

### Who Provides Long-Term Care in California?

*Most long-term care is provided informally (or unpaid) by family members and friends. Paid long-term care services are provided formally by a wide variety of trained professionals, with the largest share coming from the “direct care workforce”, including home health aides, certified nursing assistants, and personal care aides.*

*This fact sheet is one in a series that provides basic information on the “who, what, where, when, why, and how” of long-term care in California. All the references accessed to produce this fact sheet are provided for further review.*

#### Informal Caregivers

- In 2007, **4 million** Californians served as unpaid caregivers to an adult or child.<sup>1</sup>
- **One in every six** households in California contains at least one caregiver for someone age 50 or over.<sup>2</sup>
- **The majority** of unpaid caregivers in California (**85%**) are family members and almost half of unpaid caregivers are caring for a parent.<sup>2</sup>
- Unpaid caregivers in California for adults age 50 and older are **predominantly female (75%)** and **51 years of age** on average.<sup>2</sup>
- **61%** of unpaid caregivers in California are White/Caucasian, **25%** are Hispanic/Latino, **6%** are Black/African-American, and **5%** are Asian.<sup>2</sup>
- **86%** of caregivers in California provide care for only one recipient.<sup>2</sup>
- **36%** of California caregivers assist someone with severe memory problems or dementia.<sup>2</sup>
- **44%** of caregivers provide care to someone with mental health or emotional problems.<sup>2</sup>
- **56%** of California caregivers provide care to someone with more than 2 physical health problems.<sup>2</sup>
- **75%** of California caregivers report providing care for 5 years or less.<sup>2</sup>
- **Approximately 25%** of California caregivers have been providing care for 6 years or more.<sup>2</sup>
- The median number of hours caregivers spent providing care was **14**.<sup>2</sup>
- **16%** of caregivers report that they provide constant care throughout the week.<sup>2</sup>
- Caregivers receiving assistance from unpaid family members or friends report receiving an average of about **10 hours** of assistance per week.<sup>2</sup>
- **About half** of California caregivers are employed outside the home. **13%** of California caregivers report having to reduce their work hours as a result of caregiving activities.<sup>3</sup>

#### Formal Caregivers

- Of the **508,900** direct care workers in 2008:
  - **108,100** Nursing Aides, Orderlies and Attendants<sup>4</sup>
  - **54,300** Home Health Aides<sup>5</sup>

- **346,500** Personal Care and Home Care Aides.<sup>6</sup>
- The **majority** of direct care workers (**84%**) are female and **44 years** of age on average.<sup>7</sup>
- **Over 70%** of California's direct care workers are non-White and **50%** are foreign born.<sup>7</sup>
- Roughly **75%** of California's direct care workers are employed in home and community-based settings.<sup>7</sup>
- **20%** of California's direct care workers are employed in nursing facilities and hospitals.<sup>7</sup>
- **80%** of Personal Care Attendants work directly for private households.<sup>7</sup>
- In 2008, there were **236,400** registered nurses in California. **3.2%** of registered nurses worked in nursing facilities.<sup>8</sup>
- In 2008, there were **63,300** licensed vocational nurses in California. Almost **25%** worked in nursing facilities, **11%** provided home health care services, and **3.4%** worked in Community Care Facilities for the Elderly that provide residential and personal care services for individuals who are unable to fully care for themselves and/or do not desire to live independently.<sup>4,9,10</sup>

## Sources

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