

Caring for a loved one impacts the health and financial well-being of many older Californians.

Findings from a 2022 survey of adults age 55 and older in California

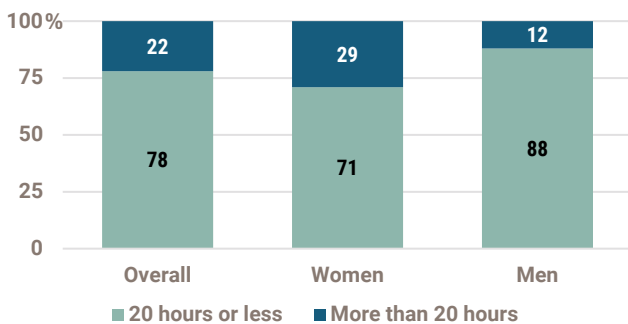
About a quarter (24%) of Californians age 55 and older provided an adult family member or friend help with things like baths, medication management, household chores, paying bills, or other personal or routine needs. While there was a range of experiences among these caregivers, for some, providing care impacted their health or financial situation. Many needed additional support services.

More than 1 in 5 caregivers in California age 55 and older spent more than 20 hours a week providing care.

- 11% of caregivers spent between 21-30 hours a week providing care, 4% spent 31-40 hours a week, and 7% spent more than 40 hours a week caregiving.
- 62% spent 10 hours a week or less.
- 29% of female caregivers provided more than 20 hours per week of care. Only 12% of male caregivers did the same.

Among caregivers, women provided more hours of care than men.

% of Californians age 55+ who provide care



Question: In a typical week, about how many hours did you spend, on average, helping your family member or friend?

Caregivers could use more support.

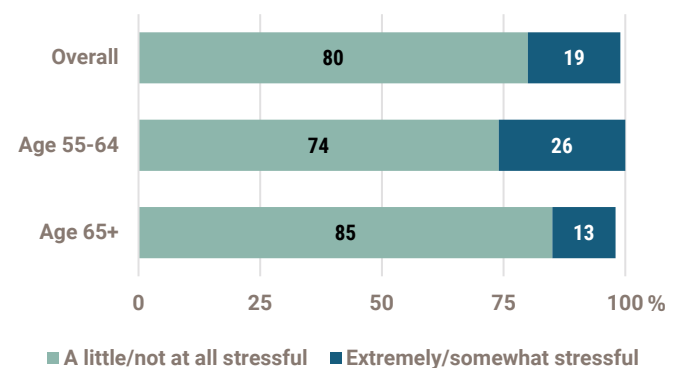
- 17% of caregivers reported they could use more support like respite care or caregiver training, but were not able to get it.

Some caregivers faced financial stress and health problems as a result of caregiving.

- 16% of caregivers experienced physical or mental health problems as a result of providing care.
- For 19% of caregivers, providing care was somewhat or extremely financially stressful.
- 26% of caregivers age 55-64 said that providing care was somewhat or extremely financially stressful, compared to 13% of those age 65 and older.

Caregivers age 55-64 were more likely to experience financial stress from caregiving than those age 65 and older.

% of Californians age 55+ who provide care



Question: How much of a financial stress would you say that caring for your adult family member or friend was for you? Was it...

Note: Percentages may not add up to 100% due to rounding or item nonresponse.

Nearly a quarter of older Californians provided long-term care to a loved one. Making resources like respite care and caregiver training more widely available is critical to supporting these caregivers.