

# Caregivers in America During COVID-19

## What You Need to Know

17%

Nearly one-fifth of Americans, aged 18 and older, were caregivers for an older adult family member or friend during the COVID-19 pandemic.

52%

Over half of those who began providing care for the first time reported it was because of the COVID-19 pandemic.

21%

Over one-fifth of younger caregivers, aged 18-39, started providing care during the COVID-19 pandemic.

## CAREGIVERS' GREATEST CONCERNS

In addition to their concerns for the person they care for, unpaid caregivers' top concerns for themselves were:

### 1. Well-being and health during COVID-19

71%



of caregivers were concerned about the person they care for being infected with COVID-19 and **54%** of caregivers were worried about their own risk for COVID-19 infection.

### 2. Financial concerns

29%

of caregivers struggled to afford providing care, including **nearly half** of those who have lost jobs or income during the pandemic.



### 3. The need for and lack of access to respite care for the caregiver to provide a break from caregiving

56%

of organizations supporting unpaid caregivers cited lack of respite care as a top challenge for caregivers.



## MANY CAREGIVERS DURING THE PANDEMIC...



Suffer emotional, physical, and financial stress



Worry about social isolation for themselves and their friend or family member



Deny care for themselves and skip doctor's appointments



Fear the person they care for will get COVID-19



Need more information on caregiving to keep the person they care for safe while managing their own stress



Are learning on the job and have not received formal caregiving training