

The Cost of Being a Family Caregiver



Caring for an individual who needs assistance due to aging, dementia, disability or serious illness can take its toll. Even the most loving, well-intentioned family members struggle to effectively juggle everything on their plate.

1 in 8 are family caregivers

Americans age 40-60 will be pulled in many directions caring for a parent and raising a child. This creates additional pressure on families, especially women (64%).



The “sandwich generation” — a term coined by a social worker in 1981 to describe adult children of the elderly who are “sandwiched” between caring for their own children and their aging parents — is a group of caregivers subject to unique challenges and stresses.



21 hours/wk

89% of family caregivers take on this role as an unpaid position. However, nearly 75% of them spend 21 hours/week providing unpaid care on top of their regular 40 hours/week job.

Caregivers are forced to miss an average of 6.6 days of work per year because of caregiving responsibilities. The cost of lost productivity due to absenteeism among full-time working caregivers is more than \$25 billion annually. Many caregivers turn to the U.S Family and Medical Leave Act (FMLA), but not all will qualify.

\$6,954/yr

This is the average family caregivers spend per year on their loved one. Adults caring for both children and older relatives estimate they've lost more than \$10,000 over their time as caregivers.



40% greater stress

Mothers in the sandwich generation feel more stress than any other age group as they balance the demanding, delicate acts of caring for growing children and their aging parents.

1.7 comorbidity conditions

Caregivers report their recipient has 1.7 conditions on average, suggesting that unpaid caregivers are doing so for adult recipients who may have increasingly complex medical or support needs.



Caregivers are more likely to report their adult care recipient needs care because of long-term physical conditions (63%), emotional or mental health issues (27%), and memory problems (32%), including Alzheimer's or dementia (26%).



21% have poor health

An increasing percentage of family caregivers have reported that their own health is suffering, citing it as fair to poor.

26% struggle to coordinate care

Family caregivers report having difficulty coordinating proper care for their adult recipients. This number is likely much higher, as many caregivers take on this role quietly and humbly.



The Option Group provides a wide range of services that all reside under the broader term of “care coordination,” easing the physical, emotional, mental, and financial burden on you, the family caregiver.



The
OPTION GROUP
Clear choices. Better care.

100%
of our attention is
devoted to our clients

The Option Group has over 75 years of experience navigating the healthcare maze and access to hundreds of resources to assist you.

Spend quality time with your loved one, not researching their care options. You can count on our team to advocate for you.