

Fact Sheet

The “Typical” Student Caregiver

National Alliance for Caregiving
AARP

WHO, CARING FOR WHO

Student caregivers are young and diverse: 30.6 years old on average, usually African American, Hispanic, Asian, or some other race/ethnicity, and more often single. Most care for a younger parent or grandparent (61.9 years old on average) who has a long-term physical condition and/or an emotional/mental health problem.

DOING WHAT, WITH WHAT OTHER HELP

Student caregivers provide 21.6 hours of care per week, helping with 2 ADLs, 4.6 IADLs, and medical/nursing tasks. Just under half are in a high intensity care situation, while just over half are in a moderate-to-low intensity care situation. Many manage their recipient’s finances and they more often find this task time consuming.

WORK AND FINANCE

Student caregivers are currently employed and work 31.9 hours a week while providing care, which is fewer hours on average than non-students. They are typically paid hourly. They more often report having experienced at least one financial impact as a result of caregiving, like being unable to pay bills, afford basic expenses like food, or working more.

HEALTH AND WELLBEING

Student caregivers typically feel a sense of purpose or meaning from their role, but also more often would find it helpful for a doctor, nurse or social worker to ask about their own self-care needs, in order to better support their recipient. Student caregivers lack health insurance more than non-student caregivers.

SERVICES & SUPPORTS

Student caregivers more often embrace technology to support their own care activity, rather than finding replacement supports or services, for things like online grocery orders or ride services for their



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recipient, watching videos to learn care tasks, and checking on their recipient with an app, video, wearable, or other remote monitoring.

- 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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