Caregiving in the Sandwich Generation

Rather than being defined by age, members of the so-called sandwich generation are characterized by their actions. They’re caring for aging parents, while also raising young children or supporting other family members. 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?

43.5 million U.S. adults are providing unpaid care to a younger relative or parent.

* 80% have cared for an adult 50 or older.

60% of family caregivers in 2016 were employed either part-time or full-time.

Almost 75% are female.

Who is being cared for?

Caregivers provide care to:

44% Aging parent

33% Other aging relative

18% Aging friend or neighbor

10% Grandparent

7% Aging spouse/partner

4% Someone else

65% of care recipients are female, with an average age of 64.

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 5 years of nursing home care.

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

Making ends meet

30% Are able to meet basic expenses.

30% Have enough to meet basic expenses with a little left over.

28% Live comfortably.

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

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

88% find it rewarding.

Time is money

In 2015, approximately 37 billion hours of care were provided by an estimated 41 million family caregivers. $470 billion: The estimated economic value of their unpaid contributions.

Source:


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