The Many Faces of Caregivers: 
A Close-Up Look at Caregiving and Its Impacts

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A Portrait of Caregivers – Gender

California (%)

46 Women
54 Men

National (%)

53 Women
47 Men

BASE: ALL QUALIFIED RESPONDENTS
Q268. Gender
A Portrait of Caregivers – Generation

California (%)
- Millennials: 39%
- Gen X: 19%
- Baby Boomers: 35%
- Matures: 7%

National (%)
- Millennials: 37%
- Gen X: 22%
- Baby Boomers: 34%
- Matures: 7%

Median Age: 45
Median Age: 48

BASE: ALL QUALIFIED RESPONDENTS
Q280. Generation based on what year were you born?
A Portrait of Caregivers – Race/Ethnicity

California (%)
- White: 54%
- Latinos: 28%
- Black/African American: 12%
- Asian/Pacific Islander: 4%
- Other: 2%
- Decline to Answer: <1%

National (%)
- White: 72%
- Latinos: 15%
- Black/African American: 7%
- Asian/Pacific Islander: 4%
- Other: 1%
- Decline to Answer: 1%

BASE: ALL QUALIFIED RESPONDENTS
Q485. Race/Ethnicity
Total Hours Spent Caregiving Each Month

California (%)
- 34%
- 16%
- 20%
- 9%
- 21%

National (%)
- 36%
- 17%
- 15%
- 10%
- 22%

MEDIAN = 50
MEAN = 105

MEDIAN = 47
MEAN = 112

Note: The median is the midpoint of the range of responses. The mean is the average of all responses.

BASE: ALL QUALIFIED RESPONDENTS
Q832. In total, approximately how many hours per month do you spend caring for the care recipient?
## Caregiver Duties Performed

<table>
<thead>
<tr>
<th>Types of Caregiving Duties</th>
<th>California</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household Duties (Net)</td>
<td>91%</td>
<td>89%</td>
</tr>
<tr>
<td>Social/Communication Duties (Net)</td>
<td>73%</td>
<td>72%</td>
</tr>
<tr>
<td>Health-Related Duties (Net)</td>
<td>72%</td>
<td>69%</td>
</tr>
<tr>
<td>Personal Care Duties (Net)</td>
<td>67%</td>
<td>62%</td>
</tr>
<tr>
<td>Medical-Related Duties (Net)</td>
<td>45%</td>
<td>49%</td>
</tr>
<tr>
<td>Paying Bills/Managing Finances Duties</td>
<td>42%</td>
<td>43%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
<td>4%</td>
</tr>
</tbody>
</table>

**BASE: ALL QUALIFIED RESPONDENTS**

Q825. Which of the following are duties you perform for the care recipient? Select all.
## Caregiver Sentiments About Their Caregiving Duties

### Caregivers’ Sentiments

<table>
<thead>
<tr>
<th>Sentiments</th>
<th>CA</th>
<th>NTL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It’s important for me to provide a good quality of life for the care recipient</td>
<td>96%</td>
<td>94%</td>
</tr>
<tr>
<td>I like helping the care recipient</td>
<td>91%</td>
<td>91%</td>
</tr>
<tr>
<td>I enjoy spending time with the care recipient</td>
<td>89%</td>
<td>91%</td>
</tr>
<tr>
<td>Being a caregiver gives me a strong sense of purpose</td>
<td>82%</td>
<td>83%</td>
</tr>
<tr>
<td><strong>Negative</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My own health takes a backseat to the health of my care recipient</td>
<td>60%</td>
<td>55%</td>
</tr>
<tr>
<td>My caregiving duties leave me feeling physically exhausted</td>
<td>61%</td>
<td>55%</td>
</tr>
<tr>
<td>My caregiving duties leave me feeling emotionally exhausted</td>
<td>59%</td>
<td>55%</td>
</tr>
<tr>
<td>My caregiving duties leave me feeling completely overwhelmed</td>
<td>49%</td>
<td>44%</td>
</tr>
</tbody>
</table>

**BASE:** ALL QUALIFIED RESPONDENTS

Q855. How much do you agree or disagree with the following statements about performing your duties as a caregiver?
Caregivers Would Like More Information...

...To Help Them with Their Caregiving Duties
92% California
88% National

...To Help Them Personally with Their Caregiving Responsibilities
80% California
71% National

BASE: ALL QUALIFIED RESPONDENTS
Q850. Which of the following topics would you like more information to help you personally with your caregiving responsibilities? I would like more information about... Please select all that apply.
Caregivers’ Self-Described General Health

California (%)

- Excellent: 19
- Good: 57
- Fair: 3
- Poor: 21

National (%)

- Excellent: 23
- Good: 55
- Fair: 3
- Poor: 19

NET – Excellent/Good
California: 78%
National: 74%

NET – Fair/Poor
California: 22%
National: 26%

BASE: ALL QUALIFIED RESPONDENTS
Q900. Overall how would you describe your general health?
Changes in General Health Since Becoming a Caregiver

BASE: ALL QUALIFIED RESPONDENTS

Q905. Since becoming a caregiver, has your general health...?

California (%)

- Improved: 17%
- Stayed the same: 65%
- Got worse/Declined: 2%
- Not sure: 2%

National (%)

- Improved: 17%
- Stayed the same: 65%
- Got worse/Declined: 3%
- Not sure: 3%
# Employment Status of Caregivers

<table>
<thead>
<tr>
<th>Employment Status of Caregivers</th>
<th>California (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employed Full- or Part-Time</td>
<td>57</td>
<td>52</td>
</tr>
<tr>
<td>Self-Employed Full- or Part-Time</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Not Employed/Not Retired</td>
<td>18</td>
<td>21</td>
</tr>
<tr>
<td>Retired</td>
<td>17</td>
<td>19</td>
</tr>
</tbody>
</table>

**BASE:** ALL QUALIFIED RESPONDENTS

Q1000. Which one of the following best describes your employment status?
Caregivers’ Financial Well-Being

California (%)

NET – Excellent/Good
California: 58%
National: 56%

NET – Fair/Poor
California: 42%
National: 44%

National (%)

Excellent: 15%
Good: 16%
Fair: 29%
Poor: 40%
Monthly Personal Expenditures to Cover Expenses for Care Recipient

- $1,000 or more: 11%
- $700 to less than $1,000: 3%
- $500 to less than $700: 7%
- $300 to less than $500: 9%
- $200 to less than $300: 13%
- $100 to less than $200: 13%
- $1 to less than $100: 12%
- $0: 13%

**California (%)**

**National (%)**

<table>
<thead>
<tr>
<th></th>
<th>California (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not sure</td>
<td>19</td>
<td>25</td>
</tr>
<tr>
<td>Median</td>
<td>$200</td>
<td>$150</td>
</tr>
</tbody>
</table>

*Note: The median is the midpoint of the range of responses. Non-responses are excluded from the estimate.*

**BASE:** ALL QUALIFIED RESPONDENTS

Q1120. On average, approximately how much money do you spend each month paying out-of-pocket to cover expenses for the care recipient (e.g. for groceries, over-the-counter medications, gas, parking)?
## Sources of Financial Assistance Received for Caregiving Duties

<table>
<thead>
<tr>
<th>Source of Financial Assistance</th>
<th>California (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compensated for Caregiver Duties (Net)</td>
<td>29</td>
<td>25</td>
</tr>
<tr>
<td>Care recipient</td>
<td>14</td>
<td>10</td>
</tr>
<tr>
<td>Family members other than the care recipient</td>
<td>11</td>
<td>8</td>
</tr>
<tr>
<td>Through a Medicaid program</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>My home state or municipality</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>In Home Supportive Services</td>
<td>9</td>
<td>4</td>
</tr>
<tr>
<td>Church or charity</td>
<td>7</td>
<td>4</td>
</tr>
<tr>
<td>Another form of payment</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>I do not receive any form of payment as a caregiver</td>
<td>71</td>
<td>75</td>
</tr>
</tbody>
</table>

**BASE: ALL QUALIFIED RESPONDENTS**

Q1260. Which of the following do you receive for your caregiving duties? Select all.
## Employment-Related Adjustments Made as a Result of Becoming a Caregiver

<table>
<thead>
<tr>
<th></th>
<th>California (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced hours or job responsibilities (Net)</td>
<td>30</td>
<td>26</td>
</tr>
<tr>
<td>Taken leave – unpaid and/or paid (Net)</td>
<td>24</td>
<td>18</td>
</tr>
<tr>
<td>Retired early/Quit job (Net)</td>
<td>17</td>
<td>14</td>
</tr>
<tr>
<td>Used vacation, sick days, and/or PTO</td>
<td>26</td>
<td>30</td>
</tr>
<tr>
<td>Missed days of work</td>
<td>22</td>
<td>26</td>
</tr>
<tr>
<td>Began an alternative schedule</td>
<td>17</td>
<td>15</td>
</tr>
<tr>
<td>Began to work remotely</td>
<td>13</td>
<td>9</td>
</tr>
<tr>
<td>Took on additional hours</td>
<td>12</td>
<td>8</td>
</tr>
<tr>
<td>None</td>
<td>21</td>
<td>24</td>
</tr>
</tbody>
</table>

**BASE:** ALL EMPLOYED OR HAVE BEEN EMPLOYED DURING THEIR TIME AS A CAREGIVER

Q1025. Which of the following have you done as a result of becoming a caregiver? *Select all that apply.*
# Adverse Employment Actions Experienced As a Result of Caregiving

<table>
<thead>
<tr>
<th>Experienced adverse actions (Net)</th>
<th>California (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>37</td>
<td>28</td>
</tr>
<tr>
<td>No, I have not experienced any adverse actions by a current or former employer as a result of my caregiving responsibilities</td>
<td>63</td>
<td>72</td>
</tr>
</tbody>
</table>

BASE: EMPLOYED OR HAVE BEEN EMPLOYED DURING THEIR TIME AS A CAREGIVER

Q1030. Have you experienced any adverse actions by a current or former employer as a result of your caregiving responsibilities?
Total Household Income in 2016 Among Caregivers

- $250k or more: 4% (California), 3% (National)
- $100k to less than $250k: 30% (California), 25% (National)
- $75k to less than $100k: 16% (California), 14% (National)
- $50k to less than $75k: 15% (California), 16% (National)
- $35k to less than $50k: 6% (California), 10% (National)
- $25k to less than $35k: 7% (California), 7% (National)
- $15k to less than $25k: 6% (California), 8% (National)
- Less than $15k: 11% (California), 10% (National)

<table>
<thead>
<tr>
<th></th>
<th>California (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decline to answer</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>Estimated Median</td>
<td>$66,000</td>
<td>$57,000</td>
</tr>
</tbody>
</table>

Note: The median is estimated based on the approximate midpoint of the range of each response category. Non-responses are excluded from the estimate.

BASE: ALL QUALIFIED RESPONDENTS

Q1265. Which of the following income categories best describes your total household income in 2016?
Q1270. What is your total household retirement savings in all accounts?

Note: The median is estimated based on the approximate midpoint of the range of each response category. Non-responses are excluded from the estimate.
The Many Faces of Caregiving:
A Close-Up Look at Caregiving and Its Impacts

Select findings from the Inaugural Caregivers Survey

New research from Transamerica Institute on non-professional family caregivers finds significant impact on their health and finances, in this inaugural caregiving survey. Read more.