

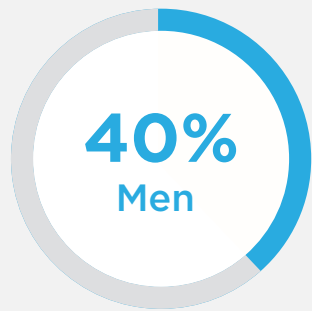
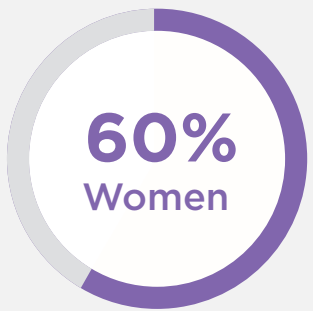
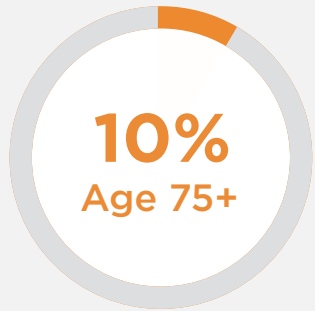
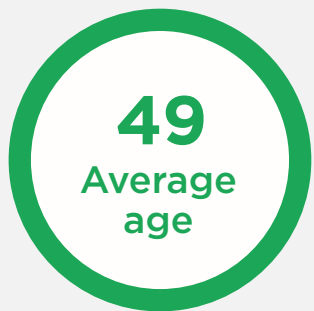


A SENIOR LIVING RESOURCE

Which Caregiver Are You?

Family Caregivers of Adults

Nearly 40 million Americans provide unpaid care to an adult age 50 or older each year. In the spectrum of caregiver types, which one are you?

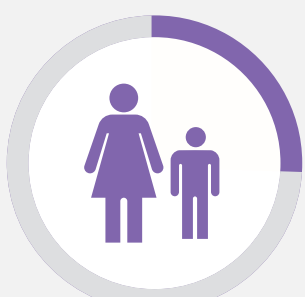


Source: Caregiving in the U.S. 2015



The Working Daughter

The average caregiver: a 49-year-old woman who works outside the home and provides 20 hours per week of unpaid care to her mother.

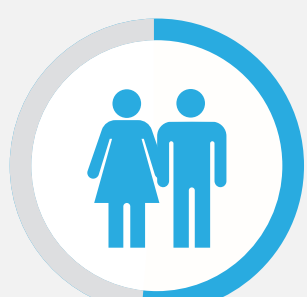


Sources: Family Caregiver Alliance; Daughters in the Workplace Survey, 2017

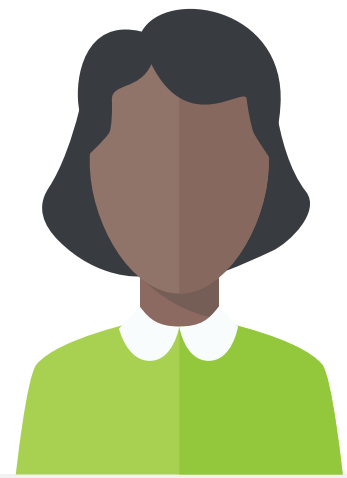


The Caring Man

The average age for a son caring for a parent or in-law is 46.4 years old. The average age of male caring for spouse/partner is 62.5 years old.

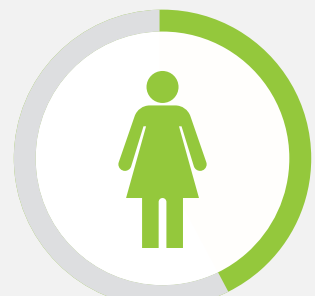
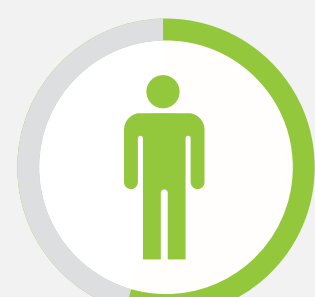


Source: Breaking Stereotypes: Spotlight on Male Family Caregivers, March 2017



The Long-Distance Caregiver

There are between 5-7 million long-distance caregivers in the U.S. That number is projected to double by 2020.



Sources: National Council on Aging; National Alliance for Caregiving/MetLife Mature Market Institute.