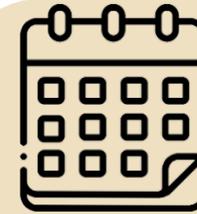


# FAMILY CAREGIVING

364

364 family caregivers age 55 and older were surveyed in Allegheny County



## HOW LONG CAREGIVER HAS PROVIDED CARE

21%

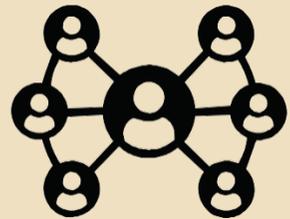
Under 6 months

42%

6 months - 5 years

37%

More than 5 years

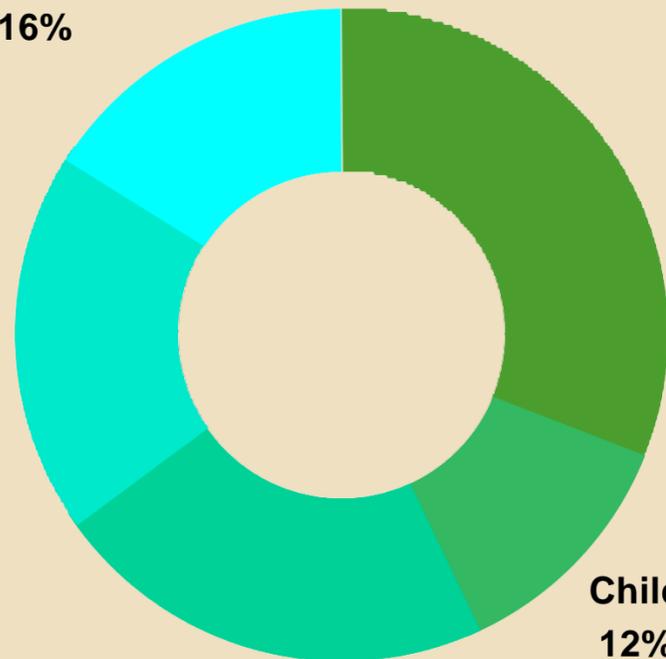


## RELATIONSHIP OF CARE RECIPIENT TO CAREGIVER

Non-relative  
16%

Parent / parent-in-law  
31%

Other relative  
19%



Spouse / partner  
22%

Child  
12%

## CAREGIVERS' WEEKLY HOURS OF CARE PROVISION



63%

8 or less

24%

9 - 39

13%

40 or more

# FAMILY CAREGIVING

**46%**

Allegheny County caregivers report not having had a choice in taking on the caregiving role

## Stress from attempting to meet other responsibilities

**54%**

Never

**22%**

Sometimes

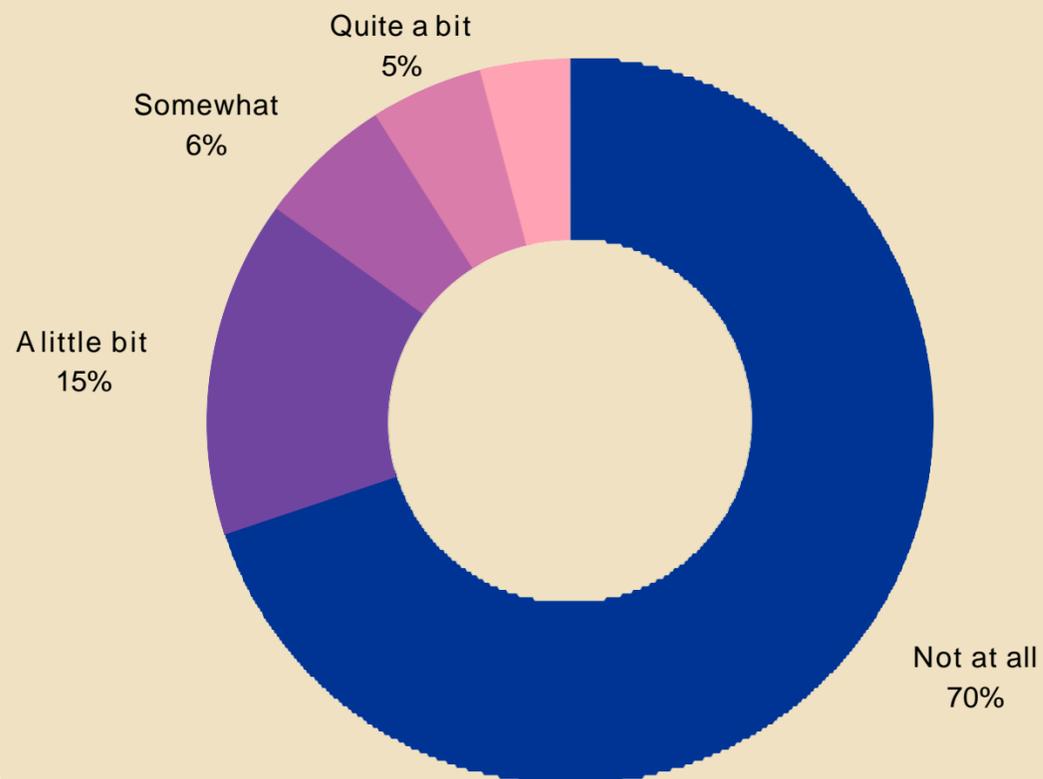
**8%**

Often

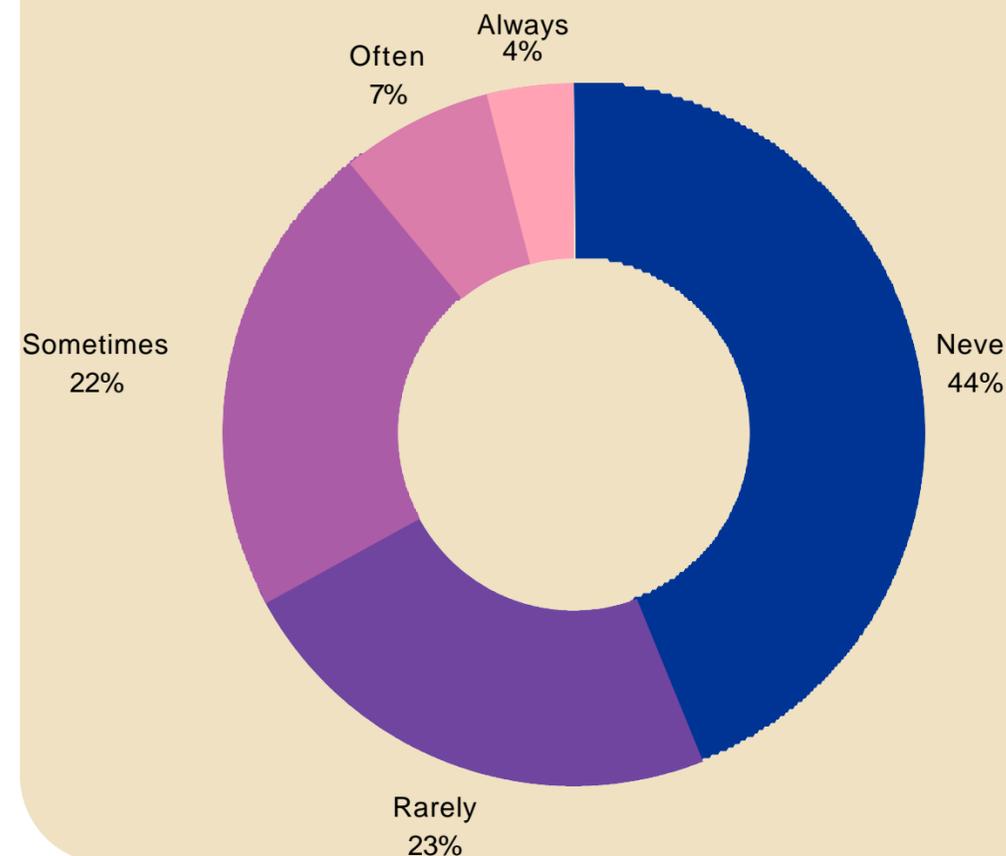
**7%**

Always

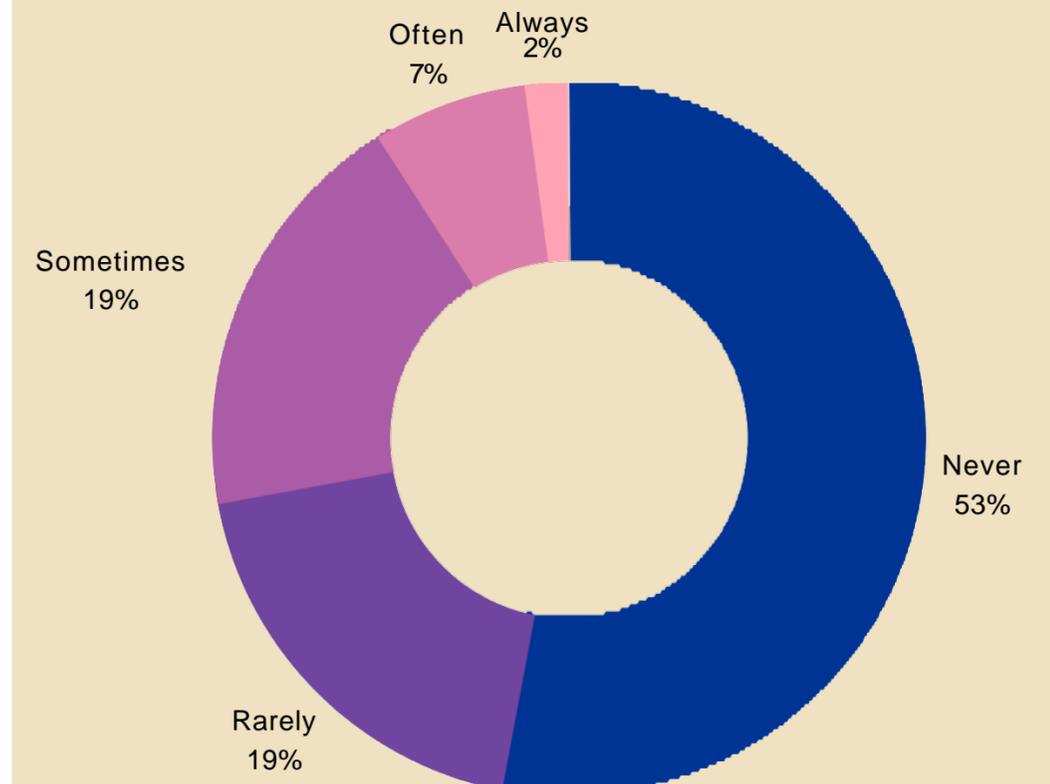
When asked if caregiving kept them from doing other important things in the past month:



When older caregivers were asked if they worry about being able to take care of their own physical or mental health:



When asked if they have been angry or frustrated by caregiving in the past month:



# FAMILY CAREGIVING



## FINANCIAL IMPACTS OF CAREGIVING



Prevented saving money



Increased their debt



Earlier retirement than planned



Limited their ability to save for retirement



Led to later retirement than planned

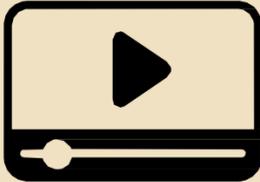
## USE OF CAREGIVER SUPPORT SERVICES/ STRATEGIES



32% searched online for caregiver support services



20% used transportation services for the care recipient



17% watched caregiver videos online



17% used respite services

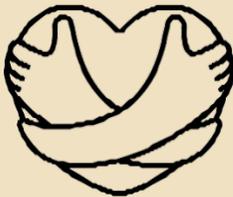


8% connected with other caregivers online



30% modified the care recipient's home to make it easier for them

## MOST COMMON ISSUES NEEDING MORE HELP OR INFORMATION:



Finding time for yourself or respite care (18%)



Balancing work and family responsibilities (16%)



Managing your emotional and physical stress (16%)



Easy activities to do with the care recipient (15%)