chronic Care*, AARP with United Health Hospital Fund October 2012.) [view](#)

New York State’s 4.1 million unpaid caregivers deliver the bulk of long-term care in the State – care that’s valued at \$32.2 billion annually. (AARP Public Policy Institute, *Valuing the Invaluable: The Growing Contributions and Costs of Family Caregiving*) [view](#)

Caregiver Assistance through Area Agencies on Aging

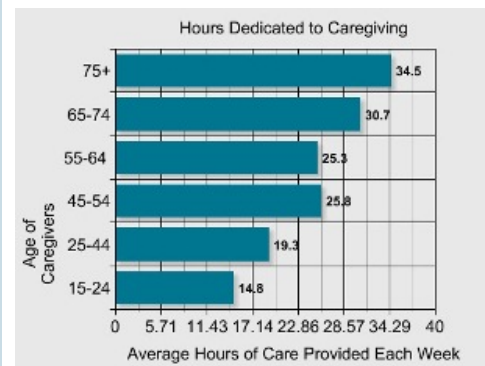
New York’s Area Agencies on Aging (AAAs) support caregivers with information, education and resource referral through NY Connects, the state’s no wrong door (NWD) for long term care services and supports.

Caregiver Support (OAA Title III E)

The national Family Caregiver Support Program provides states with grants to AAAs to provide information and assistance about services, including counseling, caregiver training and respite care that provides temporary relief from caregiving (Title III E, Older Americans Act).

Caregiver Demographics

Caregivers often experience financial and emotional stress as a result of caregiving responsibilities. Sixty percent of caregivers have been employed at some time while providing care, according to a 2013 AARP Survey of Registered Voters. [view](#) In the same report, caregivers said they have had to make adjustments at work, such as going in late or leaving work early.



Source: Family Caregiver Alliance, 2012

The Economics of Caregiving

Individuals and families are not the only ones who experience stress related to caregiving. The economy also suffers. The cost of informal caregiving in terms of lost productivity to U.S. businesses is \$17.1 to \$33 billion annually. (*MetLife Study of Working Caregivers and Employer Health Costs: National Alliance for Caregiving. 2010*) [view](#)

When it comes to caregivers themselves, nationally:

- 17.7% of full-time workers missed all together 126 million work days each year as a result of caregiving responsibilities.
- 36% of caregivers missed 1 to 5 days per year.
- 70% of working caregivers suffer work-related difficulties due to their dual caregiving roles.
- 69% report having to rearrange their work schedule, decrease their hours or take an unpaid leave in order to meet their caregiving responsibilities.
- 5% turned down a promotion, 4% chose early retirement and 6% gave up working entirely.

(*The National Alliance for Caregiving and AARP (2012), Caregiving in the US: National Alliance for Caregiving. Washington, D.C. [view](#)*)

New York State Caregivers

CARE Act. Passed by the NYS Assembly (May 28, 2015) and NYS Senate (June 1, 2015), the CARE Act provides patients the opportunity to designate a caregiver in their medical record, requires the hospital notify the designated caregiver when the patient is discharged and requires the hospital to offer to provide instructions to the designated caregiver in certain aftercare tasks prior to a patient's discharge.

AARP 2013 Survey. In a survey by AARP, New Yorkers expressed concerns about their ability to stay in their homes as they age, and 90 percent want community-based services available to them as they grow older so they can remain independent, living in their homes rather than in nursing homes. The 2013 AARP survey of registered voters age 50-plus also revealed:

- 40% of New Yorkers over 50 report working as an unpaid caregiver for a sick or elderly relative.
- 25% of those who are or have been caregivers dedicate at least 40 hours a week to those duties.
- 32% of respondents either are or have been caregivers in the past year.
- 59% of those are employed.
- 77% of respondents support a role for New York State in providing supports and services to help people stay in their homes and communities.

NYSOFA 2009 Report. The New York State Office for the Aging's 2009 report, *Sustaining Information Caregivers: Caregiver Support Program Participants Survey* [view](#) concluded that caregiver support services and community resources, such as those provided by Area Agencies on Aging, help caregivers provide care longer and may also help delay or prevent nursing home placement.

Good News, Bad News

The good news is caregivers save New York State \$32 billion with their unpaid long-term care. The bad news is several trends will place even greater strain on an already strained population of caregivers, including the "age wave."

Many caregivers of older adults are older themselves, the average age being 63 with one-third of them being in ill health. (*Administration on Aging NFCSP: Complete Resource Guide*) [view](#)

Caregiver Health Stats

- 11% of family caregivers report that caregiving has caused their physical health to deteriorate.
- Women are more likely to rate physical strain of caregiving as "high" (17% vs. 10% male).
- 17% of caregivers feel their health in general has deteriorated as a result of caregiving responsibilities.

(*The National Alliance of Caregiving and AARP (2009), Caregiving in the U.S., A Focused Look at Those Caring for Someone Age 50 or Older, Bethesda, MD: National Alliance for Caregiving, Washington, D.C.*)

(*AARP Public Policy Institute Valuing the Invaluable: 2008 Update. The Economic Value of Family Caregiving*)

Caregiver Assistance

Caregivers reported use of at least one of three specific types of help on behalf of their care recipient:

- outside transportation (29%)
- financial assistance (28%)
- respite services (12%)

(*National Alliance for Caregiving and AARP (2009), Caregiving in the U.S.: National Alliance for Caregiving, and Washington, D.C: AARP*) [view](#)