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Caregivers of Younger Adults: A Focused Look at Those Caring for Someone Age 18 to 49

National Alliance for Caregiving
in collaboration with
AARP

November 2009
Funded by

MetLife Foundation

A Focused Look at Caregivers of Younger Adults

This is the second of three companion reports to the full report of the study entitled Caregiving in the U.S., 2009. This companion report focuses on 187 family caregivers who provide care to an adult age 18 to 49—we call them "caregivers of younger adults"—and includes comparisons to 173 caregivers of children with special needs and 1,397 caregivers of older adults, when significantly different. The other companion reports provide detail on caregivers of children with special needs (age 0 to 17) and caregivers of older adults (age 50+). All family caregivers were interviewed by telephone between March 5 and June 17, 2009. To see complete study results, or for more information about the questionnaire or the methodology, please reference the full report and Appendices A and B.

A. Trends

The 2009 sample of caregivers of younger adults appears to be in longer-term, more intensive caregiving situations than caregivers of similarly-aged care recipients from the 2004 study. Specific findings that demonstrate this change include:

2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- The proportion of caregivers of younger adults in 2009 who have been in their role for at least ten years rose from 16% in 2004 to 26% in 2009. At the same time, the share providing care for a year or less declined from 52% to 39%. These changes drive an increase in the average duration of care, from 4.7 years in 2004 to 7.6 years in 2009.
 - This increase in the duration of care is greater among the subset of caregivers who provide care to their own child (it increased by 3.7 years, on average, from 10.3 to 14 years) than it is among those with other relationships to their recipient (a 1.0 year increase, from 2.6 to 3.6 years, on average). Further, this subset of parental caregivers grew from 27% of all caregivers of younger adults in 2004 to 39% in 2009.
- The desire among caregivers of younger adults for help or information about two topics rose considerably from 2004 to 2009: choosing a nursing home (3% vs. 11%) or a home care agency (5% vs. 15%).

B. Prevalence of Caregiving

We estimate that there are at least 11.1 million caregivers ages 18 and older who provide unpaid care to an adult family member or friend who is 18 to 49 years of age.¹

¹ This estimate is based on the caregivers who say their *predominant* care recipient is in this age range. The questionnaire did not ask whether the caregiver provided care to *any* person of this age, but if it had, the estimate would be larger.

C. Basics of the Caregiving Situation

Six in ten caregivers of younger adults take care of only one care recipient (63%), and two in ten take care of two people (18%, including any adults and children they might care for). One in five (19%) care for three or more people, surpassing the 8% of caregivers of older adults age 50+ who care for as many people.

Caregivers of younger adults tend to be female (59%), but less often than among caregivers of children with special needs (72%). Their recipients are close to half female and half male (53% and 47%, respectively). The share of female recipients tends to rise in relation to the age of the recipient, so caregivers of younger adults are more likely than caregivers of children to be caring for a female, but less likely to do so than caregivers of older adults.

Figure 1: Gender of Care Recipient by Age of Recipient

	Recipient Age 0 to 17 (n=173)	Recipient Age 18 to 49 (n=187)	Recipient Age 50 or older (n=1,397)
Female	41%	53%* ²	68%*
Male	59*	47*	32

On average, caregivers of younger adults are 45.8 years old, caring for someone 31.8 years of age. Caregivers of younger adults are, on average, about 5 years older than caregivers of children with special needs (40.6) and 4 years younger than caregivers of older adults (49.9).

2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- The average age of caregivers who care for younger adults has risen, from an average of 41.0 in 2004 to 45.8 years of age.

While the majority of caregivers of younger adults care for a relative (78%), they are less likely to do so than either caregivers of children with special needs (87%) or caregivers of older adults (89%). More care for their own child than any other relation (39%), followed by a sibling (14%), spouse (6%), or parent (6%).

The majority of caregivers of younger adults report that their recipient is single (60%). About one in six each say their recipient is married (16%) or divorced or separated (16%), with only a small share widowed (6%). This mix of marital status differs greatly from that reported by caregivers of older recipients, with only 6% single but a much larger share married (30%) or widowed (49%).

2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- In 2009, young adult recipients are more likely than recipients of 2004 caregivers to be single (60% vs. 45%) or widowed (6% vs. 1%), and are less likely to be living with a partner (2% vs. 7% 2004).

² Throughout this report, an asterisk (*) indicates a figure is statistically greater than the comparison figure(s).

Most caregivers of younger adults have been providing care for less than five years (59%), including 39% who have provided care for one year or less. Of note, though, 26% have provided care for ten years or more, bringing their average duration of care to 7.6 years—considerably longer than either caregivers of children with special needs (4.2) or caregivers of older adults (4.0). By contrast, the *typical* caregiver of younger adults has given 2.0 years of care (as measured by the median), and is similar to both caregivers of children and caregivers of older adults (2.0 years each).

Four in ten caregivers of younger adults do not feel they had a choice about taking on their caregiving responsibility (40%).

D. Caregiving Activities and Burden of Care

Hours of Care Provided

On average, caregivers of younger adults spend 19.9 hours per week giving care, similar to the time spent by caregivers of older adults but less than caregivers of children with special needs (29.7 hours).³ Four in ten are in situations where their time commitment is modest, no more than eight hours each week (42%). On the other end of the scale, 11% provide more than 40 hours of care per week.

Help with Activities of Daily Living (ADLs)

About four in ten caregivers of younger adults help their loved one with at least one Activity of Daily Living (ADL) (43%), and on average, they help with 1.1 of the six ADLs. Caregivers of older recipients help with more ADLs (1.7, on average).

In particular, caregivers of younger adults are less likely than those caring for older recipients to aid their loved one with getting in and out of beds and chairs (26% vs. 46% caregivers of older adults), dressing (22% vs. 34%), toileting (16% vs. 28%), and incontinence (11% vs. 20%).

Figure 2: Help with Activities of Daily Living (ADLs) by Age of Recipient

Q22. I'm going to read a list of kinds of help which might be provided to a person if the person cannot do this by him or herself. Do/did you help your [relation] with [ADL] [IF CHILD RECIPIENT: because he/she is/was less able to do this task than children of the same age without his/her condition]?

	Recipient Age 0 to 17 (n=173)	Recipient Age 18 to 49 (n=187)	Recipient Age 50 or older (n=1,397)
Get in and out of beds and chairs	23%	26%	46%*
Get dressed	35%*	22%	34%*
Bathe or shower	28%	20%	26%
Get to and from the toilet	16%	16%	28%*
By feeding him or her	20%	15%	19%
By dealing with incontinence/diapers	16%	11%	20%*

³ Any reports of constant care or caregiving in excess of 98 hours per week are capped at this level, equivalent to 14 hours per day.

Help with Instrumental Activities of Daily Living (IADLs) and Other Supportive Activities

On average, caregivers of younger adults help their loved one with 4.3 out of seven Instrumental Activities of Daily Living (IADLs). The most common IADL is transportation (86%), and seven in ten caregivers of younger adults say they help their recipient with several other IADLs: grocery shopping (74%), managing finances (72%), housework (70%), and meal preparation (69%). Less common is giving medications (36%) or arranging or supervising outside services (23%).

Caregivers of younger adults are more likely to manage their loved one’s finances than caregivers of older adults age 50+ (72% vs. 62%, respectively), but are less likely to arrange or supervise services from an agency (23% vs. 37%).

Figure 3: Help with Instrumental Activities of Daily Living (IADLs) by Age of Recipient

Q23. Do/did you provide help to your [relation] with...?

	Recipient Age 18 to 49 (n=187)	Recipient Age 50 or older (n=1,397)
Transportation	86%	84%
Grocery shopping	74%	75%
Managing finances	72%*	62%
Housework	70%	75%
Preparing meals	69%	64%
Giving medicines, pills or injections	36%	42%
Arranging or supervising services	23%	37%*

2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- 2009 saw an increase in the proportion of caregivers of younger adults who help their loved one with transportation (86% vs. 77% in 2004).

Four in ten caregivers of younger adults advocate for their care recipient with care providers, government agencies, or schools (44%), and one in five perform physical or medical therapies or treatments on their loved one (18%). Caregivers of younger adults are less likely to advocate on behalf of their recipient than either caregivers of children with special needs (72%) or caregivers of older adults (54%).

Burden of Care

One in four caregivers of younger adults are in high burden situations (26%), 13% have a medium burden, and 55% have a low burden.⁴ Caregivers of younger adults are more likely to be in a low burden situation than caregivers of children with special needs (38%) or caregivers of older adults (45%).

E. Presence of Other Caregivers

Six in ten caregivers of younger adults (58%) report that someone else has also provided unpaid care to their loved one within the past 12 months. Two-thirds of all caregivers of younger adults consider themselves to be the primary unpaid caregiver (67%), including 41% who are sole caregivers and 26% who report that there are other caregivers but that they provide most of the unpaid care. Caregivers of older adults are less likely to be the primary caregiver (51%).

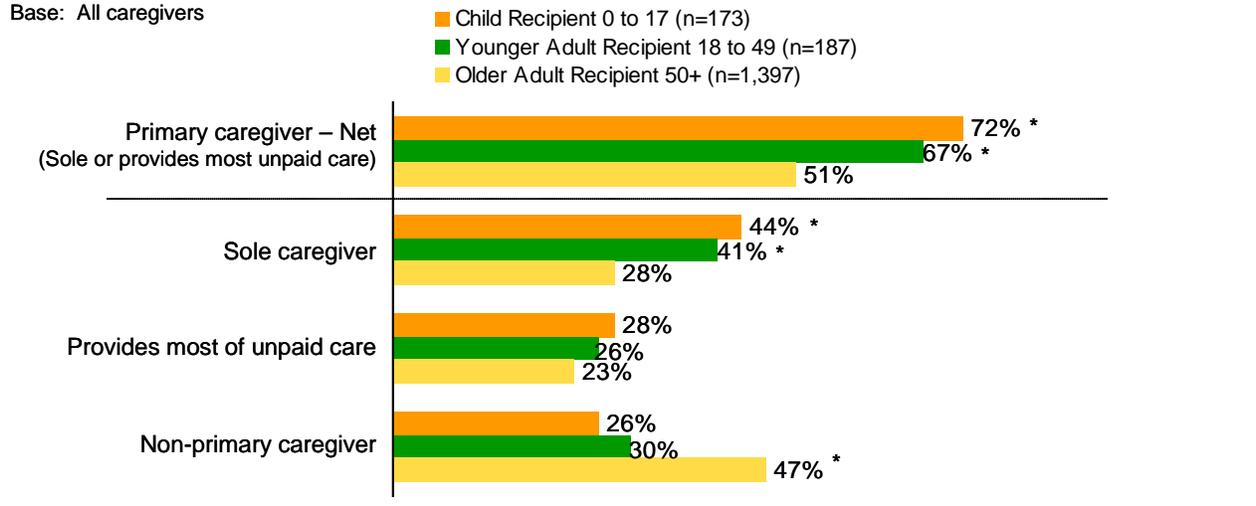
2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- There has been a drop in the share of caregivers of younger adults who say they are the sole caregivers (from 55% in 2004 to 41% in 2009).

Figure 4: Primary Caregiver Status

Q28. Has anyone else provided unpaid help to your [relation] during the last 12 months?
 Q29. Who would you consider to be the person who provides/provided most of the unpaid care for your [relation]—you yourself, or someone else?

Base: All caregivers



Among those whose recipient was not in a nursing home, one in five indicate their loved one has had paid help from aides, housekeepers or others during the last 12 months

⁴ "Burden of Care" is an index which is based on the number of hours of care provided by the caregiver, the number of Activities of Daily Living performed, and the number of Instrumental Activities of Daily Living (or Caregiving Support Activities for caregivers of children). Points are assigned for each of these, and ultimately, these points are consolidated into three burden categories: low, medium, and high. See Appendix B for the details of creating the index.

(18%), about half as many as caregivers of children with special needs (35%) or adults age 50 or older (41%).

F. Care Recipient Living Situation

Four in ten caregivers of younger adults live with their care recipient (40%), while a similar share say their recipient lives in his/her own home (37%). Caregivers of adults age 50 or older are half as likely to report that they reside with their care recipient (20%). Of caregivers of younger adults who do not live with their recipient, six in ten say they visit their loved one more than once a week (57%).

Figure 5: Where Care Recipient Lives

Q13. [IF NOT IN CAREGIVER'S HOUSEHOLD] Does/did your [relation] live in his or her own home, someone else's home, an independent living or retirement community, an assisted living facility where some care may be provided, a nursing home or long-term care facility [IF CHILD RECIPIENT: a group home, foster care], or somewhere else? (Analyzed with Q11: Does/did your [relation] live in your household, less than twenty minutes from your home...?)

	Recipient Age 0 to 17 (n=173)	Recipient Age 18 to 49 (n=186)	Recipient Age 50 or older (n=1,394)
In caregiver's household	65%*	40%*	20%
In his or her own home	29	37	58*
Someone else's home	6	15*	7

Among the 40% of caregivers who share their household with their care recipient, most (69%) are taking care of their own adult child or their spouse.

G. Care Recipient's Condition

Types of Care Recipient Conditions

A long-term physical condition is the most common reason for care stated by caregivers of recipients ages 18 to 49 (54%), followed by emotional or mental health problems (46%). Still, short-term physical conditions are prevalent (35%), as are behavioral issues (31%) and issues related to learning or education (28%). These reasons for care differ greatly depending on the age of the care recipient.

Figure 6: Types of Care Recipient Conditions by Age of Recipient

Q17. Would you say that your [relation] needs/needed care because of any...? [MULTIPLE RESPONSES ALLOWED]

	Recipient Age 0 to 17 (n=173)	Recipient Age 18 to 49 (n=187)	Recipient Age 50 or older (n=1,397)
Long-term physical conditions	52%	54%	76%*
Emotional or mental health problems	57%*	46%*	25%
Short-term physical conditions	30%	35%	36%
Behavioral issues	45%*	31%*	10%
Learning disability or educational issue	61%*	28%*	4%
Mental retardation, developmental delay	41%*	18%*	3%

Care Recipient's Main Problem or Illness

When caregivers are asked what they perceive to be the *main* problem or illness for which their younger adult care recipient needs care, the top three named are mental or emotional illness (23%), developmental delay including mental retardation or Down syndrome (9%), and surgery/wounds (5%). Attention deficit, substance abuse, and diabetes also each account for 4%.

Child recipients' list is topped by attention deficit (18%), autism (11%), mental/emotional illness (10%), and developmental delay (9%), so there is some overlap with the younger adults. The main illnesses of older adult recipients are quite different, however, led by old age (15%), Alzheimer's or dementia (15%), cancer (8%), heart disease (8%), and stroke (6%).

Caregivers of young adults report that prescription medications are taken in three out of four cases (74%), less often than reported by caregivers of adults ages 50 or older (96%).

2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- Use of medication is more commonly reported by caregivers of younger adults than it was in 2004 (74% 2009 vs. 60% 2004).

One in four caregivers of younger adults feel it is *somewhat* or *very* difficult to coordinate the various health care and service providers who give care or treatment to their loved one (26%), similar to those who care for older recipients but less than caregivers of children with special needs report (40%).

H. Strain and Stress of Caregiving

Caregiver Health

Half of caregivers of young adults consider their health to be *excellent* or *very good* (52%), 29% evaluate their health as *good*, and 18% say it is *fair* or *poor*. By comparison, 13% of the U.S. adult population describe their health as *fair/poor*.⁵ Nearly one in four feel caregiving has made their health worse (23%), although 69% say their health has not been affected and 6% claim it has improved as a result of caregiving.

Strain and Stress

Six in ten caregivers of younger adults report that they experience little to no physical strain in caring for their loved one (63% rating it 1 to 2 on a 5-point scale), 17% experience a moderate strain (a rating of 3), and 19% convey that the level of strain is high (a rating of 4 to 5).

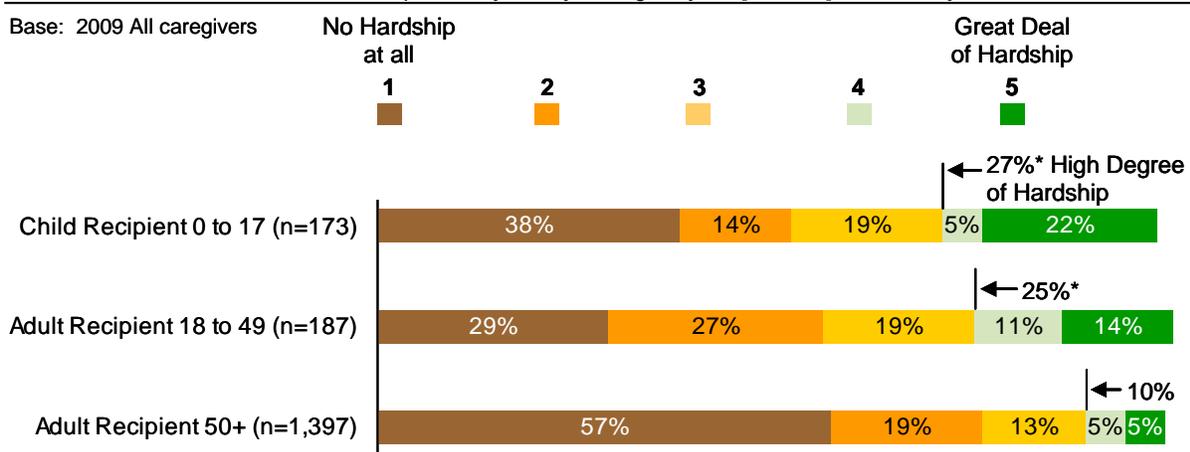
⁵ Source: Provisional Summary Health Statistics for U.S. Adults, National Health Interview Survey, 2008, dated August 2009.

Emotional stress is a little more common than physical strain among these caregivers. Only four in ten say there is little to no emotional stress (43% rating it 1 to 2), and almost as many feel a high level of stress (37% giving a rating of 4 to 5). In addition, almost six in ten have less time for family and friends (57%).

The physical strain and emotional stress felt by caregivers of younger adults is similar to that felt by both caregivers of children with special needs and caregivers of older adults. However, their reports of financial hardship are notably worse than caregivers of older adults. One-quarter say they have a high level of hardship (25% rating their hardship 4 to 5 on a 5-point scale) whereas only 10% of those caring for someone 50 or older say this is the case. Half (56%) report little to no financial hardship. Caregivers of younger adults are similar to caregivers of children with special needs on this measure.

Figure 7: Financial Hardship of Caregiving by Age of Recipient

Q37. Please think of a scale from 1 to 5, where 1 is no hardship at all and 5 is a great deal of hardship. How much of a financial hardship would you say caring for your [relation] is/was for you?



Caregivers of younger adults have been more proactive in seeking information about financial help (44% have done so) than caregivers of children (32%) or of older adults (25%).

Figure 8: Requests for Information About Financial Help

Q45. In your experience as a caregiver, did/have you ever...?



I. Impact of Caregiving on Work

Three-quarters of caregivers of younger adults indicate they were employed at some time when they were caregiving (77%), and half are currently employed (50%). Others are predominantly homemakers (15%), retired (14%), unemployed and looking for work (10%), or disabled (7%).

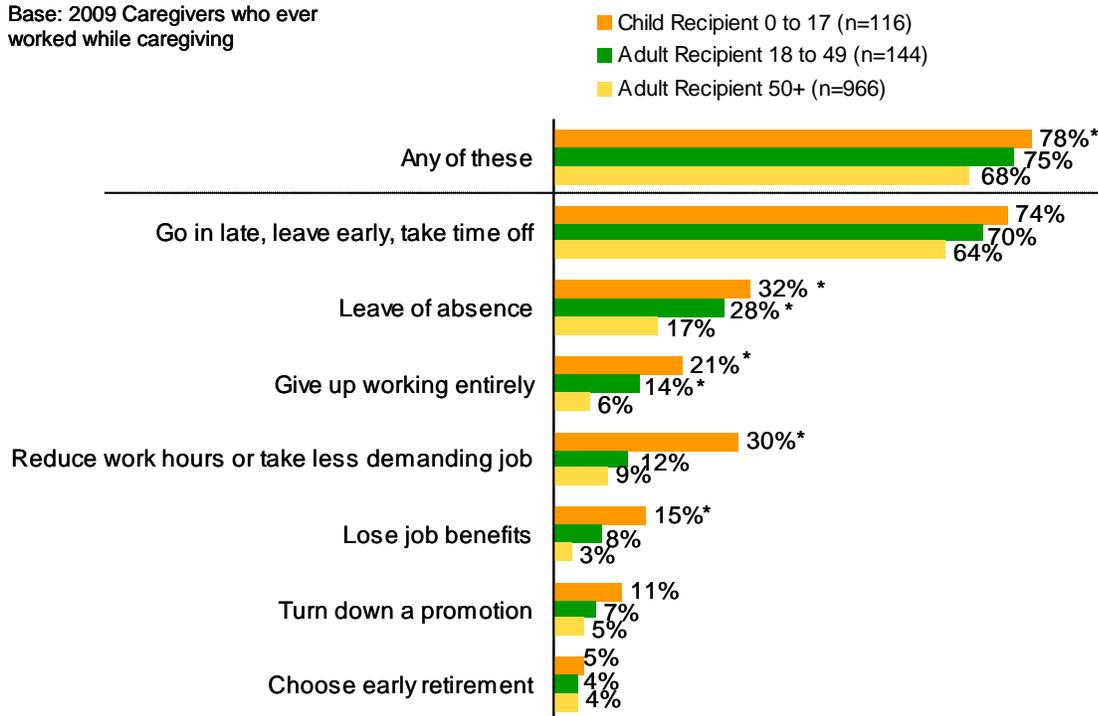
A large majority (75%) of the caregivers who were employed while caregiving made changes to their work situation or schedule while they were caregiving, presumably for a better balance between their caregiving and working roles. Most adjusted their arrival or departure time, or took time off during the day to provide care (70%). But others had more serious impacts at work, including 28% who took a leave of absence, 14% who gave up working entirely, and 12% who went from working full time to part time or took a less demanding job.

Leaves of absence and giving up work entirely are more common among caregivers of younger adults than they are among caregivers of older adults. But caregivers of younger adults are less likely than caregivers of children with special needs to cut back on their hours or take a less demanding job.

Figure 9: Work Accommodations Due to Caregiving

Q34. In your experience as both a worker and a caregiver, did you ever...?

Base: 2009 Caregivers who ever worked while caregiving



2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- The proportion of caregivers of younger adults who experienced at least one job impact as a result of their caregiving rose from 58% of those who worked while

caregiving in 2004 to 75% in 2009. This is due to the significant increase in caregivers who had to go in late, leave early, or take time off during the day to provide care (53% in 2004 vs. 70% in 2009).

J. Information Sources and Needs

Sources of Information

When asked where they would turn for information related to caregiving, the Internet emerges as the most popular information source for caregivers of younger adults (34%). In fact, more would turn to the Internet than to health professionals (27%) who are the top source for caregivers of children with special needs (38%) and caregivers of adults age 50 or older (36%). About one in five would turn to family, friends, or other caregivers (18%).

Internet Usage

Half of caregivers of younger adults have used the Internet in the past year to find caregiving information (48%).

The types of information they sought online generally mirrors those sought by caregivers of older adults. Of those who used the Internet to find caregiving-related information, 79% looked for information about their loved one's condition or treatment. Two-thirds (68%) sought information about services that could help their recipient, a larger share than the 53% of caregivers of older recipients. Other topics of searches include doctors and health professionals (42%), information about care facilities (28%), how to do certain caregiving tasks (24%), and support for themselves as caregivers (17%). Caregivers of children with special needs are more likely than these caregivers of younger adults to have used the Internet for how-to information (44%) or support for themselves (27%).

Caregiver Training and Information Needs

A large majority of caregivers of younger adults feel they need more help or information about at least one topic related to caregiving (76%), although only 17% have had some sort of formal caregiver training.

Three of the four top areas in which they would like help or information relate to helping themselves cope with or adjust to their caregiver role: managing their emotional stress (38%), finding time for themselves (32%), and balancing work and family (30%). Keeping their recipient safe at home rounds out the top four areas (35%). In spite of their interest in finding time and life balance for themselves, only 14% have used a respite or companion service to free up their time. However, this is up from 3% who did so in 2004.

The proportion of caregivers of younger adults who cite needs in the top four areas, as well as the next several, closely mirror the shares of caregivers of adults age 50+ with these needs. Caregivers of older recipients are more likely than caregivers of younger adults to cite needs in the selection of care providers such as a home care agency, an assisted living facility, or a nursing home. In addition, those helping older recipients are more apt to need help with incontinence, moving or lifting their recipient, or challenging behaviors. On the other hand, caregivers of younger adults are more likely than those helping older recipients to wish for help finding non-English language materials. The needs of caregivers of children tend to be different from both of these groups of caregivers of adults (for details, see report focusing on caregivers of children with special needs).

Figure 10: Caregiving Information Needs

Q48. As a caregiver, on which of the following topics do/did you feel you need/needed more help or information?



2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- There was also an increase in the need for non-English language educational materials from 4% in 2004 to 11% in 2009.

K. Support for Caregivers

When asked about their use of technology while caregiving, 37% of caregivers of younger adults have used at least one specified technology – fewer than the 49% of caregivers of older adults who report the same. Most commonly used is an electronic organizer or calendar (27%). About one in ten used a website or software to track the care recipient's health records (11%), and almost as many used a device that electronically sends information to a doctor or care manager to help manage the recipient's care (8%), or an emergency response system such as Lifeline (7%). Twice as many caregivers of recipients age 50 or older used an emergency response system (16%). Just 4% of caregivers of younger adults have used an electronic sensor that can detect safety problems in the home and take steps to help, fewer than either caregivers of children with special needs (11%) or caregivers of older adults (10%).

Of six national policies or programs presented to caregivers as potential ways to help caregivers like them, the most popular among caregivers of younger adults is a caregiver tax credit of \$3,000 (57% rate it as their first or second most preferred). A voucher program where they could be paid minimum wage for at least some of their caregiving hours is more popular among caregivers of younger adults (37% first or second choice) than among caregivers of older adults (27%). Only two in ten caregivers of younger adults prefer respite services (20% vs. 29% of caregivers of older adults). Fewer than two in ten caregivers of younger adults prefer an outside transportation service (19%), a needs-assessment of their caregiving capabilities and needs that helps connect them with needed services (13%), or a partially paid leave of absence (13%).

L. Respondent Profile

Six in ten caregivers of younger adults are female, and their average age is 45.8 years old. Six in ten are White, 20% are Hispanic, 17% are African-American, and small percentages are Asian-American or some other race/ethnicity.

Most caregivers of younger adults are married (56%), and three in ten have children or grandchildren under the age of 18 in their household.

Figure 11: Profile of Respondents

	Caregivers of Children 0 to 17 (n=173) A	Caregivers of Younger Adults 18 to 49 (n=187) B	Caregivers of Older Adults 50+ (n=1,397) C
Gender			
Male	28%	40% ^A	33%
Female	72 ^B	59	67
Age of Caregiver			
18 to 34	35% ^C	30% ^C	18%
35 to 49	41 ^{BC}	26	27
50 to 64	17	31 ^A	40 ^{AB}
65 to 74	5	10	9 ^A
75 or older	1	2	5 ^{AB}
<i>Mean age</i>	40.6	45.8 ^A	49.9 ^{AB}
Race/Ethnicity of Caregiver			
White	60%	61%	76% ^{AB}
African-American	17	17	11
Hispanic	19 ^C	20 ^C	10
Asian-American	2	1	2
Other	1	1	2
Marital Status			
Married	53%	56%	59%
Living with a partner	6	4	5
Single, never married	21	19	15
Separated, divorced	16	15	14
Widowed	4	6	7
Children/Grandchildren <Age 18 in Household			
Yes	79% ^{BC}	30%	32%
No	21	70 ^A	68 ^A

Note: Letters in superscript indicate a figure is significantly higher than the figure in the column indicated.

Nearly four in ten caregivers of younger adults have no more than a high school education (37%), while one in three have completed college (33%). Half are currently employed and their median household income is \$53,100, compared to \$52,029 for the U.S. overall.⁶

Profile of Respondents (continued)

	Caregivers of Children 0 to 17 (n=173) A	Caregivers of Younger Adults 18 to 49 (n=187) B	Caregivers of Older Adults 50+ (n=1,397) C
Education			
Less than high school	13% ^C	8%	4%
High school graduate	21	29	23
Some college	28	28	24
Technical school	4	2	2
College graduate	17	18	26 ^{AB}
Graduate school	15	15	20
Household Income			
Less than \$50,000 (net)	59% ^{BC}	44%	39%
Less than \$15,000	15 ^{BC}	6	7
\$15,000 to \$29,999	18	21 ^C	12
\$30,000 to \$49,999	24	16	19
Less than \$50,000, not fully specified	1	1	1
\$50,000 or more (net)	37	49 ^A	55 ^A
\$50,000 to \$74,999	11	22 ^A	20 ^A
\$75,000 to \$99,999	10	13	13
\$100,000 or more	15	13	20 ^B
\$50,000+, not fully specified	1	1	3 ^A
<i>Median Household Income</i>	<i>\$41,700</i>	<i>\$53,100</i>	<i>\$60,300</i>
Current Employment Status			
Working full time	35%	44%	50% ^A
Working part time	18 ^{BC}	5	11 ^B
Retired	7	14	17 ^A
Homemaker	14 ^C	15 ^C	8
Unemployed and looking for work	12 ^C	10	5
Disabled	8	7	5
Student	4 ^B	<.5	2 ^B
Other	2	5	3

Note: Letters in superscript indicate a figure is significantly higher than the figure in the column indicated.

⁶ Source: U.S. Census Bureau, American Community Survey, 2008.

Nearly four in ten caregivers of a younger adult live in a rural area (36%) or in a suburban area (35%). Care recipients age 18 to 49 are evenly distributed in urban, suburban, and rural areas. One in seven caregivers of younger adults served on active duty in the Armed Forces; just 5% of care recipients age 18 to 49 have done so.

Profile of Respondents (continued)

	Caregivers of Children 0 to 17 (n=173) A	Caregivers of Younger Adults 18 to 49 (n=187) B	Caregivers of Older Adults 50+ (n=1,397) C
Caregiver Living Location			
Urban	30%	27%	29%
Suburban	40	35	39
Rural	26	36	31
Care Recipient Living Location			
Urban	31%	34%	32%
Suburban	39	32	38
Rural	26	31	28
Caregiver Service in Armed Forces			
Served on active duty	7%	14%	11%
Did not ever serve	92	86	89
Care Recipient Service in Armed Forces			
Served on active duty	--	5%	20% ^B
Did not ever serve	--	95 ^C	79

Note: Letters in superscript indicate a figure is significantly higher than the figure in the column indicated.

2004-2009 Trend for Caregivers of Younger Adult Recipient Age 18 to 49

- Caregivers of younger adults are now older, on average, than were their counterparts in 2004. Their average age is now 45.8 years, compared to 41.0 in 2004.
- Caregivers of younger adults are more often Hispanic (20%) than in 2004 (11%).
- Caregivers of younger adults are less likely to have children or grandchildren living in their household in 2009 (30% vs. 42% in 2004). This is consistent with the increase in age of the caregivers.

Figure 12: Profile of Respondents – Trend in Caregivers of Recipients Age 18 to 49

	Caregivers of Recipients Age 18 to 49	
	2004 (n=252)	2009 (n=187)
Gender		
Male	44%	40%
Female	56	59
Age of Caregiver		
18 to 34	42%*	30%
35 to 49	30	26
50 to 64	19	31*
65 to 74	4	10
75 or older	5	2
<i>Mean age</i>	41.0	45.8*
Race/Ethnicity of Caregiver		
White	69%	61%
African-American	16	17
Hispanic	11	20*
Asian-American	4*	1
Other	<.5	1
Marital Status		
Married	48%	56%
Living with a partner	5	4
Single, never married	22	19
Separated, divorced	17	15
Widowed	7	6
Children/Grandchildren <Age 18 in Household		
Yes	42%*	30%
No	57	70*

- Half of caregivers of younger adults have at least \$50,000 in income (49%), up from 35% in 2004. However, they are *less* likely to be currently employed (50% 2009 vs. 66% 2004).
- The 2004 median income of \$41,000 for caregivers 18 or older is equivalent to about \$48,000 in 2009.

Profile of Respondents – Trend in Caregivers of Recipients Age 18 to 49 (continued)

	Caregivers of Recipients Age 18 to 49	
	2004 (n=252)	2009 (n=187)
Education		
Less than high school	8%	8%
High school graduate	33	29
Some college	30	28
Technical school	2	2
College graduate	18	18
Graduate school	8	15
Household Income		
Less than \$50,000 (net)	59%*	44%
Less than \$15,000	9	6
\$15,000 to \$29,999	23	21
\$30,000 to \$49,999	27*	16
Less than \$50,000, not fully specified	0	1
\$50,000 or more (net)	35	49*
\$50,000 to \$74,999	19	22
\$75,000 to \$99,999	9	13
\$100,000 or more	7	13
\$50,000+, not fully specified	0	1
<i>Median Household Income</i>	<i>\$41,000</i>	<i>\$53,100</i>
Current Employment Status		
Working full time	54%	44%
Working part time	12*	5
Retired	9	14
Homemaker	8	15
Unemployed and looking for work	5	10
Student	6*	<.5
Disabled	5	7
Other	<.5	5*

- Caregivers of younger adults in 2004 and 2009 have a similar pattern of living location and Armed Forces service, as do care recipients age 18 to 49.

Profile of Respondents – Trend in Caregivers of Recipients Age 18 to 49 (continued)

	Caregivers of Recipients Age 18 to 49	
	2004 (n=252)	2009 (n=187)
Caregiver Living Location		
Urban	31%	27%
Suburban	36	35
Rural	30	36
Care Recipient Living Location		
Urban	36%	34%
Suburban	30	32
Rural	32	31
Caregiver Service in Armed Forces		
Served on active duty	10%	14%
Did not ever serve	89	86
Care Recipient Service in Armed Forces		
Served on active duty	10%	5%
Did not ever serve	89	95