Hispanic caregivers are significantly younger than Non-Hispanic White caregivers and high burden* caregiving situations are more common for them.

Average caregiver age is 44 years old

- Hispanic: 44 yrs
- Non-Hispanic White: 53 yrs

41% live with the care recipient

- Hispanic: 41%
- Non-Hispanic White: 31%

Spend roughly 32 hours per week caregiving

- Hispanic: 32 hrs
- Non-Hispanic White: 21 hrs

50% are in high burden* caregiving situations

- Hispanic: 50%
- Non-Hispanic White: 36%

25% need help finding education materials in their language

31% feel emotionally stressed by their role as a caregiver

Learn more about AARP caregiving resources at www.aarp.org/caregiving

- Data for Hispanic age 18+ unpaid caregivers caring for someone 50+
- *Based on the Level of Care Index incorporating hours of care given and number of Activities of Daily Living/Instrumental Activities of Daily Living performed

Source: AARP Public Policy Institute and National Alliance for Caregiving, Caregiving in the U.S. 2015 – Focused look at caregivers of adults age 50+

Contact: Vicki Gelfeld, vgelfeld@aarp.org; Manjushree Majhi, mmajhi@aarp.org (AARP Research); Yuko Araki, yaraki@aarp.org (AARP Multicultural Leadership)