In 2013, about 40 million family caregivers in the United States provided an estimated 37 billion hours of care. The estimated value of their unpaid service was approximately $470 billion.

**TIME COMMITMENT**

Caregivers spend an average of 18 hours per week providing care to a family member.

60% Family caregivers caring for an adult while employed full or part time.

Provide 21+ hours of family care per week while working a job. 22%

**FINANCIAL COMMITMENT**

68% Family caregivers who say they have to use their own money to help provide care to their relative.

39% felt financially strained.

**EMOTIONAL COMMITMENT**

55% Caregivers who felt overwhelmed by the amount of care needed for a family member.

**WORK COMMITMENT**

1 in 4 workers age 25+ are family caregivers.

72% workers 40+ that say allowing work flexibility for caregiving would help improve work/life balance.