

CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015  **53 million**
2020



18%
2015  **21%**
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for more than one person.



18%
2015  **24%**
2020

More family caregivers have difficulty coordinating care.

19%
2015  **26%**
2020



More Americans caring for someone with Alzheimer's disease or dementia.



22%
2015  **26%**
2020

More family caregivers report their own health is fair to poor.

17%
2015  **21%**
2020

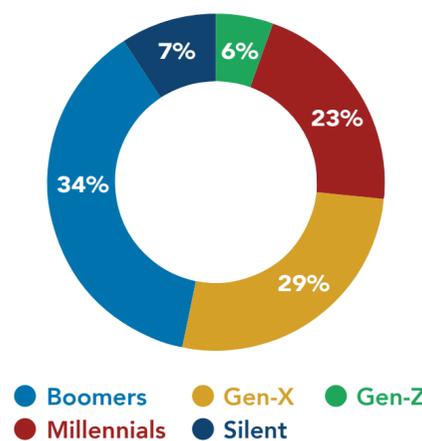


23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?


39%
MEN


61%
WOMEN



45%
HAVE HAD AT LEAST ONE FINANCIAL IMPACT


61%
WORK

AARP
Family Caregiving™

nac
National Alliance for Caregiving

*Provided care to an adult or child with special needs.

**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

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