

LONG-TERM CARE

FACT SHEET

THE CAREGIVING LANDSCAPE

- Three in ten Americans identify as current/past caregivers and more than 1 in 5 (22%) expect to become caregivers in the future.¹
- Today, 52% of people aged 65 or older require some form of long-term care.¹ This number will only increase as the population of those aged 65 and older is expected to double between 2015 and 2050, from 47.8 million to 88 million.²

ECONOMIC IMPACT OF CAREGIVING

- While 48% of experienced caregivers say they are/were least equipped to provide financial support, 7 in 10 (68%) actually ended up providing it.²
- 34% of current caregivers spend between 21-100% of their monthly budget on caregiving related expenses (on average, \$273 is spent on medicine/medical supplies and \$159 on food).¹
- To cover caregiving costs, 2 in 3 (67%) experienced caregivers said they reduced living expenses.¹
- Although nearly 6 in 10 (57%) future caregivers expect to incur personal costs as a function of providing care, 48% have not planned at all.¹

LIFESTYLE AND PROFESSIONAL IMPACT OF CAREGIVING

- Half of current caregivers (48%) are spending between 6 and 16+ hours a day providing care.¹
- 8 in 10 (85%) caregivers feel a lifestyle impact.¹ Some tradeoffs include:
 - 76% had to choose between taking time for themselves and providing care¹
 - 57% had to choose between spending time with a spouse/partner and providing care¹
 - 62% had to choose between seeing friends and providing care¹
 - 49% had to choose between spending time with children and providing care¹

(continued)

- Caregiving has also impacted careers:
 - Of the roughly 44 million unpaid caregivers in the U.S., 75% are also employed outside the home.³
 - 21% of experienced caregivers had to reduce work hours, while 20% changed their work schedule.¹
 - Among adults who were employed in the past two years, more took time off from work to care for a sick family member (11%) than following the birth or adoption of a child (7%).⁴
 - Caregivers who leave the workforce can expect to lose an average of \$303,880 in lost income and benefits over their lifetime.⁵

PLANNING FOR LONGEVITY

- On average, an American turning 65 today will spend over \$138,000 on future LTC costs.⁶ In fact, the Employee Benefit Research Institute (EBRI) found that projected LTC expenses greatly contribute to projections of retirement deficits.⁶
- 58% of Americans say healthcare costs are the greatest obstacle to achieving financial security in retirement.⁷
- 1 in 4 people age 45 and older are not at all prepared financially if they suddenly required long-term care for an indefinite period of time.⁸
- While Americans recognize the pervasiveness of long term care events, three quarters (73%) have not planned for their own long-term needs.¹

¹ Northwestern Mutual 2018 C.A.R.E. Study

² PHI national, February 2017, <https://phinational.org/wp-content/uploads/2017/11/workforce-shortages-phi60issues01.pdf>

³ Centers for Disease Control, 10/27/17, <https://medicare.com/caregiver-resources/survival-tips-for-sandwich-generation-caregivers>

⁴ Pew Research Center Study, 3/30/17, <http://www.pewresearch.org/fact-tank/2017/03/30/about-one-in-four-u-s-workers-have-taken-leave-to-care-for-a-seriously-ill-family-member/>

⁵ AARP Public Policy Institute, July 2015, Valuing the Invaluable: 2015 Update, <https://www.aarp.org/content/dam/aarp/ppi/2015/valuing-the-invaluable-2015-update-new.pdf>

⁶ U.S. Department of Health and Human Services, 7/1/15, <https://aspe.hhs.gov/basic-report/long-term-services-and-supports-older-americans-risks-and-financing-research-brief>

⁷ Northwestern Mutual 2017 Planning & Progress Study

⁸ AARP, "Perceptions of Long-Term Care and the Economic Recession", April 2009 <https://www.caregiver.org/selected-long-term-care-statistics>