

NEW YORK STATE'S WORKING

# CAREGIVERS

**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 FACTS

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**.



**69%**

of working caregivers caring for a family member or friend report having to rearrange their work schedule, decrease their hours, or take unpaid leave in order to meet their caregiving responsibilities.



**49%**

Report arriving to work late, leaving early, or taking time off.



**70%**

of working caregivers suffer work-related difficulties due to their dual roles, according to a report by the National Alliance for Caregiving and AARP, (2015) Caregiving in the U.S.



**14%**

Switched from full-time to part-time hours.



**15%**

Have taken a leave of absence.



**10%**

Left the workplace as a result of their caregiving responsibilities (4% took early retirement, 6% left work entirely).



# 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).



75%

of people trust their employer to do what is right. Therefore, employees are more likely to use information if it is provided by their employer.

## 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



Office for  
the Aging