FAST FACTS **Caregiving by the Numbers**

In California

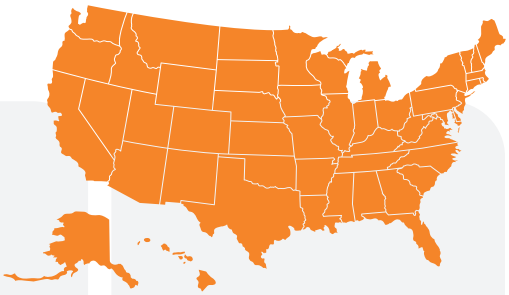


6.4M caregivers

149B per year in economic value

6.1B care hours annually = **696,000** years of care

In the United States



3 in 5 caregivers are women

6% of Asians/Pacific Islanders are caregivers

13% of Blacks/African Americans are caregivers

16% of Hispanics are caregivers

61% of Whites are caregivers

51 years old is the average caregiver age

7 in 10 working-age family caregivers also work

29% are sandwich generation caregivers–caring for both children and adults

1 in 10 caregivers are LGBTQIA+

1 in 4 family caregivers feel alone

27% are caring for someone with dementia or cognitive impairment

Nearly **18%** have a disability themselves

Sources: California Caregiver Resource Centers, AARP Public Policy Institute, Valuing the Invaluable 2026: Family Caregivers' Contribution Reaches $1 Trillion (March 2026); AARP and National Alliance for Caregiving, Caregiving in the US 2025; CDC

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