

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



National Alliance for Caregiving
1730 Rhode Island Ave., Suite 812,
Washington, D.C., 20036



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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.

- 1 National Alliance for Caregiving (NAC) and AARP, *Caregiving in the U.S. 2020* (Washington, DC: NAC and Washington, DC: AARP, May 2020).
- 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/>.

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.

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; 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.

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