



## 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.

Live links to reports are available online:

www.agingny.org  
select: Elder Services  
choose: Fact Sheets/Reports  
click on: Caregiver fact sheet

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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.

**There are over 4 million family caregivers in New York providing unpaid care for a loved one, contributing an estimated 2.7 billion hours annually.**

**\$32 BILLION**  
**New York directly benefits from these unpaid caregiving services by an estimated \$32 billion annually.**

(AARP Public Policy Institute, *Valuing the Invaluable: The Growing Contributions and Costs of Family Caregiving*)

### 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.

There are over **131,000** grandparents raising their grandchildren in New York.  
(www.nysnavigator.org)

Many caregivers of older adults are older themselves, the average age being 63 with one-third of them being in ill health.

A total of 1,099 caregivers received services through the 15 NYSOFA funded programs.

Characteristics of Caregivers:

- Live with participant: 72%
- Work: 51%
- Son or daughter: 47%
- Spouse: 34%