Caregivers are defined as family, friends and neighbors who provide a variety of tasks to help an individual with their daily living.

There are an estimated 4.1 million caregivers in New York State who provide 2.68 billion hours of unpaid care that if paid for at the market rate, would cost $32 billion annually.

In the U.S. today, one in six employees is a caregiver for a relative or friend and spends on average more than 20 hours a week providing some kind of care. The costs of caregiving to business and industry exceed $50 billion annually.

The percentage of adult children providing hands on tasks to a loved one to help them remain independent such as personal care, grocery shopping and meal preparation, transportation, assistance with medical and other appointments and/or financial assistance to a parent has more than tripled during the past 15 years. One in four adult children, mostly Baby Boomers, provide care to a parent.

The total estimated aggregate lost wages, pension, and Social Security benefits of these caregivers are nearly $3 trillion.
Caregivers make a huge difference, but it’s a challenging task.

A MetLife caregiving cost study (2006) indicated:
- The average annual cost per employee with intense caregiving responsibilities was $2,441.
- The total estimated cost to U.S. employers for full-time employees with intense caregiving responsibilities was $171 billion a year.
- The average annual cost per employee for all full-time, employed caregivers was $2,110.
- The total estimated cost to U.S. employers for all full-time, employed caregivers was $33.6 billion a year.

Additionally, the study found that U.S. employers faced associated costs with caregivers in the workplace, including:
- Replacement costs for employees who leave the workplace ($2.8 billion);
- Absenteeism ($3.4 billion);
- Costs due to partial absenteeism ($820 million);
- Costs due to workday interruptions ($2.8 billion);
- Costs due to crisis in care ($1.6 billion);
- Costs due to supervision ($780 million);
- Costs associated with unpaid leave ($1.4 billion); and costs associated with reducing hours from full-time to part-time ($3.3 billion).

According to a survey by Archangels, a national movement and platform dedicated to raising awareness about caregiving issues;
- 61% of caregivers worry about caring for a family member, neighbor or friend.
- 31% of working caregivers contemplated suicide in 2020, compared to 3% of the general population.
- 33% of unpaid caregivers use substances to cope, compared to just 6% of the general public.
- 50% of caregivers use food as a stress reliever, and poor nutrition negatively affects their health and wellness.
- 55% of individuals helping care for a loved one do not identify as caregivers.

Even pre-COVID, 26% of caregivers had poorer health than most people, including a higher prevalence of emergency room visits and hospitalizations.

Out of 10,000 surveyed participants:
- 70% of caregivers reported at least one adverse mental health symptom during the pandemic such as anxiety, depression, suicidal thoughts and COVID-19-induced stress and trauma.
- 85% of adults who were both parents and unpaid caregivers for adults (sandwich caregivers) experienced adverse mental health symptoms during COVID-19 and 52% reported recent suicidal thoughts.
- A sandwich caregiver has 8.2x odds of serious suicidal thoughts than a nonparent/non-caregiver and 5.84x odds of passive suicidal thoughts.

54% of all caregivers are men.

Source: US Department of Health & Human Services/Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report/June 18, 2021