

Fact Sheet

The “Typical” No Choice Caregiver

National Alliance for Caregiving
AARP

WHO, CARING FOR WHO

Caregivers who feel they have no choice are typically 50.4 years old and more often married/partnered, with at least \$50,000 in annual household income. They most often are caring for a parent who is 69.2 years old with a long-term physical condition.

DOING WHAT, WITH WHAT OTHER HELP

The no choice caregiver usually lives with their recipient and is the primary caregiver, helping their recipient without any other help (paid or unpaid). A hallmark is the amount of time they have been caring: 5.2 years, on average. They spend 25.8 hours a week helping their recipient with 1.8 ADLs, 4.6 IADLs, and medical/nursing tasks; more often placing them in high intensity care situations.

WORK AND FINANCE

No choice caregivers are usually employed, working an average of 36.6 hours a week. They more often report caregiving is highly financially straining and report a greater number of financial impacts, such as stopping saving, taking on more debt, or using up savings.

HEALTH AND WELLBEING

No choice caregivers report caregiving has impacted their own wellness, more often reporting high emotional stress, high physical strain, and loneliness. They more often say they have difficulty taking care of their own health, that their health is poor or fair (less often excellent or very good), and say caregiving has made their health worse. More so than caregivers with a choice, no choice caregivers expect to continue caring over the next 5 years.

SERVICES & SUPPORTS

No choice caregivers find it more difficult to coordinate care between providers. No choice caregivers more often want respite services, as well as conversation with doctors or other care providers about both their own self-care needs, as well as what is needed to care for their recipient. They are especially likely



National Alliance for Caregiving
1730 Rhode Island Ave., Suite 812,
Washington, D.C., 20036



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601 E Street, NW
Washington DC 20049

to want more help or information with a variety of caregiving tasks or challenges including: managing their emotional or physical stress; figuring out forms or paperwork for services or support for their recipient; choosing a home care agency or living facility; and managing their recipient's challenging behaviors.

- 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.

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; 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.

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