

# Caregiving in the Sandwich Generation

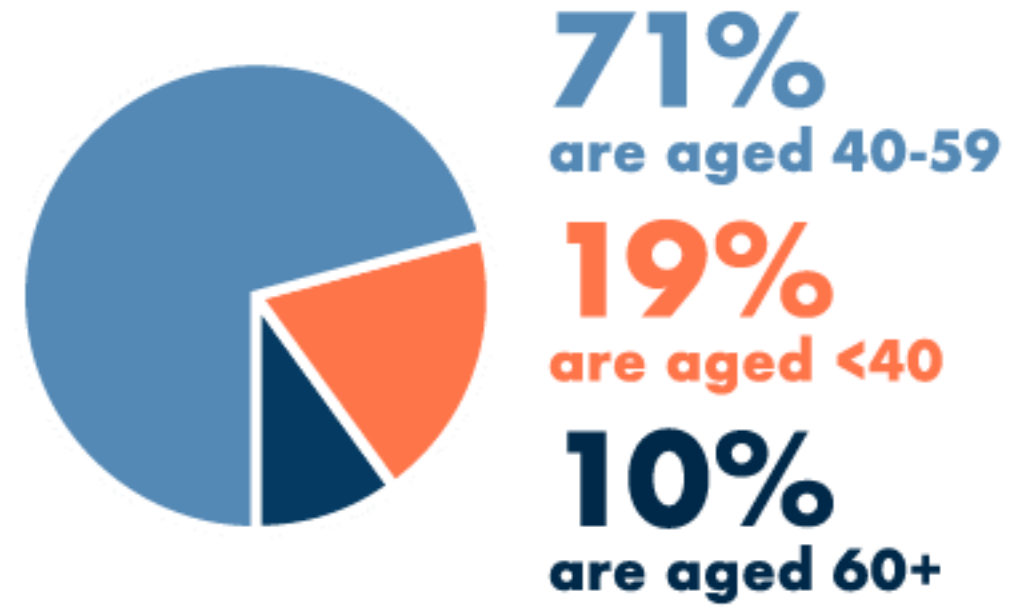
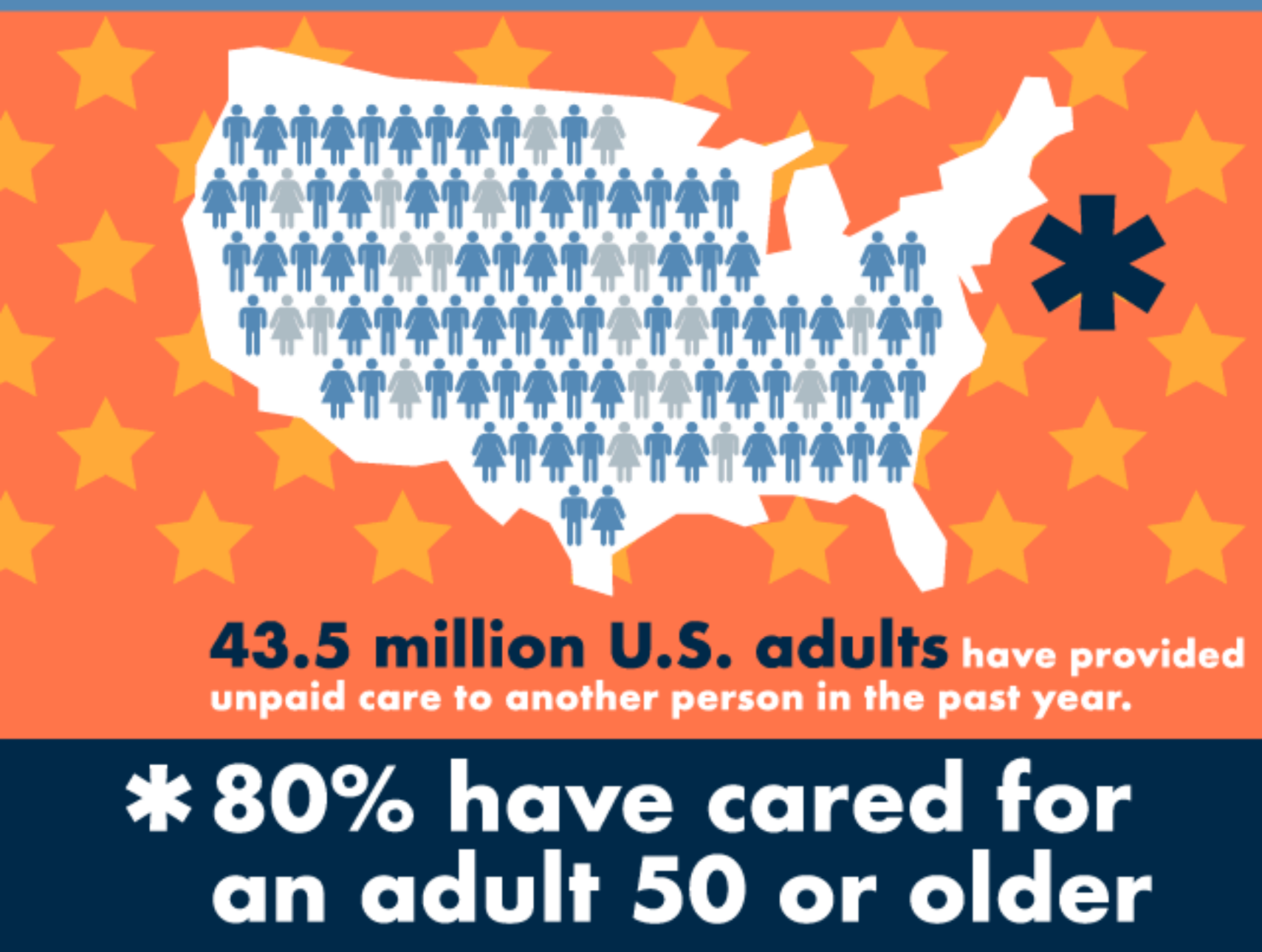
Rather than being defined by age, members of the so-called sandwich generation are characterized by circumstance:

They're caring for aging parents, while also raising young children or supporting older offspring. Oftentimes, they're working and managing competing financial interests.

Here's a look at who they are and how they're managing it all.



## Who cares?



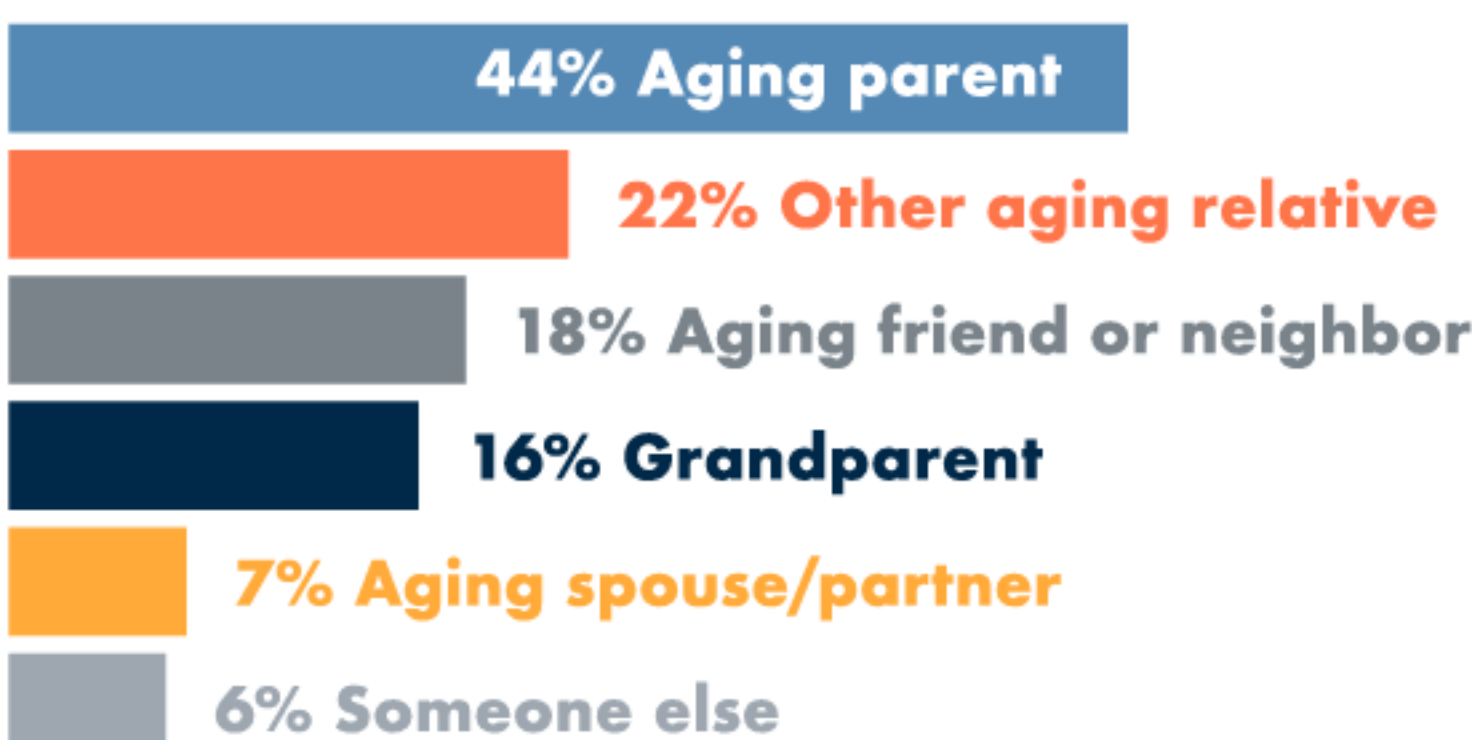
**Almost 75% are female**

**IN 2014: 60.6 million people**  
 (19% of the U.S. population) lived with multiple generations under one roof.

**60%** of family caregivers in 2014 were employed either part or full-time.

## Who is being cared for?

Caregivers provide care to:



**65%** of care recipients are female, with an average age of 69.

How are they cared for?

**58%**  
 Errands, housework or home repairs

**14%**  
 Personal care



**28%**  
 Financially



Of the over **44 million people** aged 65+ in the U.S. today, **38%** of them have at least 1 form of disability.

**15.7 million caregivers** care for someone with Alzheimer's or other dementia.

**By 2050:** The number of Americans living with **Alzheimer's disease** could nearly triple to **14 million**, fueling greater demand for elder care.

## The costs (and rewards) of care

**\$84,000** is the average annual cost of nursing home care.

Less than **1/5** of elderly have personal resources to afford more than 3 years of nursing home care.

Nearly **1-in-4** Americans have taken leave from work to care for a seriously ill family member.

**Time is money**

In 2013, approximately **37 billion hours of care** were provided by an estimated **40 million family caregivers**.

**\$470 billion:** The estimated economic value of their unpaid contributions.

**Making ends meet**

Most caregivers providing financial support to BOTH an aging parent and a child of any age are making ends meet:

**30%**

Are just able to meet basic expenses.

**30%**

Have enough to meet basic expenses with a little left over.

**28%**

Live comfortably.

**38%** of adults say BOTH their parents and grown children rely on them for emotional support

**68%** of adults say they provide emotional support for aging parents

**76%** of adults said the same for their children aged 18+

While almost a third of those caring for aging parents say it's stressful...

**88%** find it rewarding.

### Sources

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