Family caregivers providing complex medical/nursing care

GENERATIONAL DIFFERENCES

% OF CAREGIVERS BY GENERATION

- Baby Boomer (54-72): 39%
- Millennial (22-38): 27%
- Generation X (39-53): 23%
- Silent Generation (73+): 7%
- Generation Z (18-21): 4%

40 percent of millennials and younger caregivers are supporting someone with a behavioral health (e.g., mental health) condition.

CAREGIVING TASK DIFFICULTY BY GENERATION

- Managing Medications
  - Generation Z and Millennial (18-38): 30%
  - Generation X (39-53): 20%
  - Baby Boomer (54-72): 10%
  - Silent Generation (73+): 5%

- Helping with Assistive Devices
  - Generation Z and Millennial (18-38): 45%
  - Generation X (39-53): 30%
  - Baby Boomer (54-72): 15%
  - Silent Generation (73+): 5%

- Preparing Food for Special Diets
  - Generation Z and Millennial (18-38): 50%
  - Generation X (39-53): 25%
  - Baby Boomer (54-72): 10%
  - Silent Generation (73+): 5%

- Using Incontinence Supplies
  - Generation Z and Millennial (18-38): 55%
  - Generation X (39-53): 30%
  - Baby Boomer (54-72): 10%
  - Silent Generation (73+): 5%

- Using Meters or Monitors
  - Generation Z and Millennial (18-38): 40%
  - Generation X (39-53): 25%
  - Baby Boomer (54-72): 10%
  - Silent Generation (73+): 5%

MILLENNIALS AND GENERATION X

- More likely than older generations to worry about making a mistake and paying for care
- Feel stress from having to talk to so many health care professionals or suppliers
- Feel their role causes problems in their relationship with the family member
- Feel their medical/nursing tasks make the home feel less safe because of the equipment and supplies
- Feel that performing these tasks offers new skills they can apply to other areas of life

BABY BOOMERS

- Most likely to feel that performing medical and nursing tasks eases worries about their family member’s condition
- More commonly care for spouses (vs. aging parents)
- More likely than other generations to spend larger amounts of time performing M/N tasks (28 hours/week compared to 19 hours for generation X and 18 hours for millennials)
- Perform more tasks at multiple times per day, such as managing medications and preparing special diets
- Baby boomers and silent generation are more satisfied with the quality of their social relationships

EXTRACTED FROM THE 2019 HOME ALONE REVISITED STUDY

THROUGH FUNDING BY: The John A. Hartford Foundation TO THE AARP Foundation