

## Fact Sheet

# The “Typical” LGBTQ Caregiver

National Alliance for Caregiving  
AARP

### WHO, CARING FOR WHO

The typical LGBTQ caregiver is young (42.4 years old) and unmarried. LGBTQ caregivers are most often caring for a parent or grandparent age 65 years old who has 1.9 conditions; most often, long-term and short-term physical conditions.

### DOING WHAT, WITH WHAT OTHER HELP

A hallmark of LGBTQ caregivers is their proximity to their care recipient: most report their recipient lives with them in the caregiver’s home or within 20 minutes. They spend about 28 hours a week assisting with 2.3 ADLs, 4.6 IADLs, and medical/nursing tasks, placing more LGBTQ caregivers in a high intensity caregiving situation than non-LGBTQ caregivers. They are more often the primary caregiver for their care recipient.

### WORK AND FINANCE

Most LGBTQ caregivers work while providing care, working 36.2 hours a week when employed and are typically paid hourly. Most report their supervisor is aware of their caregiving duties. LGBTQ caregivers more often report caregiving has caused high levels of financial strain, reporting greater financial impacts (2.4 on average), like using up short- and long-term savings or being unable to afford basic expenses.

### HEALTH AND WELLBEING

LGBTQ caregivers report that their role is moderately-to-highly emotionally stressful. Most feel they had no choice in taking on their caregiver role and more often report feeling alone. LGBTQ caregivers more often report being in fair or poor health than non-LGBTQ caregivers.

### SERVICES & SUPPORTS

LGBTQ caregivers find it harder to coordinate care between providers than they did in 2015. They more often want help managing their physical or emotional stress and would like doctors or other providers to ask about their self-care needs. LGBTQ caregivers would also appreciate having respite services, as well



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as financial support programs like being paid for some of their care hours, an income tax credit, or partially paid leave of absence.

- 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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