

# CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.\*

43.5 million  
2015



53 million  
2020



18%  
2015



21%  
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.\*\*

More Americans are caring for more than one person.



18%  
2015



24%  
2020

More family caregivers have difficulty coordinating care.

19%  
2015



26%  
2020



More Americans caring for someone with Alzheimer's disease or dementia.



22%  
2015



26%  
2020

More family caregivers report their own health is fair to poor.

17%  
2015



21%  
2020



23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

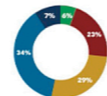
Who are today's family caregivers?



39%  
MEN



61%  
WOMEN



● Boomers ● Gen-X ● Gen-Z  
● Millennials ● Silent

45%  
HAVE HAD AT LEAST ONE FINANCIAL IMPACT



61%  
WORK

**AARP**  
Family Caregiving™

\*Provided care to an adult or child with special needs.

\*\*The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

URL: [www.aarp.org/uscaregiving](http://www.aarp.org/uscaregiving) DOI: <https://doi.org/10.26419/ajpi.00103.002>

**na**  
National Alliance for Caregiving

Caregiving in the U.S. 2020  
National Alliance for Caregiving and AARP  
For media inquiries, contact [Media@aarp.org](mailto:Media@aarp.org)