

## Caregiver Profile

# The Millennial Caregiver

National Alliance for Caregiving  
AARP Public Policy Institute

### WHO

The typical millennial caregiver is a 27-year-old adult, equally likely to be male or female. It's about a 50-50 toss-up whether this caregiver is currently providing care or has done so in the past year. The care recipient is likely a 59.6-year-old female relative, most often a parent or grandparent of the caregiver, who needs help for a physical condition. Compared with other caregiver populations, millennial caregivers are more likely to report that their loved one has an emotional or mental health condition that requires care.

### WHAT

This caregiver has been providing care for 2.8 years on average, spending 21.2 hours a week helping with 1.6 ADLs (such as bathing and dressing)<sup>2</sup> and 4 IADLs (such as running errands or managing finances). It's about a 50-50 toss-up as to whether the millennial caregiver helps with medical or nursing tasks, although this caregiver usually helps with monitoring the recipient's condition to adjust care accordingly. Half of millennial caregivers have other unpaid help from other family and friends, and half have no additional unpaid support. Millennial caregivers typically provide assistance without paid help, which results in a moderate burden of care (2.7).

### WORK AND CAREER

The average millennial caregiver is employed and working 34.9 hours per week at his or her job. About half of these caregivers are married or living with a partner. Typically, the millennial caregiver is in excellent or very good health. He or she is a high school graduate or has taken some college courses, but not finished a degree. The average household income of the millennial caregiver is \$42,200, which is below the national median.

### ABOUT THE CARE RECIPIENT

Typically, the millennial caregiver's recipient lives with him or her, or lives very close by (within 20 minutes) in his or her own home.

*This profile summarizes data from the Caregiving in the U.S. 2015 research study, jointly conducted with the National Alliance for Caregiving and AARP.<sup>1</sup> While the data presented below provide aggregate information about the average caregiver, it should be noted that the face of caregiving is changing. Family caregivers come in all variations and circumstances—from the grandson helping his grandmother out by cutting the grass and driving her to the store a couple hours a week; to the mother helping her adult son 10 hours a week with various activities due to his post-traumatic stress disorder; to the adult daughter caring for her mother with Alzheimer's; to the wife caring for her husband around the clock to deal with his stroke, diabetes, and wound care.*



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## IMPACT OF PROVIDING CARE

Most do not expect to be—or are unsure if they will continue to be—a caregiver over the next 5 years. These caregivers often feel they had a choice in taking on care of their loved one. She or he reports low physical strain (2.4) and a moderate amount of emotional stress (2.9). While these caregivers report low financial strain (2.2) as a result of caregiving, they found it moderately difficult to find affordable services (2.8) to help their loved one.

- 1 National Alliance for Caregiving (NAC) and AARP Public Policy Institute, *Caregiving in the U.S., 2015* (Bethesda, MD: NAC, and Washington, DC: AARP, June 2015).
- 2 ADLs include those tasks that provide assistance with basic personal tasks such as bathing, dressing, using the toilet, transferring to or from a bed or chair, caring for incontinence, and eating. IADLs are supports for everyday tasks, including housework, managing money, taking medication, shopping for groceries or clothes, using communication devices (like telephones), and caring for pets, among others. For more information, see <http://longtermcare.gov/the-basics/what-is-long-term-care/>.

## About the National Alliance for Caregiving

Established in 1996, the National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. The Alliance conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. Recognizing that family caregivers provide important societal and financial contributions toward maintaining the well-being of those they care for, the Alliance supports a network of 80+ state and local caregiving coalitions and serves as Secretariat for the International Alliance of Carer Organizations. Learn more at [www.caregiving.org](http://www.caregiving.org).

## About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; [www.aarp.org](http://www.aarp.org); AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at [www.aarp.org](http://www.aarp.org).

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