

FAST FACTS Caregiving by the Numbers

In California



4.5M
caregivers



81B
per year in
economic value

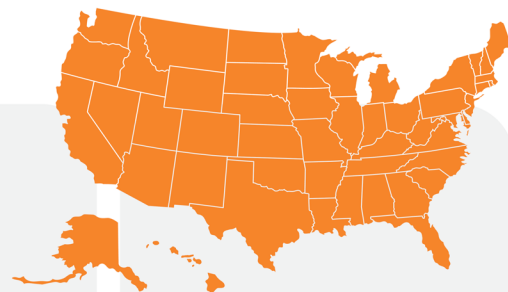


4.1B
care hours
annually

=

468,037
years of care

In the United States



3 in 5

caregivers are
women

24.3%

of Blacks/African Americans
are caregivers

23.1%

of Whites are caregivers

17.9%

of Hispanics are caregivers

10.2%

of Asians/Pacific Islanders
are caregivers

50 years old

is the average
caregiver age

50%

work full time while
providing care

32%

have a child or grandchild
who also is in their care

9%

of caregivers are
LGBTQIA+

1 in 4

experience depression

1 in 10

cares for a
loved one with
cognitive issues
like Alzheimer's or
another dementia

Nearly

41%

self-report dealing
with two or more
chronic diseases
themselves