

HISPANIC CAREGIVERS: MORE ENCUMBERED, BUT LESS EMOTIONALLY STRESSED BY CAREGIVING ROLE



Hispanic caregivers are significantly younger than Non-Hispanic White caregivers and high burden* caregiving situations are more common for them

Average caregiver age is **44 years old**

44 yrs

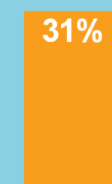
53 yrs



Hispanic

Non-Hispanic White

41% live with the care recipient



Hispanic

Non-Hispanic White

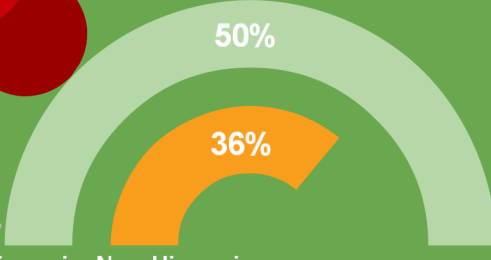
Spend roughly **32 hours** per week caregiving



Hispanic

Non-Hispanic White

50% are in high burden* caregiving situations

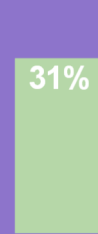


Hispanic Non-Hispanic White

25% need help finding education materials in their language



31% feel emotionally stressed by their role as a caregiver



Hispanic

Non-Hispanic White

Learn more about AARP caregiving resources at www.aarp.org/caregiving

o Data for Hispanic age 18+ unpaid caregivers caring for someone 50+
o *Based on the Level of Care Index incorporating hours of care given and number of Activities of Daily Living/Instrumental Activities of Daily Living performed