

## Fact Sheet

# The “Typical” African American Caregiver

National Alliance for Caregiving  
AARP

### WHO, CARING FOR WHO

African American caregivers are 47.7 years old on average. They are more often unmarried than all other racial/ethnic groups and report lower household incomes than non-Hispanic white and Asian caregivers. African American caregivers typically care for a parent, spouse, or grandparent who is 64.9 years old and has 1.7 conditions; usually a long-term physical condition. About half the time the recipient lives in the African American caregiver’s home; more commonly than non-Hispanic whites.

### DOING WHAT, WITH WHAT OTHER HELP

African American caregivers have been caring for 5.2 years on average. They more often are in a high intensity care situation than either non-Hispanic white or Asian caregivers: providing 31.2 hours of care weekly, helping with 2.1 ADLs, 4.7 IADLs, and medical/nursing tasks. African American caregivers are typically the only unpaid caregiver helping their recipient and more provide care in isolation (no unpaid or paid help) than non-Hispanic whites.

### WORK AND FINANCE

Most African American caregivers work while caregiving, for 37.5 hours per week on average and most reporting at least one impact on their work due to their caregiving role (typically going in late, leaving early, or taking time off to provide care). African American caregivers report experiencing 2.4 financial impacts as a result of providing care—more than either non-Hispanic white or Asian caregivers—most commonly stopping saving, leaving bills unpaid or paying them late, or taking on more debt.

### HEALTH AND WELLBEING

About half of African American caregivers feel they had no choice in taking on their role, but the majority find a sense of purpose or meaning in that role—more so than non-Hispanic white or Asian caregivers. African American caregivers less often report being in excellent or very good health than non-Hispanic white caregivers.



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## SERVICES & SUPPORTS

African American caregivers show greater interest in a program to pay for some of the hours they provide care, more so than either non-Hispanic white or Hispanic caregivers. They would also find other financial support policies helpful (income tax credit or partially paid leave of absence from work). They are more likely to want a doctor or other care professional to ask about their own self-care needs.

- 1 National Alliance for Caregiving (NAC) and AARP, *Caregiving in the U.S. 2020* (Washington, DC: NAC and Washington, DC: AARP, May 2020).
- 2 ADLs include those tasks that provide assistance with basic personal tasks such as bathing, dressing, using the toilet, transferring to or from a bed or chair, caring for incontinence, and eating. IADLs are supports for everyday tasks, including housework, managing money, taking medication, shopping for groceries or clothes, using communication devices (like telephones), and caring for pets, among others. For more information, see <https://longtermcare.gov/the-basics/>.

## About the National Alliance for Caregiving

Established in 1996, the National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. The Alliance conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. Recognizing that family caregivers provide important societal and financial contributions toward maintaining the well-being of those they care for, the Alliance supports a network of 80+ state and local caregiving coalitions and serves as Secretariat for the International Alliance of Carer Organizations. Learn more at [www.caregiving.org](http://www.caregiving.org).

## About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; [www.aarp.org](http://www.aarp.org); AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at [www.aarp.org](http://www.aarp.org).

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