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


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/