

FACTSHEET

MARCH 2020

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Alzheimer's Disease Caregivers

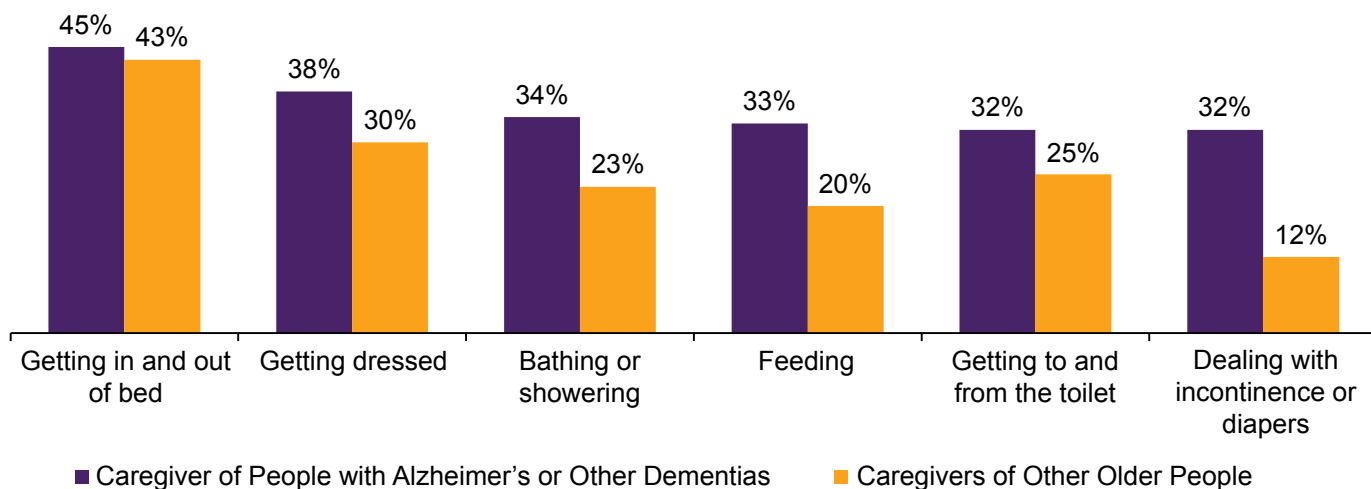
Alzheimer's disease has a devastating impact not just on those with the disease. It's also an extreme burden on their caregivers — a job that usually falls on family and friends.

- In 2019, more than 16 million family members and friends provided 18.6 billion hours of unpaid care to people with Alzheimer's and other dementias, at an economic value of \$244 billion.
- Of the unpaid Alzheimer's and dementia caregivers, 86% have provided care for at least the past year, and half have been providing care for four or more years.
- Nearly one-fourth of Alzheimer's and dementia caregivers are "sandwich generation" caregivers — caring for both someone with the disease and a child or grandchild.

Caring for people with Alzheimer's and other dementias is often very intimate and very intrusive.

- Nearly 80% of older adults with dementia receive help with a daily personal care activity such as bathing, dressing, grooming, or eating. In contrast, only 20% of older adults without dementia need help with these activities.
- One in 3 Alzheimer's caregivers provide help bathing or showering, feeding, or getting to and from the toilet — a higher percentage than caregivers for other older adults.
- About one-third of Alzheimer's and dementia caregivers deal with incontinence or diapers. For caregivers of older adults without dementia, just 12% help with this personal care task.

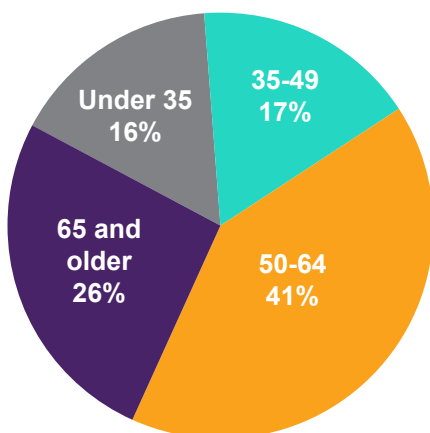
Burden of Alzheimer's Caregivers vs. Other Caregivers



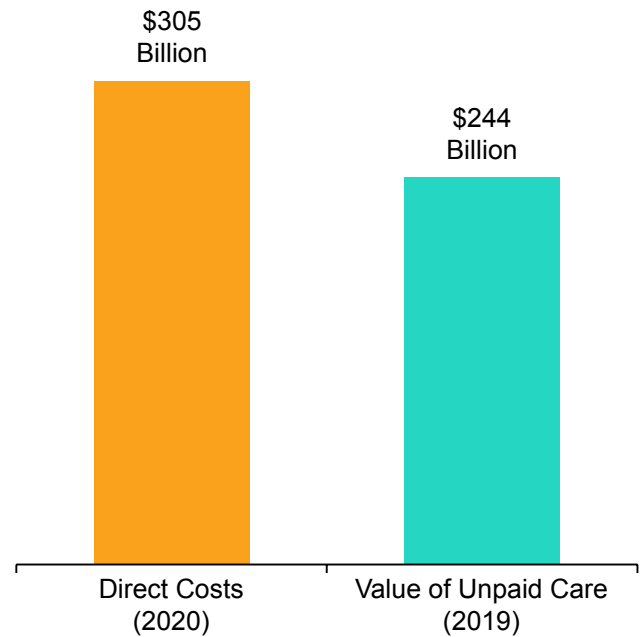
Caring for an individual with Alzheimer’s disease creates or aggravates the health problems of a caregiver.

- Nearly 75% of Alzheimer’s and dementia caregivers are somewhat or very concerned about maintaining their own health since becoming a caregiver.
- Over 1 in 3 dementia caregivers say their health has gotten worse due to their care responsibilities. More than a quarter of dementia caregivers delay or do not do things they should to maintain their own health.
- Nearly 60% of Alzheimer’s and dementia caregivers rate the emotional stress of caregiving as high or very high. As many as 40% of family caregivers of people with Alzheimer’s and other dementias suffer from depression.
- One study looked at spousal caregivers of people who were hospitalized. If the care recipient who was hospitalized had dementia, the spousal caregiver was more likely to die within a year than if the care recipient did not have dementia, even after accounting for the age of the caregiver.

Ages of Alzheimer’s and Other Dementia Caregivers



Alzheimer’s and Dementia Care Costs



Caring for an individual with Alzheimer’s has a negative effect on employment, income, and financial security.

- Among Alzheimer’s and dementia caregivers who are employed full or part time, 57% said they had to go in late, leave early, or take time off because of their caregiving responsibilities.
- In addition, 18% had to go from working full time to part time; 16% had to take a leave of absence; and 8% turned down a promotion due to the burden of caregiving.
- More than 1 in 6 Alzheimer’s and dementia caregivers had to quit work entirely either to become a caregiver in the first place or because their caregiving duties became too burdensome.
- Among female caregivers, 17% believe they have been penalized at work because of the need to care for someone with Alzheimer’s.