

factsheet

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Alzheimer's Disease Caregivers

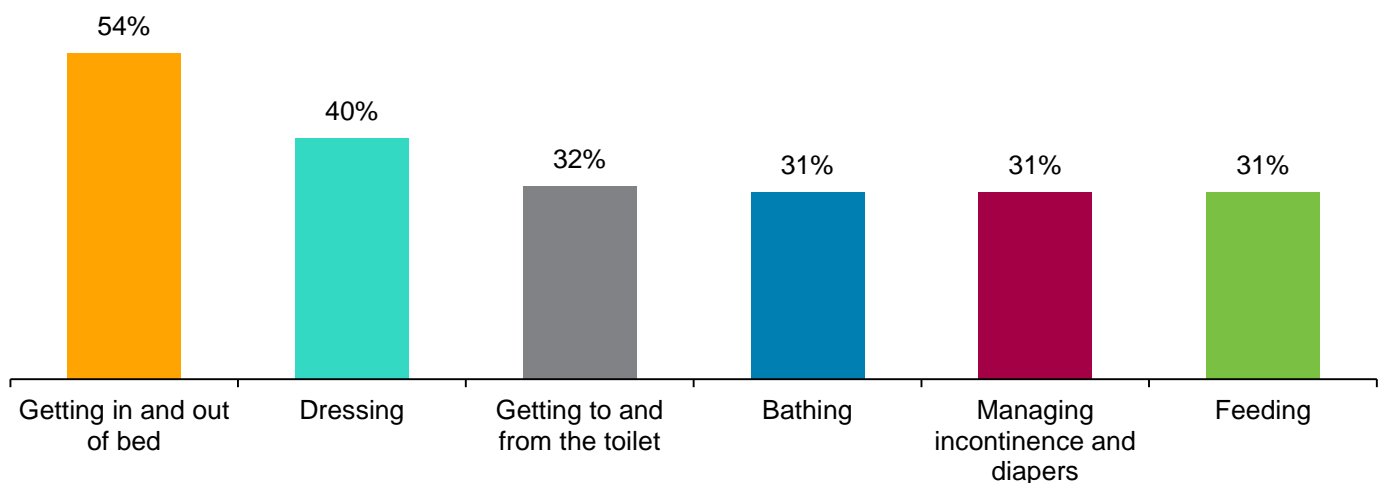
With Alzheimer's disease, it is not just those with the disease who suffer. It's also their caregivers – a job that usually falls on family and friends.

- In 2015, more than 15 million family members and friends provided 18.1 billion hours of unpaid care to people with Alzheimer's and other dementias, at an economic value of over \$221 billion.
- Of the unpaid Alzheimer's and dementia caregivers, 86 percent have provided care for at least the past year, and more than 38 percent have been providing care for six or more years.
- Nearly one-fourth of Alzheimer's and dementia caregivers are "sandwich generation" caregivers – caring for both someone with the disease and a child or grandchild.

Caring for people with Alzheimer's and other dementias is often very personal and very intrusive.

- Over half of the caregivers of people with Alzheimer's and other dementias provide help to the care recipient in getting in and out of bed; 40 percent help with getting dressed.
- About one-third of Alzheimer's caregivers provide help getting to and from the toilet, bathing, managing incontinence and feeding.
- Nearly 28 percent of Alzheimer's and dementia caregivers say that the individual with the disease needs the most help with activities such as getting dressed, taking a shower and going to the bathroom.

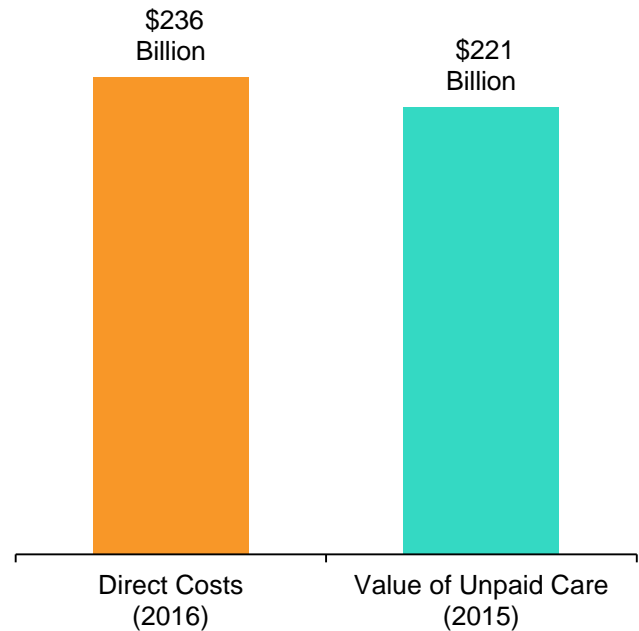
Proportion of Alzheimer's Caregivers Who Provide Help with Daily Activities



Caring for an individual with Alzheimer's disease creates or aggravates the health problems of a caregiver.

- Those who care for someone with Alzheimer's or another dementia are 3.5 times more likely than caregivers of people without these conditions to say that the *greatest* difficulty associated with caregiving is that it creates or aggravates their own health problems.
- Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high. Nearly 40 percent of family caregivers of people with Alzheimer's and other dementias report symptoms of depression.
- One study found that spousal caregivers of people hospitalized for dementia (compared with people hospitalized for other conditions) were more likely to die in the following year, even after accounting for the age of the spousal caregiver.
- The physical and emotional impact of caregiving on Alzheimer's and other dementia caregivers resulted in an estimated \$10.2 billion in increased caregiver health costs in 2015.

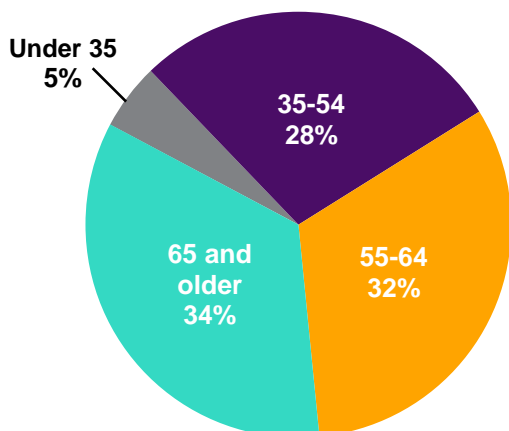
Alzheimer's and Dementia Care Costs



Caring for an individual with Alzheimer's has a negative effect on employment, income and financial security.

- Among Alzheimer's and dementia caregivers who are employed full or part time, 54 percent said they had to go in late, leave early or take time off because of their caregiving responsibilities.
- In addition, 15 percent had to take a leave of absence, 13 percent had to go from working full time to part time, and 13 percent had to take a less demanding job.
- More than one in six Alzheimer's and dementia caregivers had to quit work entirely either to become a caregiver in the first place or because their caregiving duties became too burdensome.
- Among female caregivers, 17 percent believe they have been penalized at work because of the need to care for someone with Alzheimer's.

Ages of Alzheimer's and Other Dementia Caregivers



* 1% of respondents refused to provide age.