

2017 C.A.R.E Study

Caregiving and Longevity

Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NM), Milwaukee, WI and its subsidiaries.

Background

The C.A.R.E. Study explores four elements of longevity and long-term care planning:

- **Costs:** financial approach and considerations of long-term care
- **Accountabilities:** obligations and responsibilities of caregiving
- **Realities:** actual experience of aging or caregiving vs. anticipation
- **Emotions:** mindset of adult dependent and caregiver

The study is based on an online survey of U.S. adults ages 18+ conducted from November 11 – 28, 2016. The breakdown of completed interviews is as follows:

Number of Completed Interviews

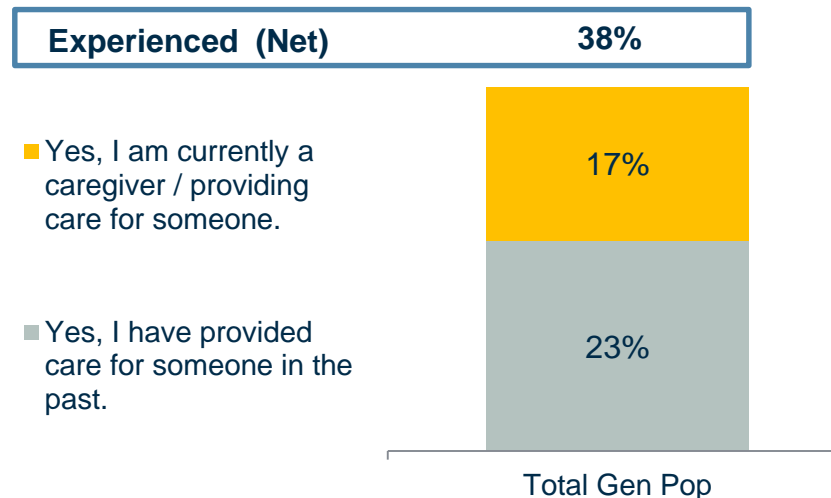
1,003	General U.S. Adult Population
502	Gen Xers – age 35-50
1,014	Experienced Caregivers

Data were weighted to be representative of the U.S. population (age 18+) based on Census targets for education, age/gender, race/ethnicity, region and household income.

4 in 10 Americans are current or past caregivers

Definition: *By caregiving, we mean situations when you are responsible for providing care – or the resources for that care – to someone or several people over a substantial period of time. The caregiving could be for anyone in your life who is – or could be – aging, ill or have special needs, but does not include any caregiving you may do as part of your employment.*

Caregiver Status

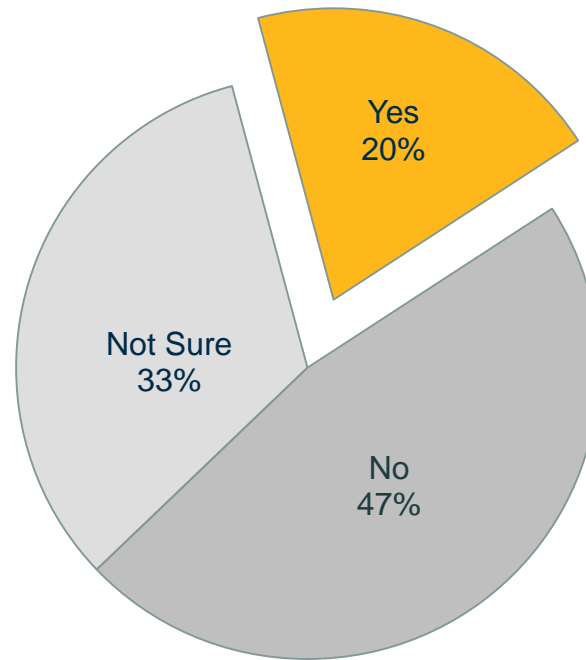


BASE: All Qualified Respondents (General Population n= 1003)

S1. Are you currently, or have you ever been a caregiver?

Experienced indicates the total number of caregivers, current and/or past.

Among non-experienced caregivers, 1 in 5 expect to be caregivers in the future

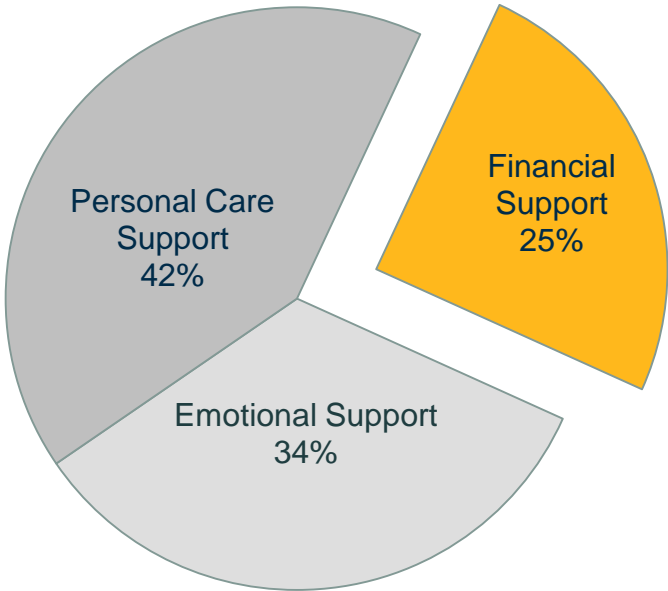


BASE: All Qualified Respondents Who Are Not Experienced Caregivers (General Population n=638)

S2. Do you anticipate that you may need to provide care for someone in the future?

Americans define caregiving as some type of non-financial support rather than financial support

How Caregiving Is Defined
(Mean Allocations for Each Type of Support)

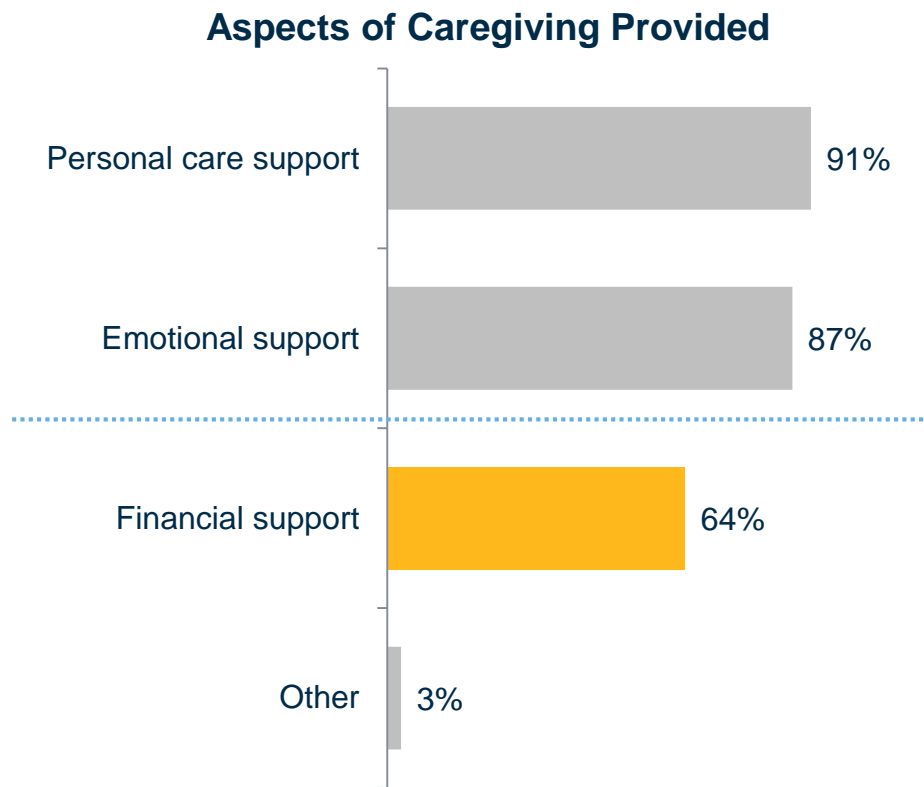


Non-Financial Support includes both Emotional and Personal Care Support.

BASE: All Qualified Respondents (n= 1003)

E18. What does caregiving mean to you in terms of the breakdown between financial and non-financial support?

Despite underplaying the financial implications, nearly two-thirds of experienced caregivers provided financial support in their role as caregivers

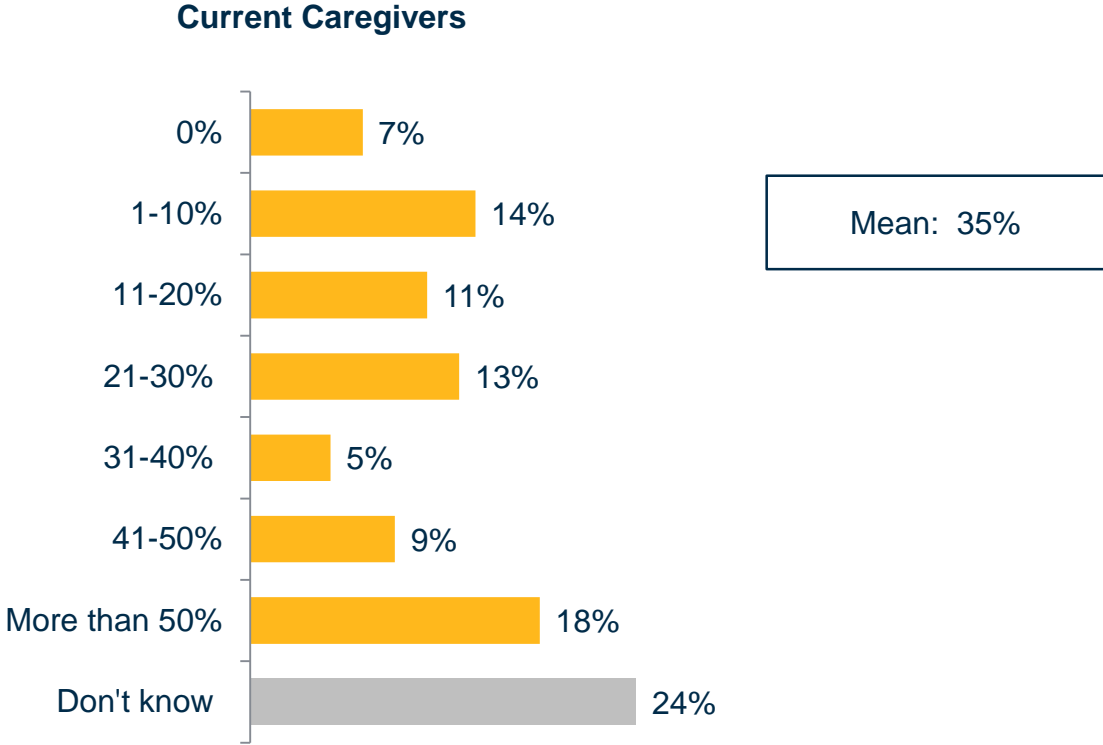


BASE: All Qualified Experienced Caregivers (n=1,014)

E21. In your role as a caregiver, which of the following aspects of care do you/have you provided?
Please select all that apply.

Caregiving could be costly. On average, more than one-third of current caregivers' monthly budget is allocated towards providing care

Percent of Monthly Budget Allocated for Caregiving



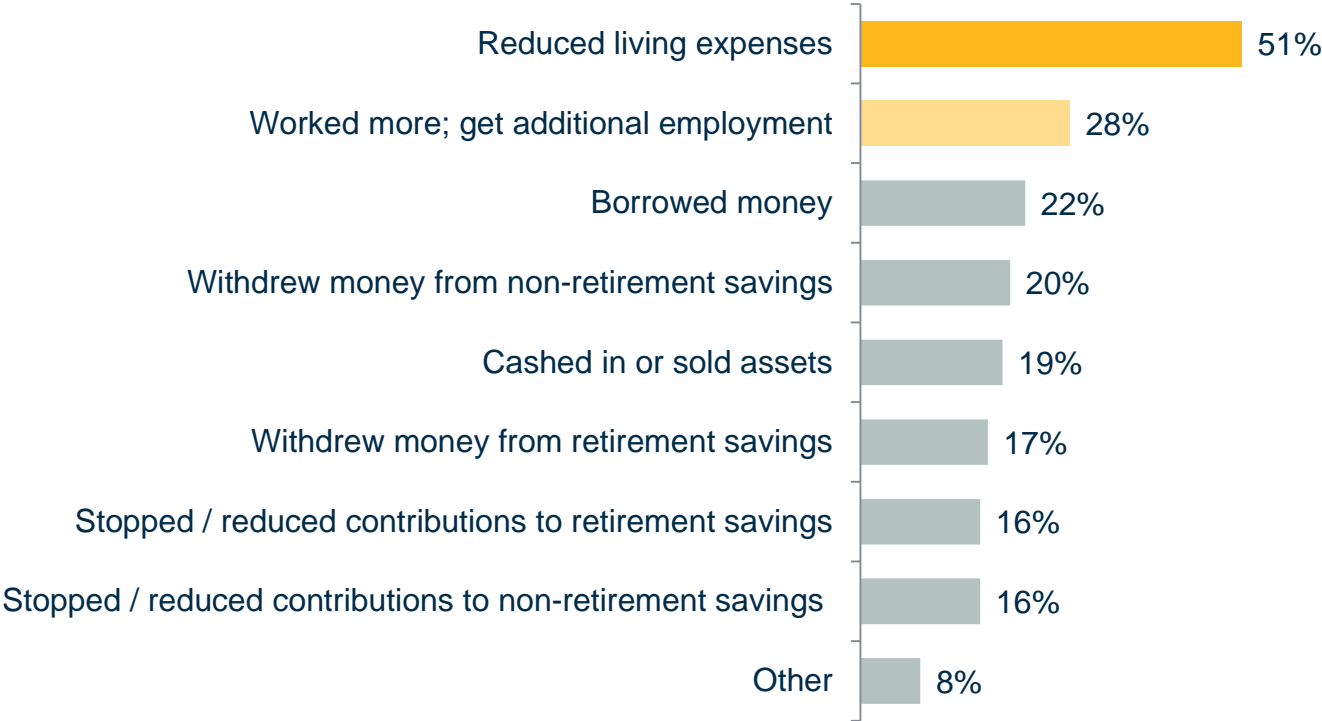
BASE: All Qualified Current Caregivers (n=442)

C6. Approximately what percentage of your current monthly budget goes to providing care for aging family members or friends? This may include costs to hire a caregiver and/or costs you incur for caregiving you do yourself.

Half of experienced caregivers who incurred costs say they reduced living expenses; roughly 3 in 10 say they worked more to cover care costs

Changes Due To Additional Cost of Providing Care

Experienced Caregivers

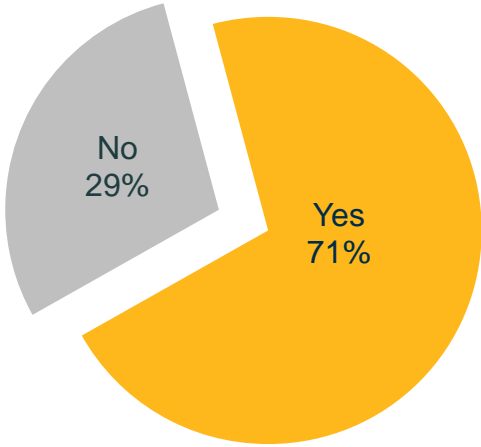


BASE: All Qualified Experienced Caregivers Who Incur Costs Providing Care (n=488)

C16. Which of the following, if any, have you experienced as a result of the additional costs of providing care?
Please select all that apply.

7 in 10 future caregivers expect to personally incur costs to provide care, yet 6 in 10 say they are least equipped to handle the financial aspects of caregiving

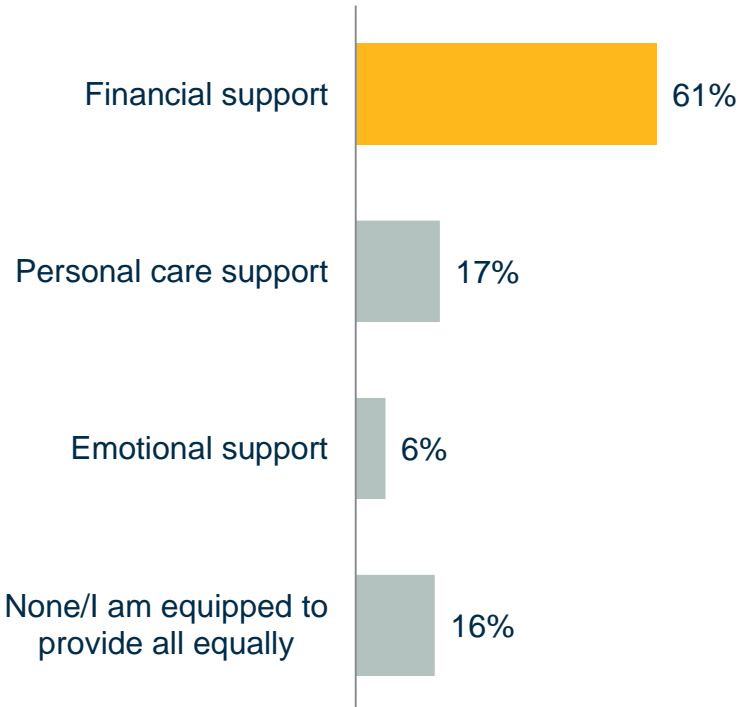
Whether Anticipate Personally Incurring Costs



BASE: All Qualified Future Caregivers (n=157)

C12. Do you expect to personally incur costs to provide care for an aging family member or friend?

Category of Support Least Equipped to Provide

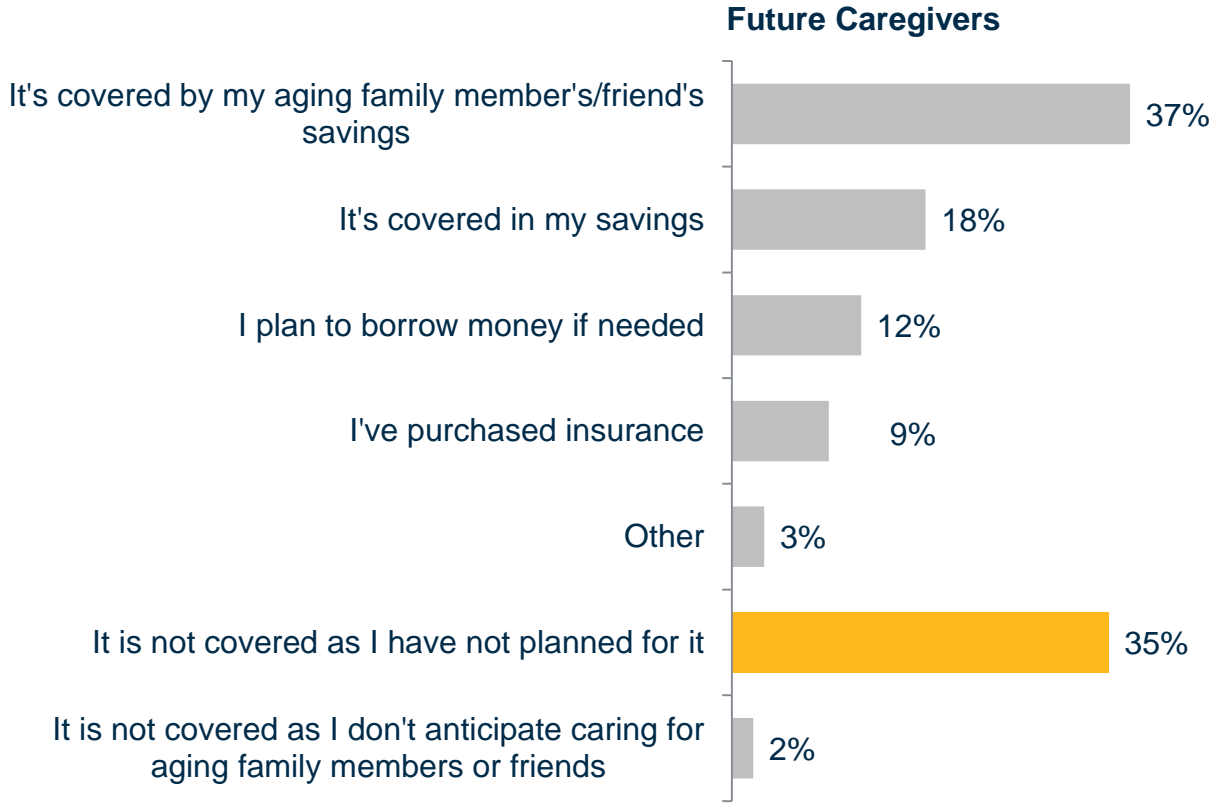


BASE: All Qualified Future Caregivers (n=161)

E19. Which category of support do you feel you are least equipped to provide? Again, this could be for anyone in your life who is – or could be – aging, ill or have special needs. Please select one.

Despite anticipating financial costs, 1 in 3 future caregivers have taken no steps to prepare

Addressing Potential Costs of Care in Savings/Financial Plan

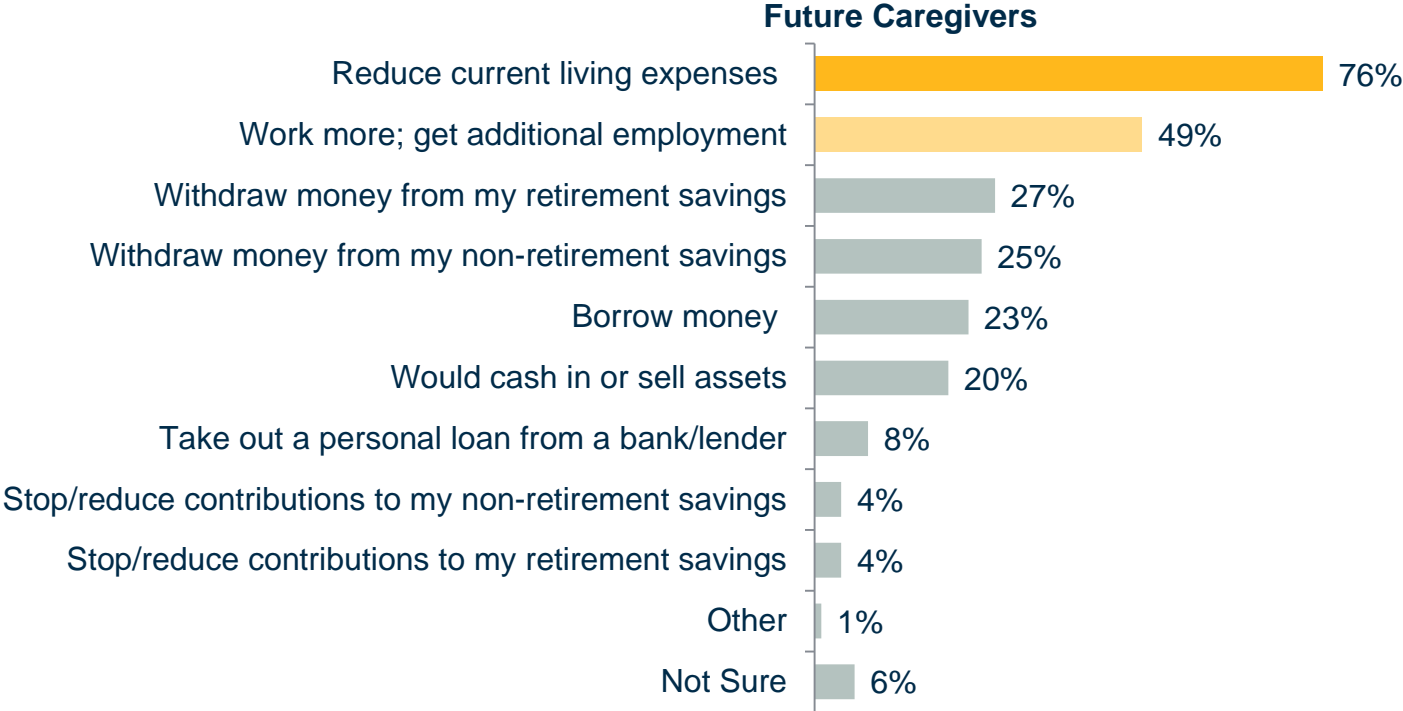


BASE: All Qualified Future Caregivers (n=161)

C1. How is the potential cost of care for aging family members or friends addressed in your savings/financial plan?
Please select all that apply.

Most future caregivers who anticipate incurring costs say they will reduce expenses or work more to offset costs

Source of Additional Money to Provide Care



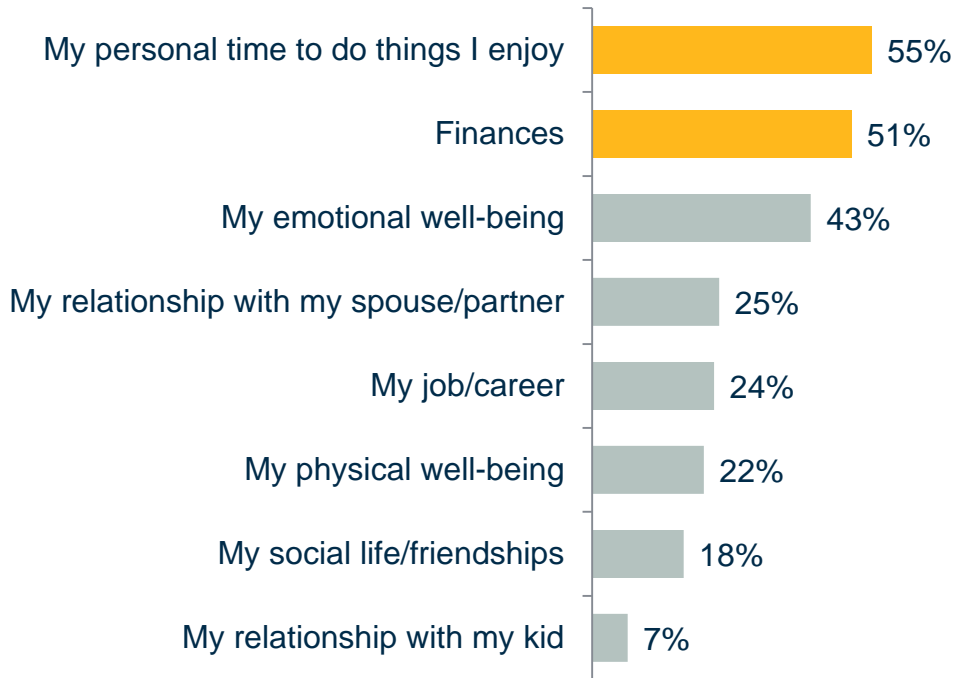
BASE: All Qualified Future Caregivers Who Anticipate Incurring Costs (n=94)

C13. Still thinking about any financial costs you would assume if you had to provide care, where would this additional money come from?
Please select all that apply

Aside from finances, future caregivers also expect caregiving to most profoundly impact their personal time

Areas Impacted by Caregiving

Future Caregivers



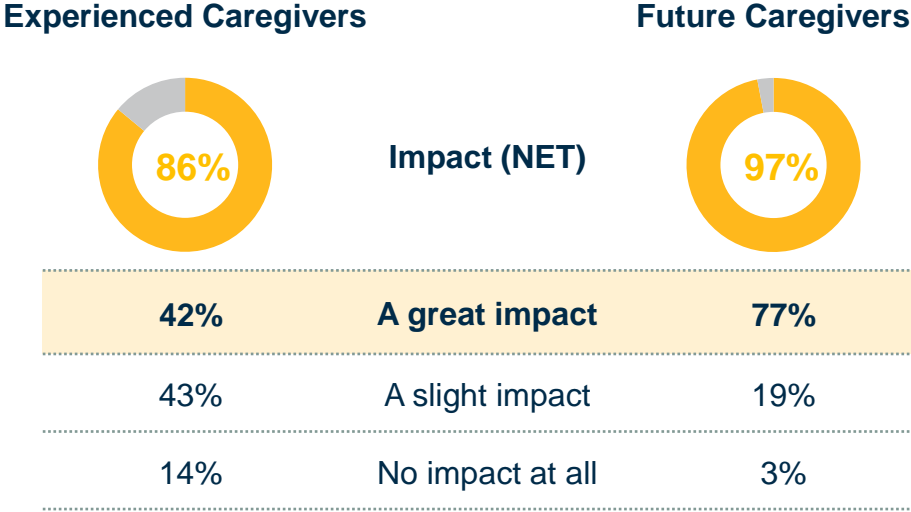
BASE: All Qualified Future Caregivers Who Anticipate That Caregiving Will Impact Their Lifestyle (n=153)

C15. What areas of life do you expect caregiving to impact the most?

Select up to three.

Most experienced and future caregivers expect caregiving to affect their lifestyle

Impact of Caregiving on Lifestyle



BASE: All Qualified Future Caregivers (n=157)

C14. What level of impact do you think providing care for an aging family member or friend would have on your lifestyle?

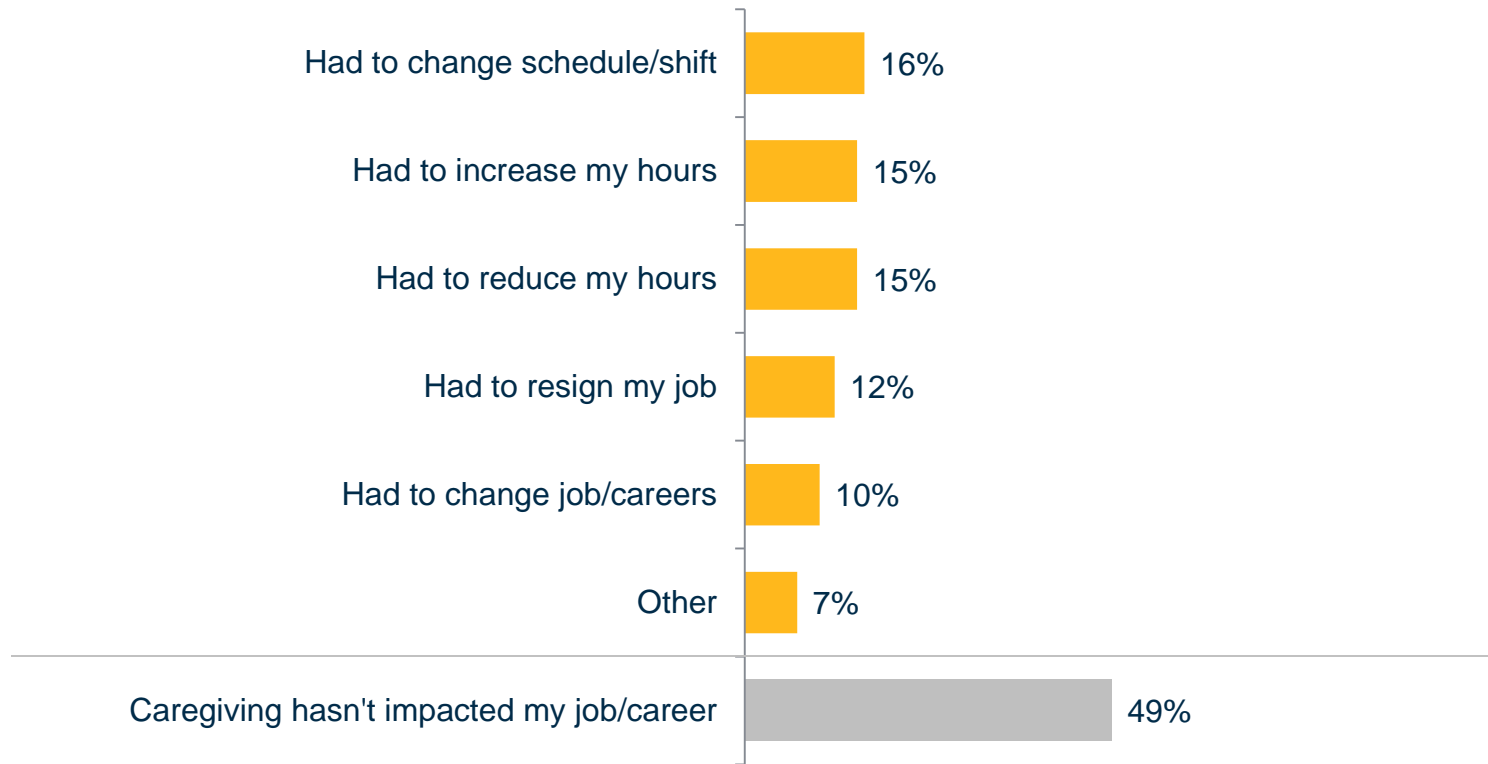
BASE: All Qualified Experienced Caregivers (n=1,014)

C19. What level of impact has providing care for an aging family member or friend had on your lifestyle?

Half of experienced caregivers say caregiving has impacted their career/job in some way

Impact of Caregiving on Job/Career

Experienced Caregivers

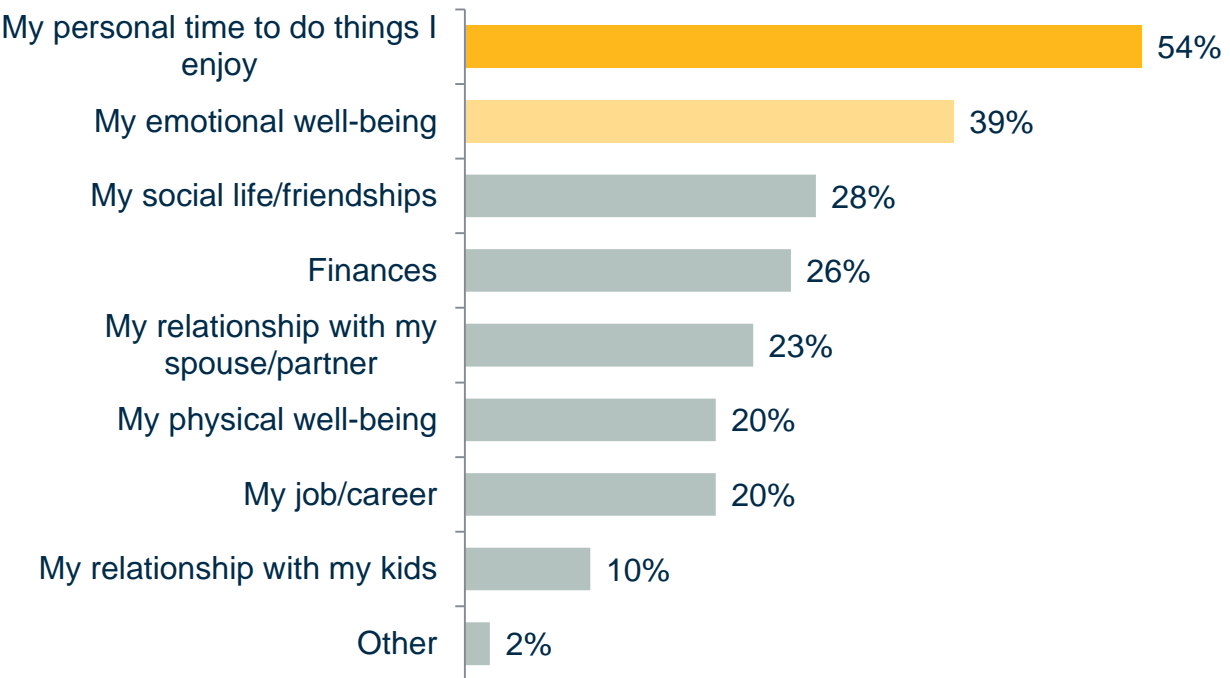


BASE: All Qualified Experienced Caregivers (n=1,014)

C18. How has caregiving impacted your job/ career?

Experienced caregivers who say caregiving has affected their lifestyle most often report impacts to personal time and emotional well-being

Impact of Caregiving on Areas of Life
Experienced Caregivers Who Are Impacted



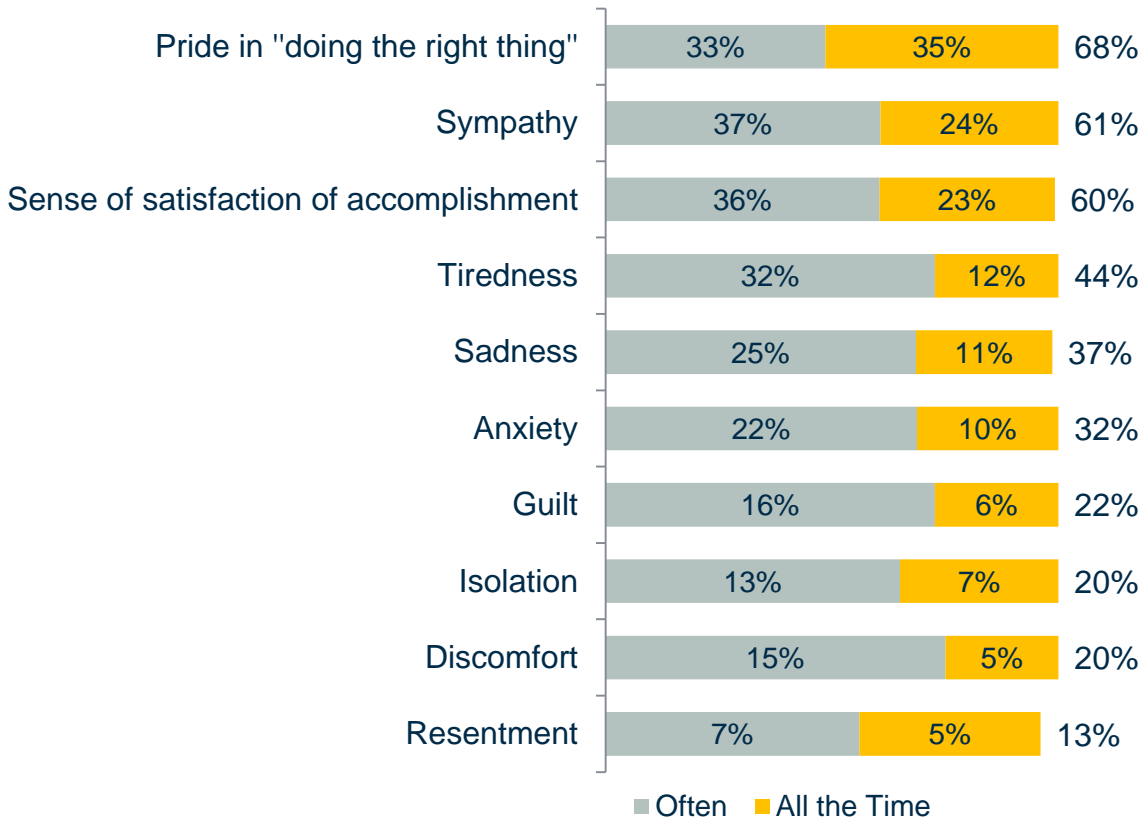
BASE: All Qualified Experienced Caregivers Whose Lifestyle Has Been Impacted By Caregiving (n=887)

C20. What areas of life did caregiving impact the most?

Please select three.

Despite the tolls of caregiving, many find their experiences gratifying

Frequency of Emotions as an Experienced Caregiver

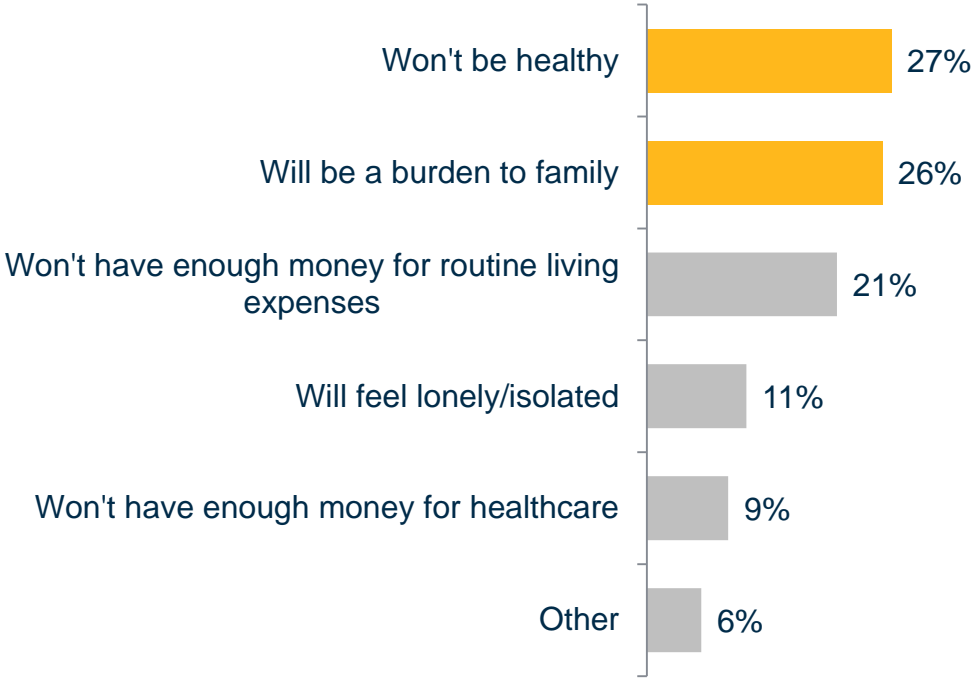


BASE: All Qualified Experienced Caregivers (n=1014)

E9. Below is a list of emotions you may experience as a caregiver. Please rate how often you've felt each of these emotions in your personal caregiving experiences.

When considering their own longevity, Americans most fear poor health and burdening their families

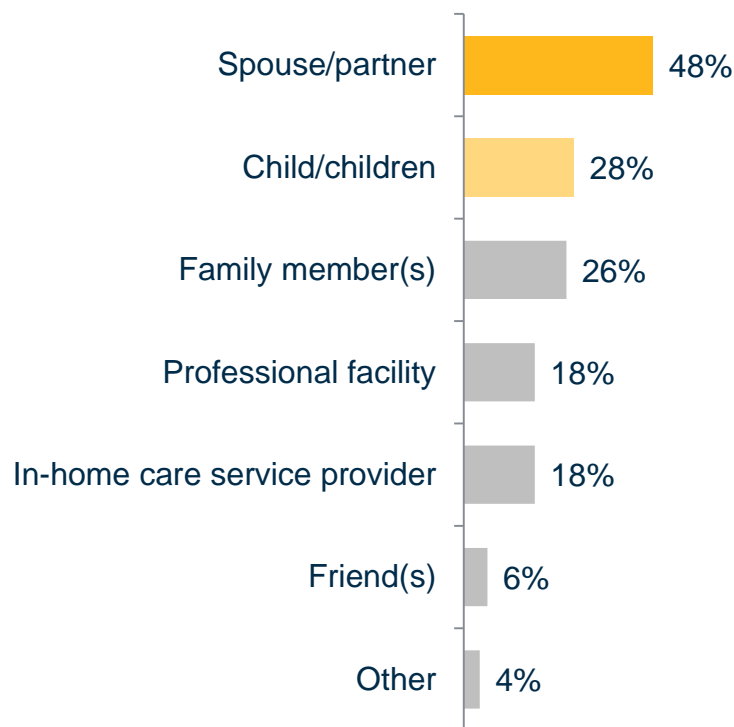
Greatest Fear about Living Longer



BASE: All Qualified Respondents (n=1003)
L1. What is your greatest fear about living longer?
Please select one.

Half of Americans say that if they need care, they expect their spouse/partner to provide it...

Likely Care Provider

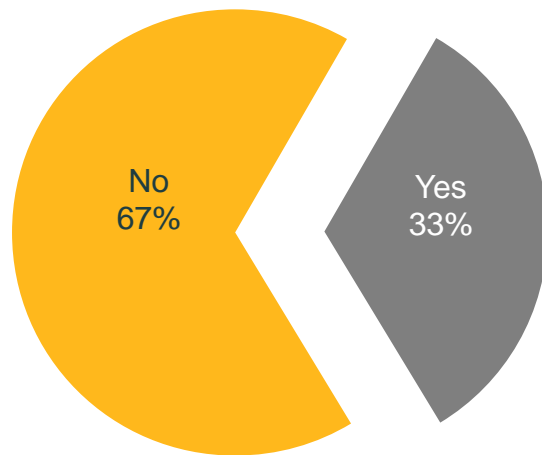


BASE: All Qualified Respondents (n=1003)

L4. If you were to need care, whom is most likely to provide it?
Please select up to two.

...yet 2 out of 3 have not spoken to anyone about their care preferences and 7 in 10 Americans have not planned for their own long-term care needs

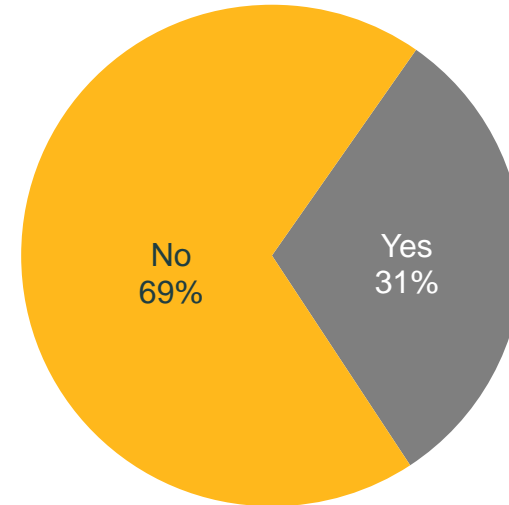
Whether Discussed Care Preferences



BASE: All Qualified Respondents (n=1003)

L5. Have you spoken to anyone about your preferences for your own care?

Whether Planned for Own Potential Long-Term Care



BASE: All Qualified Respondents (n=1003)

L2. Have you planned for your own potential long-term care needs when you may be dependent on other(s) to provide care for you?