Fact Sheet

The “Typical” Gen X Caregiver

National Alliance for Caregiving
AARP

WHO, CARING FOR WHO
Gen X caregivers are 47.6 years old and more racially-diverse than older generations, though less diverse than younger generations of caregivers. Gen X caregivers are typically married or living with a partner; about half have children under age 18 living in their home—a more common situation than older generations. Most have household incomes of at least $50,000, more than younger caregivers. They typically care for a parent/parent-in-law who is 67.1 years old and has 1.7 conditions, most often a long-term physical condition.

DOING WHAT, WITH WHAT OTHER HELP
Gen X caregivers have been caring for their recipient for 5.2 years (longer than younger generations). Their recipient usually lives with them or nearby (within 20 minutes) and most are the primary unpaid caregiver. On average, they spend 22.3 hours providing care, assisting with 1.5 ADLs, 4.4 IADLs, and medical/nursing tasks, meaning most are in a moderate-to-high intensity care situation.

WORK AND FINANCE
Gen X caregivers are currently employed and work 37.5 hours a week while caregiving, more than all other generations (except Millennials). Most report caregiving has had at least one impact on their work, most commonly having to go in late, leave early, or otherwise take time off to provide care. Gen X caregivers report 1.8 financial impacts as a result of providing care, more than older caregivers; typically stopping saving, using up short-term savings, and taking on more debt.

HEALTH AND WELLBEING
Caregiving is moderately-to-highly emotionally stressful for Gen X caregivers, with most feeling they had no choice in taking on this role. Most expect their caregiving role to continue for the next 5 years, more so than younger generations.

SERVICES & SUPPORTS
Gen X caregivers find it harder to coordinate care between health care providers than they did in the past (2015). They more often have made modifications to their recipient’s home. Most would find any
kind of financial support policy helpful (like income tax credit, payment for some hours of care, or a partially paid leave from work). Most Gen X caregivers want more help or information with at least one area of caregiving; most commonly keeping their recipient safe at home, figuring out forms or paperwork for services or support, or managing their own physical or emotional stress.


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 https://longtermcare.gov/the-basics/