

# FACTSHEET

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## Alzheimer's Disease Caregivers

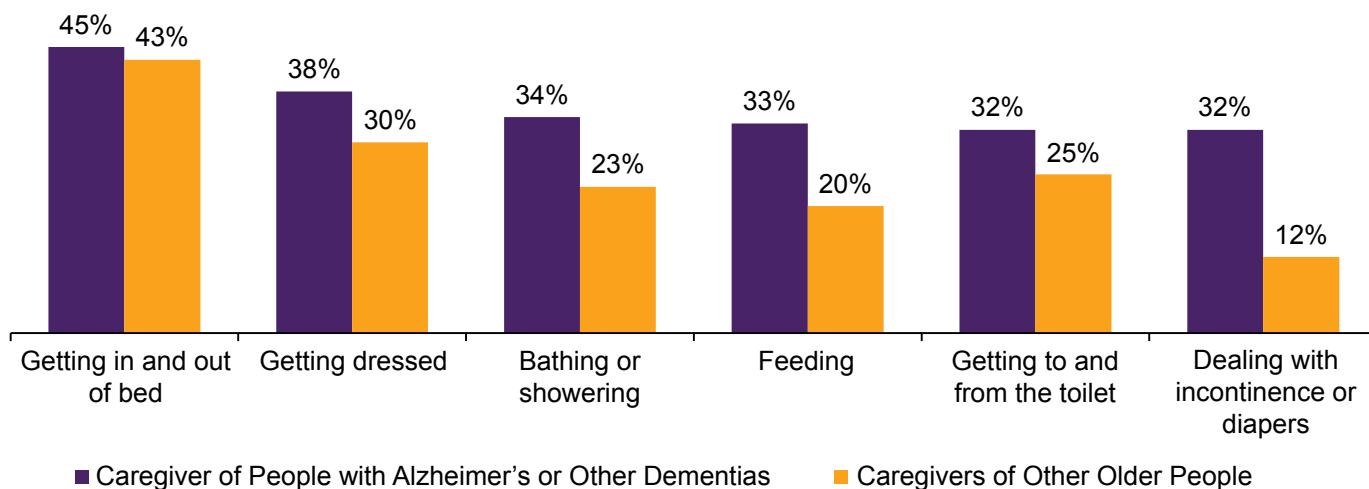
**Alzheimer's disease has a devastating impact not just on those with the disease. It's also an extreme burden on their caregivers — a job that usually falls on family and friends.**

- 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.

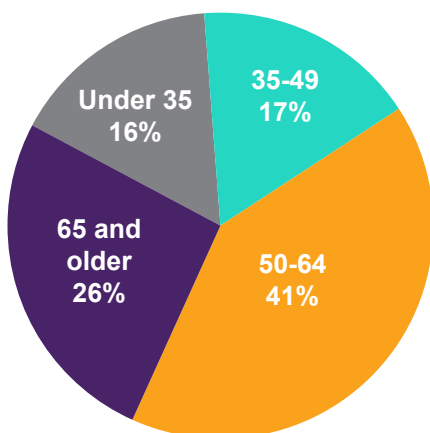
### Burden of Alzheimer's Caregivers vs. Other Caregivers



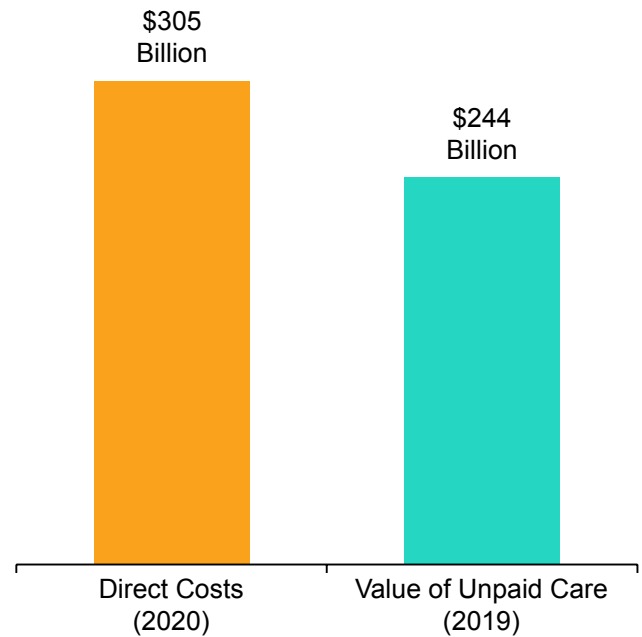
**Caring for an individual with Alzheimer’s disease creates or aggravates the health problems of a caregiver.**

- 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.