



CAREGIVERS

The Often Forgotten Heroes



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Executive Summary

■ Data:

Almost half (43%) of US adults

43% 
are unpaid caregivers

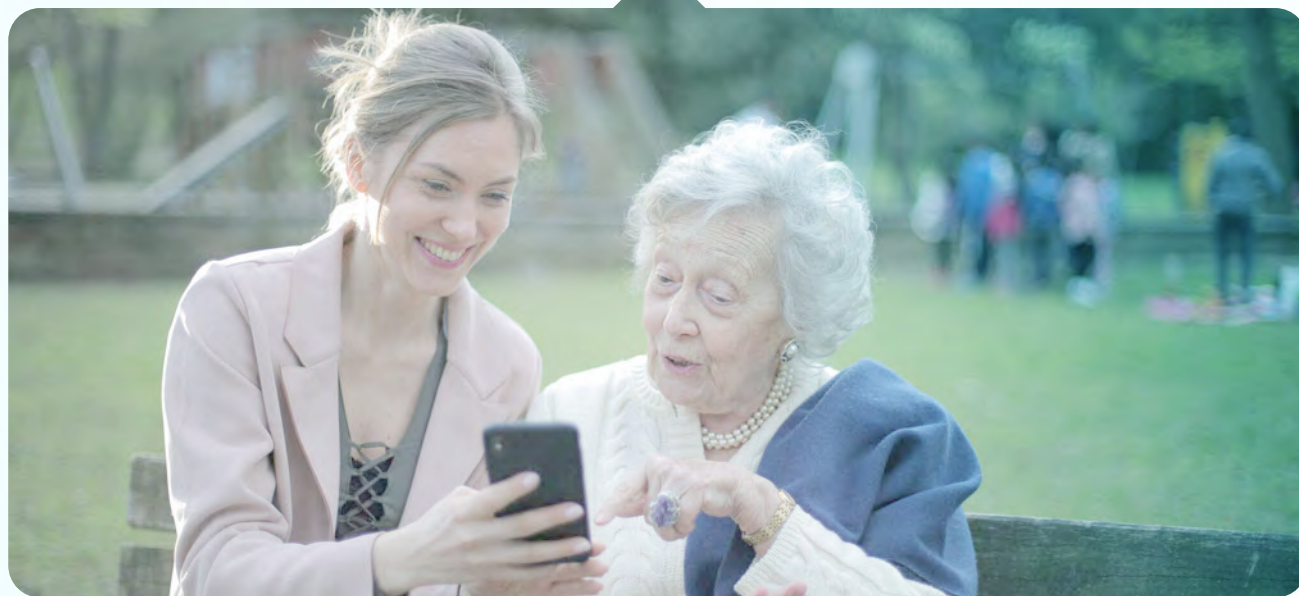
In the US alone, an estimated [53 million](#) individuals serve as unpaid caregivers for family members or friends. Many of us might know one, be one, or benefit from one, so we're no stranger to the financial, logistical and emotional pressures caregivers face every day.

Research suggests that these pressures lead to increased stress, financial instability, substance use, and a tendency to neglect self-care which have significant implications on physical and mental health. This includes increased risk for mental health issues like anxiety, depression, and suicidal ideation as well as chronic diseases, like cardiovascular disease.

We released this report in honor of National Caregivers Day to shed light on the impact of unpaid caregiving based on the latest body of research, and where health coaches can help. Health coaches can be crucial for caregivers, helping to keep their own health needs in sight, leading to better health outcomes for themselves and family/friends who benefit from their care.

Prevalence of Caregiving

Unpaid caregivers are people who provide care for children, parents, or spouses on a daily basis without financial compensation for their services. Tasks like bathing, dressing, paying bills, shopping, and offering emotional support (and at times basic medical care) are all key components to the caregiver role. Caregivers often don't even realize they fall into that category, and instead see themselves as dutiful "family members," "neighbors," or "just friends" who are supporting their loved ones through a tough time. In fact, pre-COVID-19 research revealed that 50% of unpaid caregivers had no knowledge of the term or were confused by it.



I like to repeat that statistics are human beings with the tears dried off. We have to remember when we hear those statistics that they represent individuals: mother, father, co-worker, brother, friend, partner, whatever it might be. I think that sometimes those statistics are so shocking that people might forget that under those statistics are humans and people that we love, and almost half of them are unpaid caregivers



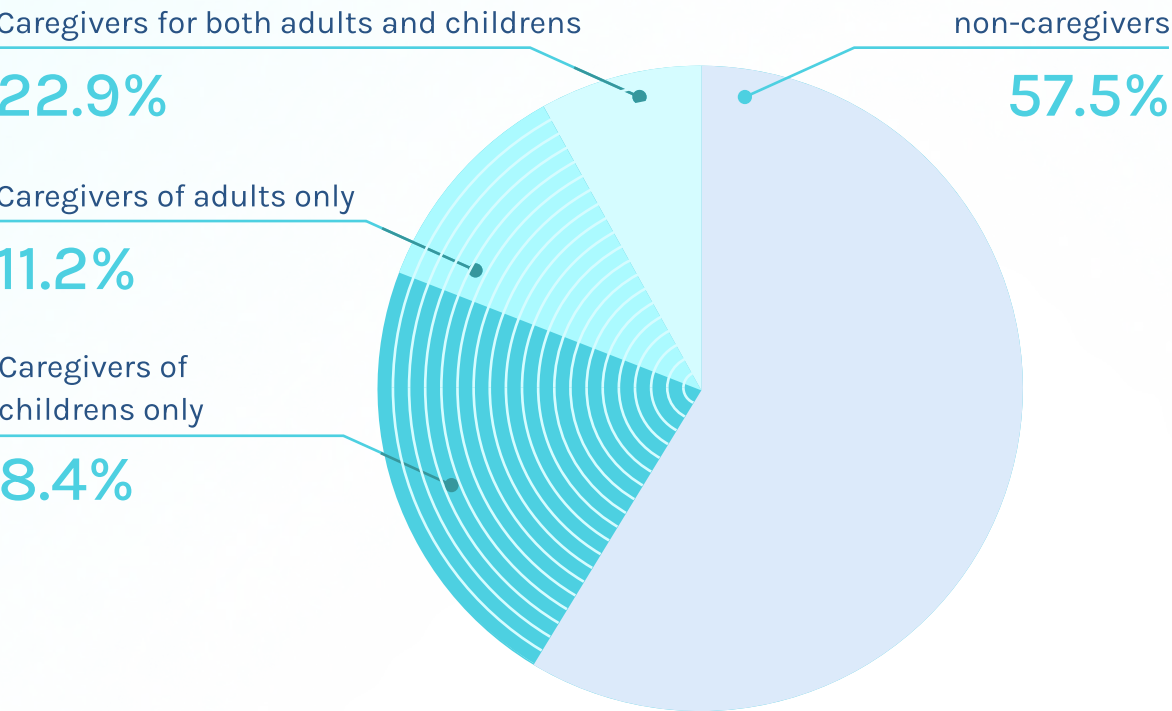
Alexandra Drane

CEO and Co-Founder of [ARCHANGELS](#)

Prevalence of Caregiving

Among [10,000 U.S. adults surveyed](#) in 2021 by the CDC, 43% reported having parenting responsibilities, adult caregiving responsibilities, or both. The latter are often referred to as the "sandwich generation," those who are serving as a parent or guardian for one or more individuals under the age of 18 and supporting one or more individuals over 18. The "sandwich generation" accounts for the biggest cohort among all caregivers—about a quarter of US adults (23%).

Prevalence of Caregiving in the U.S.

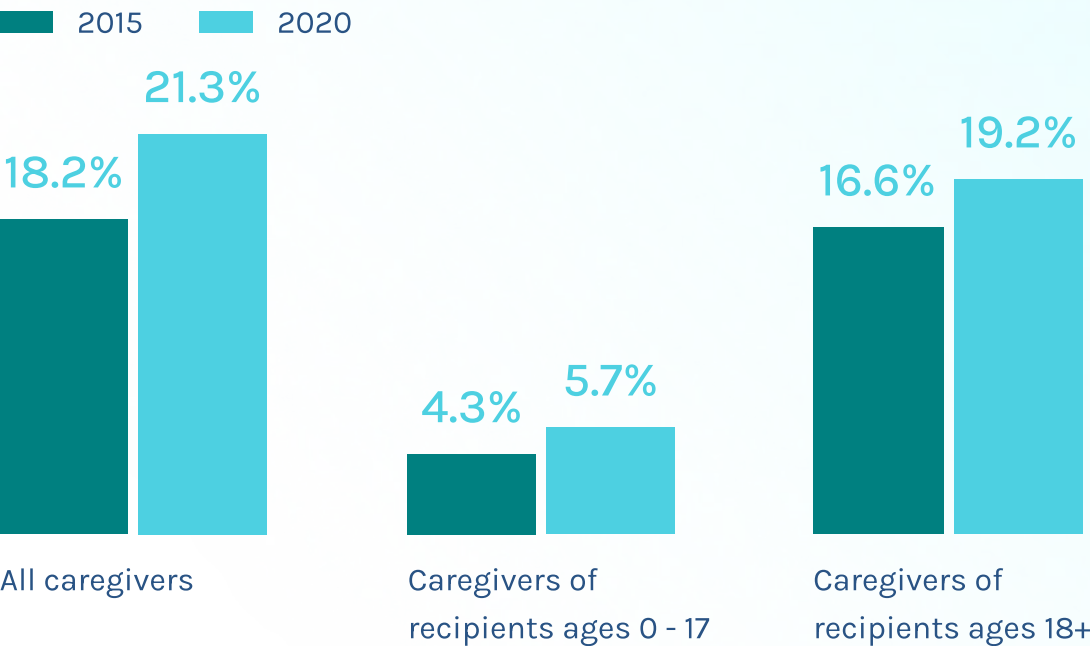


Source: Czeisler MÉ, Rohan EA, Melillo S, et al. Mental Health Among Parents of Children Aged <18 Years and Unpaid Caregivers of Adults During the COVID-19 Pandemic — United States, December 2020 and February–March 2021

This data was triangulated by Pew Research Center. According to [survey results](#), 23% of American adults are sandwiched between their children and an aging parent, and those in their 40s are the most likely to have this experience.

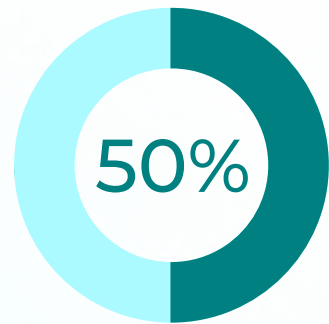
The coronavirus pandemic has only increased the demand for and intensity of caregiving. A [Caregiving in the U.S. 2020 Report](#), presented by The National Alliance for Caregiving (NAC) and AARP, reveals an increase in the number of family caregivers in the United States of 9.5 million from 2015 to 2020. While we can't directly compare these numbers to [2021 available data just yet](#), there is no doubt that even more people have been pushed to care for their elders and children due to the pandemic.

Prevalence of Caregiving by Age of Care Recipient, 2020 Compared to 2015



Prevalence of Caregiving

■ Data:



More than half of Americans over 50 are now caregivers for adults aged 65 and over.

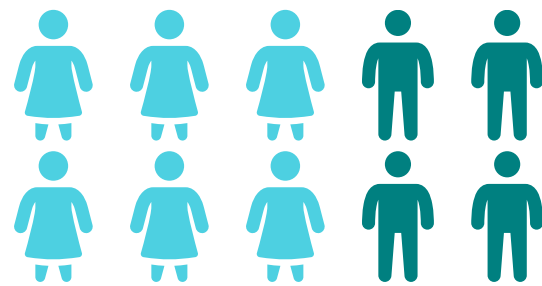
[A national poll on healthy aging](#), conducted in November 2022 by the University of Michigan, found more than half (54%) of Americans over 50 are now caregivers for adults aged 65 and over. That includes people who help a relative, friend, or neighbor with attending appointments, household repairs, yard work, shopping, finances, or medical care tasks.



Who Are Caregivers?

Who Are Caregivers?

Data:

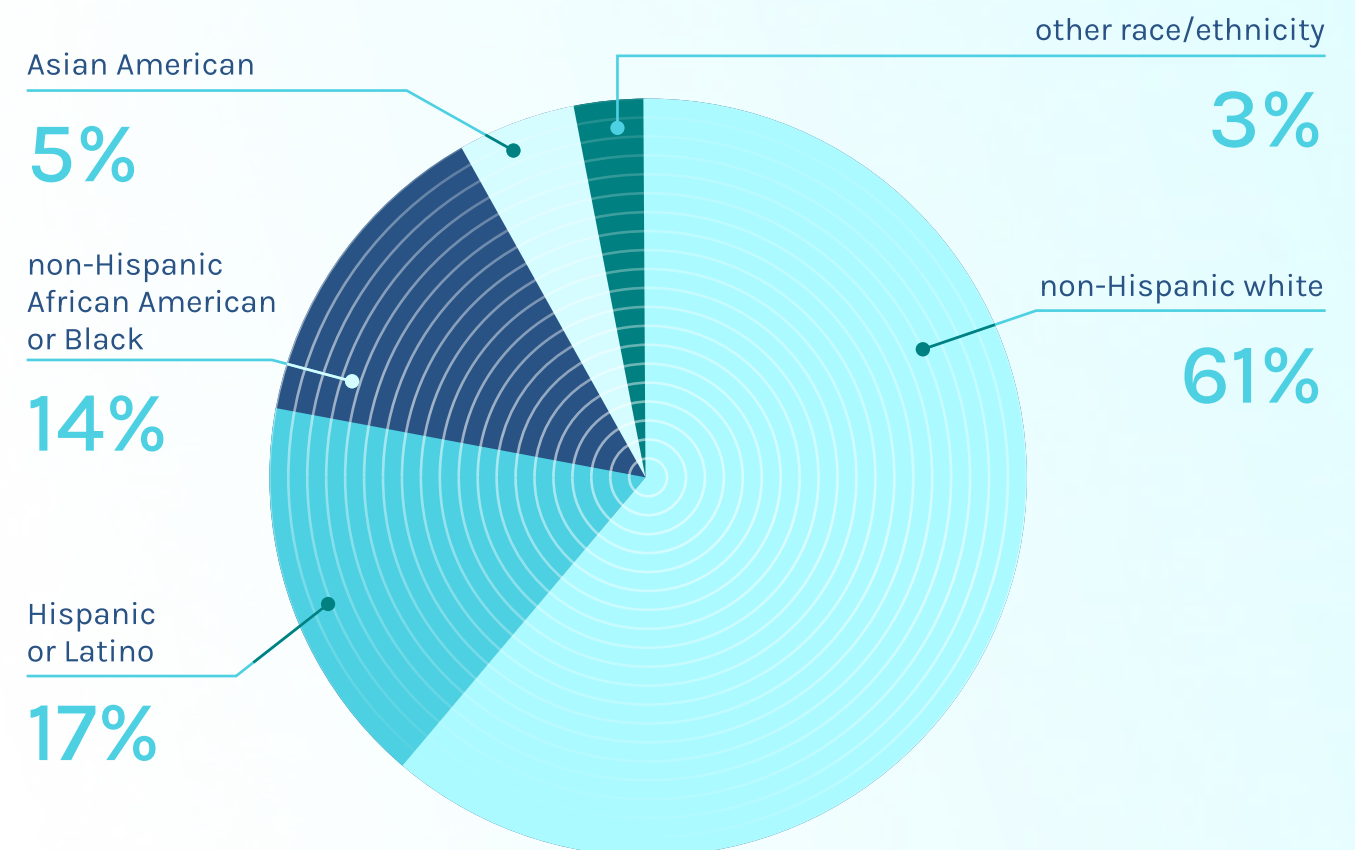


6 out of 10 caregivers are women

Source: Caregiving in the U.S. 2020 Report

Caregiving is a behavior that's exhibited by all generations, racial/ethnic groups, income levels, family types, and more. According to [Caregiving in the U.S. 2020 Report](#), there have been no significant changes to demographic characteristics since 2015.

Caregiver Race

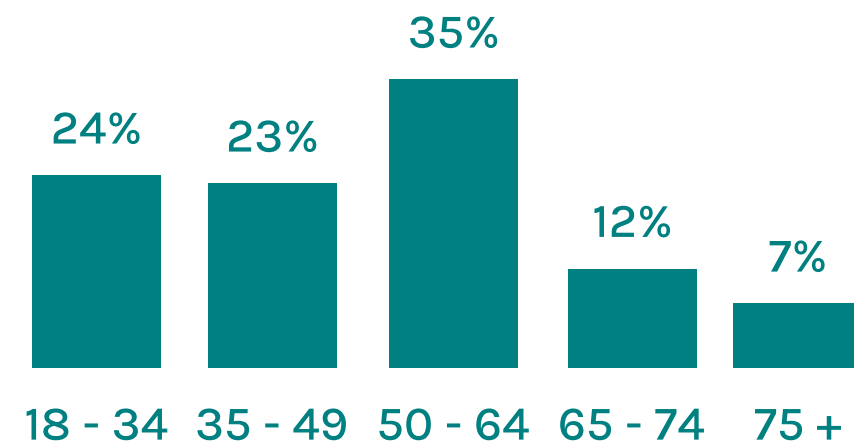


Source: Caregiving in the U.S. 2020 Report

Of those surveyed, 61% of caregivers identified as non-Hispanic white, 17% as Hispanic or Latino, 14% as non-Hispanic African American or Black, 5% as Asian American, and 3% as some other race/ethnicity. Over half (54%) of respondents were ages 50 and older.

Who Are Caregivers?

Caregiver Age

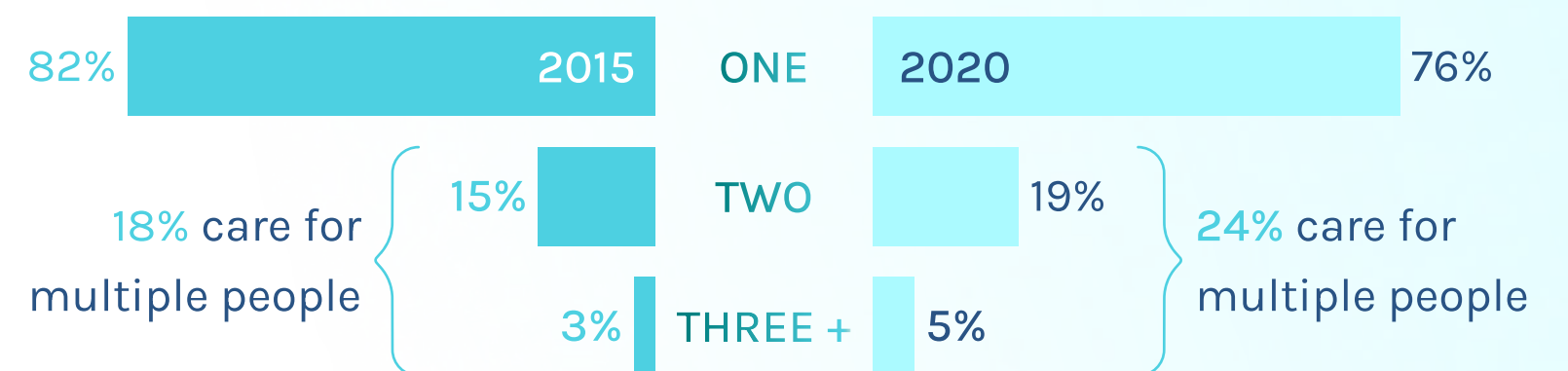


Source: Caregiving in the U.S. 2020 Report, caregivers of adults only

The majority of caregivers are caring for a relative, with most caring for a parent, spouse, or partner. Significantly more caregivers reported caring for a relative in 2020 than in 2015. The average duration of caregiving is 4.5 years.

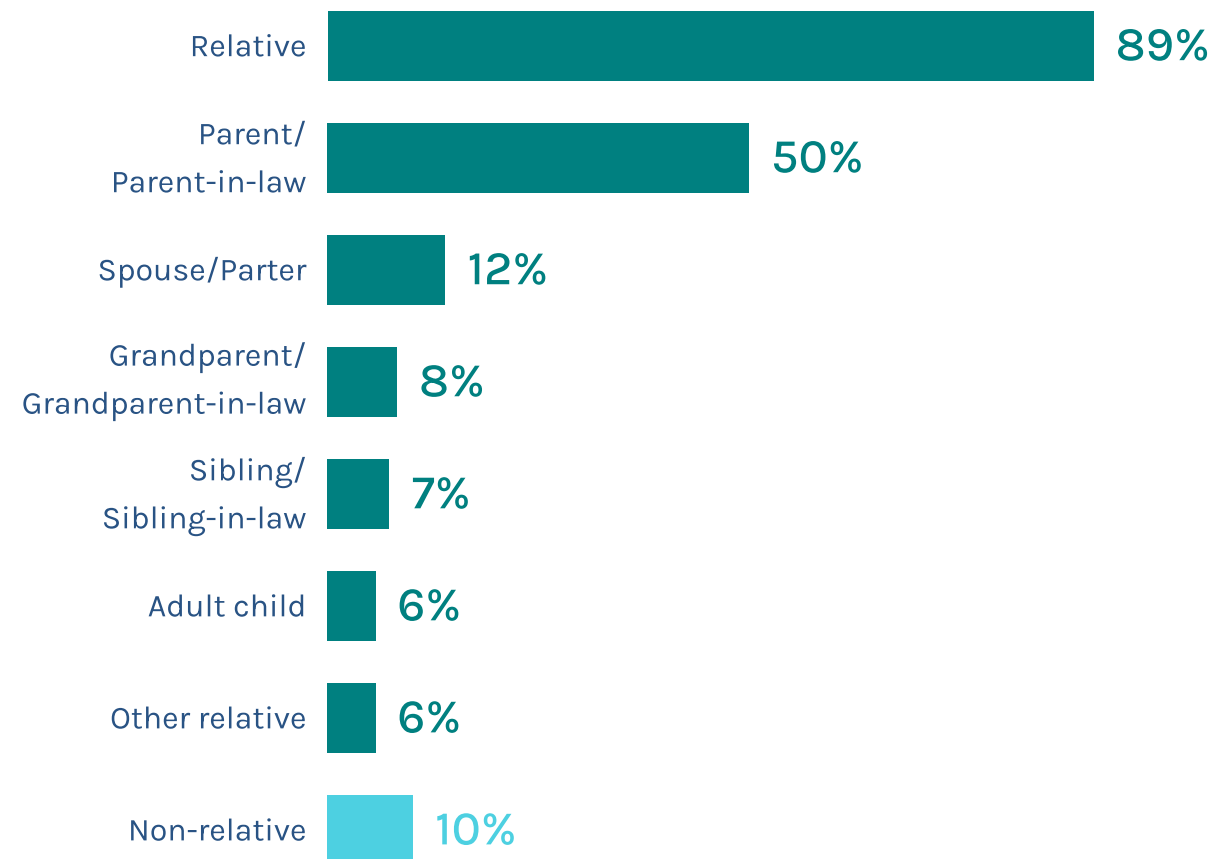
More Americans are providing unpaid care to family, friends, and neighbors with health or functional needs. While 76% of caregivers provide care only for one adult person, 24% care for two or more people—a significant increase compared to 2015 data.

Number of Care Recipients



Source: Caregiving in the U.S. 2020 Report, caregivers of adults only

Who Are Caregivers?

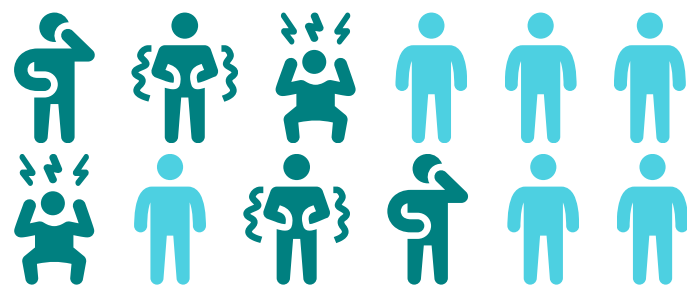


Results from [*Caregiving in the U.S. 2020*](#) show that those who reported having no choice in providing care often faced more complex care situations, increased stress, and strain. More than half (53%) of caregivers reported feeling they had no choice in taking on their caregiving role.



The Impact of Caregiving on Mental and Physical Health

■ Data:



7 out of 10 unpaid caregivers experienced at least one mental health impact such as anxiety, depression, or trauma and stress-related disorder during the pandemic

Source: Caregiving in the U.S. 2020 Report

Caregivers are at a high risk of illness due to the stress of taking care of a sick or disabled family member. They also may have a stronger tendency to neglect self-care. They face financial, logistical, and time pressures, as well as emotional strain, due to their caregiving responsibilities, which can lead to serious health conditions.

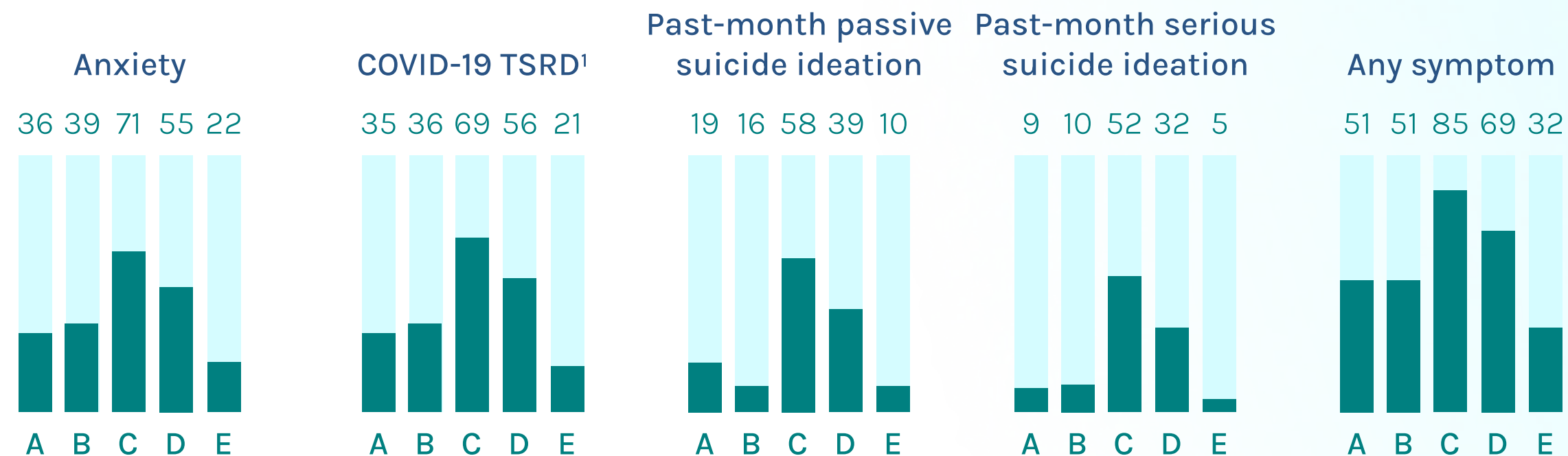
“Sandwich generation” caregivers, who serve as a parent and caregiver to another adult, reported the highest scores for all mental health symptoms among all caregiving groups. 52% of them experienced "active suicidal ideation," also known as serious suicidal thoughts, in the month prior to the survey.

According to the latest study by the CDC that was conducted during the pandemic, up to **70%** of all unpaid caregivers (parents, caregivers for adults, or both) reported adverse mental health symptoms, such as anxiety or depression (55%), COVID-19 trauma- and stressor-related disorder (54%), or passive (39%) or serious (32%) suicidal ideation. Those results are significantly higher compared with nonparents/noncaregivers.

The Impact of Caregiving on Mental Health

Reported mental-health symptoms by caregiver status, % or respondents

A Patient only | B Caregiver of adults only | C Parent and caregiver of adult | D All caregivers | E Nonparent and noncaregiver

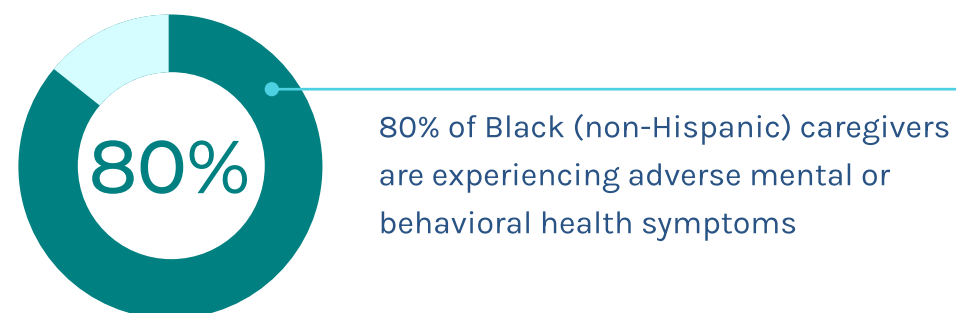
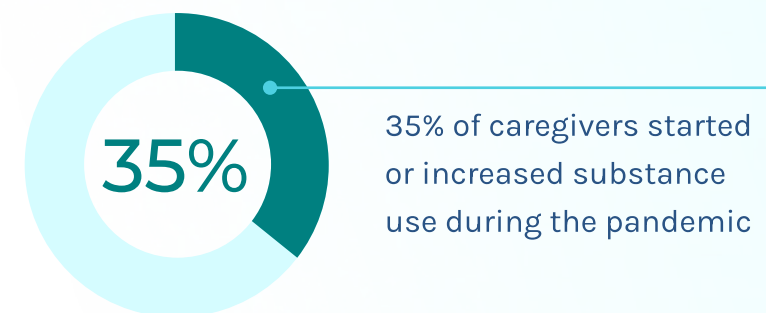
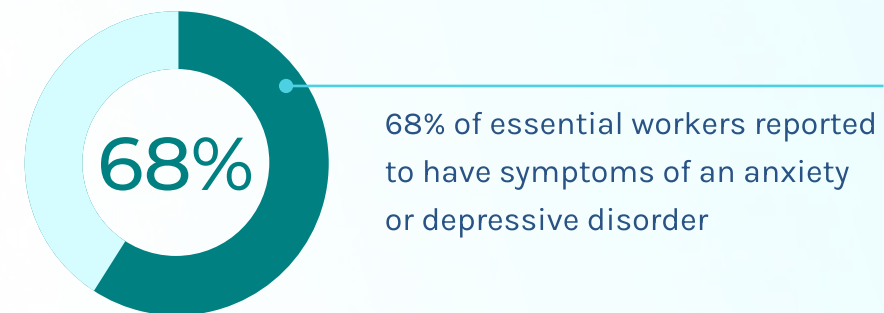
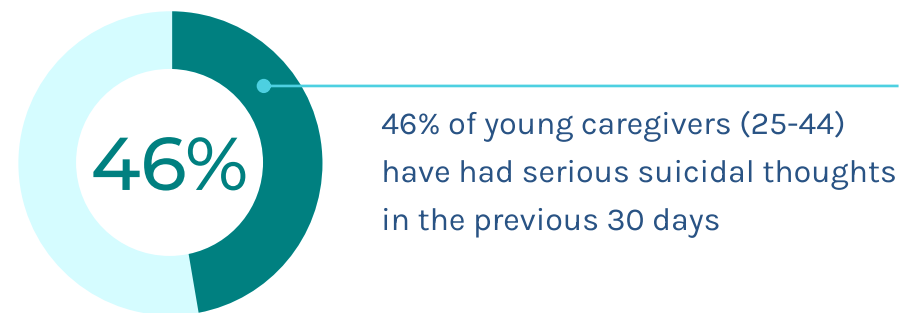


Source: Czeisler MÉ, Rohan EA, Melillo S, et al. Mental Health Among Parents of Children Aged <18 Years and Unpaid Caregivers of Adults During the COVID-19 Pandemic – United States, December 2020 and February–March 2021
1 - trauma- and stressor-related disorder

An additional study [found](#) that among all caregivers, adverse mental and behavioral health symptoms during the COVID-19 pandemic were most prevalent for adults aged 18-24 years, Black and Hispanic caregivers, essential workers, and students.

The Impact of Caregiving on Mental Health

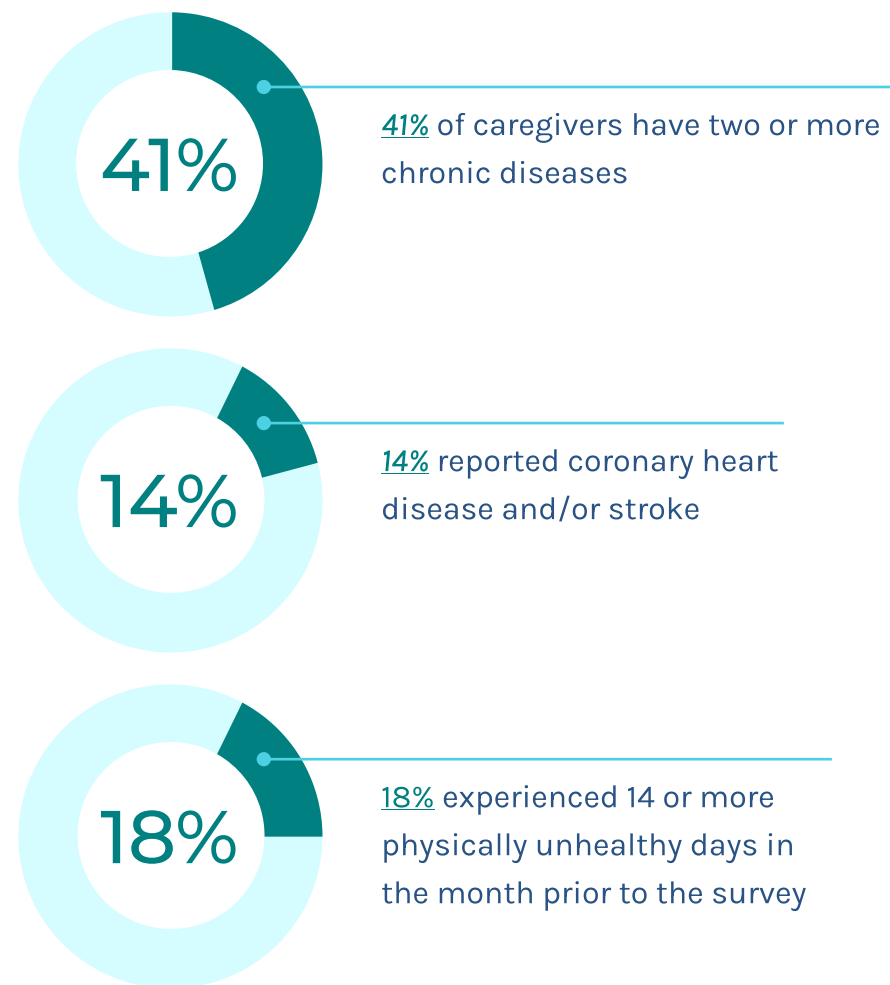
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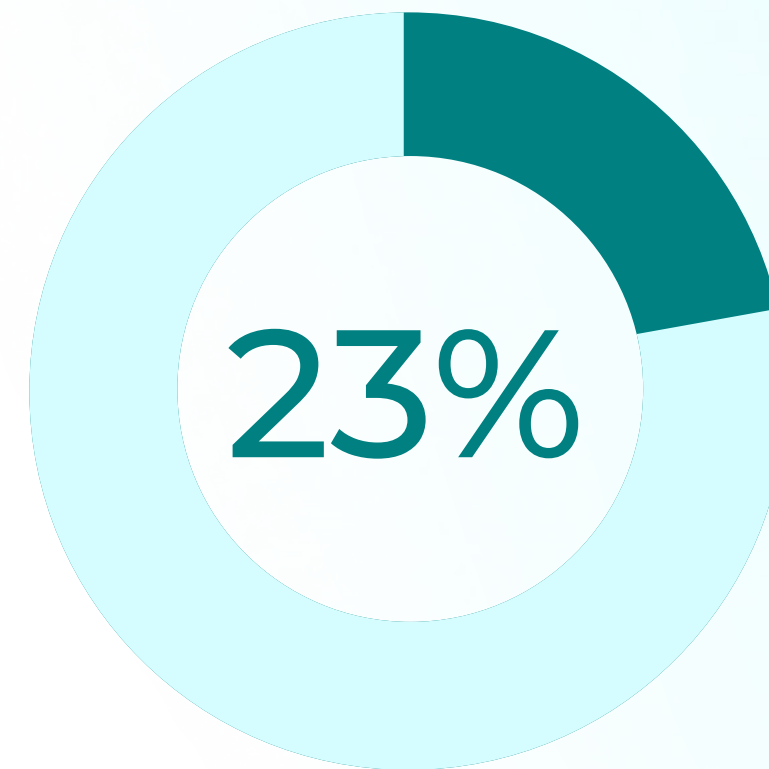
Source: Czeisler MÉ, Drane A, Winnay SS, Capodilupo ER, Czeisler CA, Rajaratnam SM, Howard ME. Mental health, substance use, and suicidal ideation among unpaid caregivers of adults in the United States during the COVID-19 pandemic: Relationships to age, race/ethnicity, employment, and caregiver intensity. *J Affect Disord.* 2021 Dec

The Impact of Caregiving on Mental and Physical Health

In addition to its effect on mental health, caregiving also has a significant impact on physical health. According to the CDC:



What's more, many caregivers fail to recognize the impact that supporting a loved one has on their health. Only 23% of caregivers report that it's difficult to care for their own health and report feeling physical strain, emotional stress and loneliness.



The Cost of Caregiving for Caregivers

A recent [study by AARP](#) shows that 78% of caregivers report having out-of-pocket expenses as a result of caregiving. On average, family caregivers spend \$7,242 annually or 26% of their income. Due to continued gender pay disparities and gender disparities among caregivers, women more often feel this financial stress.

Average actual caregiving expenses

\$7,242



All caregivers

\$6,868



Female

\$7,774



Male

The Cost of Caregiving for Caregivers

Young individuals who care for parents or other family members have an even larger burden since they have less money saved and fewer hours available for employment.

Financial stress is higher for those who care for individuals with mental health concerns compared to other conditions. The cost of caring for a person with dementia, Alzheimer's disease or mental illness is significantly higher than the cost of caring for a person without those conditions.

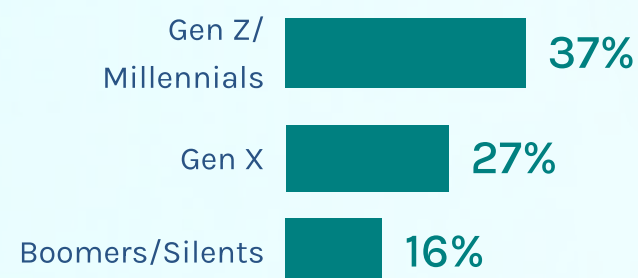
Average actual caregiving expenses

By generation



Average financial strain

By generation



Source: Skufca, Laura, and Chuck Rainville. Caregiving Out-of-Pocket Costs Study 2021. Washington, DC: AARP Research, June 2021.

Average actual caregiving expenses

\$7,242

All caregivers

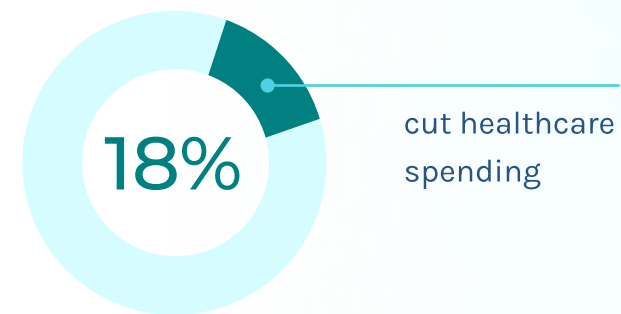
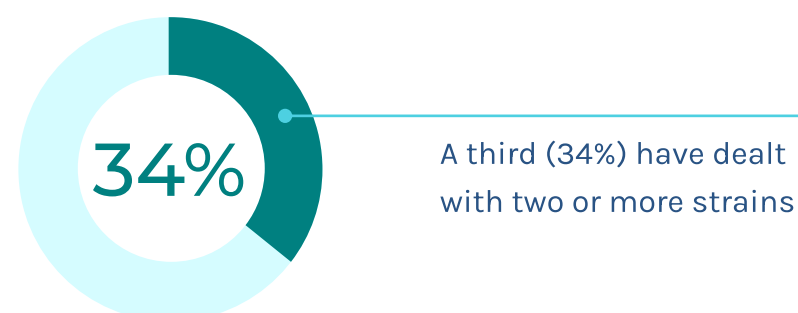
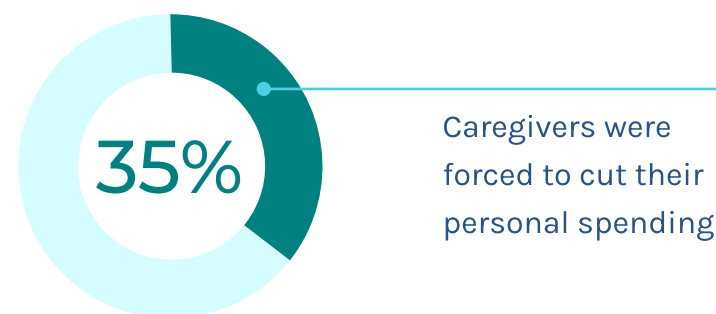
\$8,384

Mental health concerns

\$8,978

Alzheimer's disease/dementia

The Cost of Caregiving for Caregivers



Informal caregiving raises the odds that caregivers will stop working, reduce their work hours, change jobs or leave a job altogether. This also negatively impacts caregivers' financial security.

Due to higher financial pressure, a third (35%) of caregivers were forced to cut their personal spending, 18% to reduce retirement savings, another 18% to cut healthcare spending and 6% to resign from a job.

The Economic Impact of Unpaid Caregiving

■ Data:

\$264 billion

costs to the US economy annually
in unpaid caregiving services

According to the Blue Cross Blue Shield Health Index assessments, carers' health outcomes are 26% lower than those of the benchmark group. Moreover, less healthy workers typically have lower per capita incomes, are employed less frequently and are less productive due to financial pressure, relationship stress, workplace stress and emotional and/or physical strain.

The direct economic impact, related to the influence caregiving has on decisions around work, absenteeism, and productivity is calculated to be close to

\$44 billion due to the loss of more than 650,000 jobs and nearly 800,000 caregivers suffering from absenteeism issues at work.

The estimated indirect economic effect, according to “The Economic Impact of Caregiving” report, cost nearly

\$221 billion a year

**So, who takes
care of the
caregivers?**

How Health Coaches Can Help

■ Data:



Nearly one in four (23%) caregivers say that it is difficult to take care of their own health

The financial and logistical pressures, physical and mental strain, everyday emotional stress and anxiety affect caregivers' ability not only to take care of their loved ones but also of themselves. According to pre-pandemic data, almost a quarter of caregivers admitted it's difficult to take care of their own health.

Health coaches can and do help caregivers both identify and achieve their health goals. They both encourage and support their clients every step of the way by using science-backed, behavior-driven lifestyle modification techniques that drive real health change and outcomes. They offer guidance in navigating self-care and help maintain the necessary knowledge and skills to overcome stress, anxiety, improve quality of life, increase confidence and self-acceptance.

A Health Coach **is** ...

- ✓ A highly skilled and certified professional
- ✓ Knowledgeable in human behavior, motivational techniques and health outcomes
- ✓ A change agent helping clients set and achieve health goals and build new habits
- ✓ Trained in helping a client maintain a positive and healthy mindset while working towards health and wellness goals by focusing on their strengths



A Health Coach can help caregivers

- ✓ Achieve their own health & wellness goals
- ✓ Return focus to self-care
- ✓ Overcome stress and anxiety
- ✓ Prevent depression
- ✓ Change nutrition and physical behavior
- ✓ Improve self-confidence and overall well-being
- ✓ Find a purpose
- ✓ Prepare for patient management
- ✓ Support a mindset that's conducive to change
- ✓ Be in a better emotional and physical state in order to continue taking care of others

The Science of Health Coaching

Health coaching leverages an **evidence-based approach** which can be used in both disease management and prevention facilitating important changes in nutrition, behavior, physical activity, self-acceptance, mental health improvements, enhanced quality of life and more.

Health coaching proves valuable in reducing the caregiving burden and improving confidence, readiness for home care management, quality of life and self-efficacy.

A [study](#) on the feasibility of a telephone coaching program on heart failure home management for family caregivers suggests that health coaching can be highly effective for caregivers facing ongoing health concerns. Three months after the intervention, caregiver burden scores were significantly lower, and confidence and preparedness for managing heart failure at home scores were higher.

Another [pilot study](#), published in 2015 with an aim to test health coaching and its ability to reduce patients' heart failure-related rehospitalizations and improve family caregiver outcomes among African Americans reports positive outcomes for both caregivers and patients.

After 6 months of telephone coaching, caregivers in the intervention group had **significantly lower scores for depression on the CES-D scale**, and higher scores for 'Confidence', 'Social support' (having someone to listen/talk to when needed), and 'Preparedness on heart failure home care' variables, while patients had a significantly lower number of rehospitalization cases compared to a standard care group. They also showed significantly higher results for confidence and social support and lower for depression compared with a standard care group.

The Science of Health Coaching

Comparison of mean percent relative change between baseline and 6-month post intervention for the intervention and standard care groups (one-tailed).

Variables	Intervention M (SD) Min-max			Standard care M (SD) Min-max			Cohen's d ³	M - W z	p
	Baseline	6 months	Change (%)	Baseline	6 months	Change (%)	Effect size		
Confidence	12 (1.4) (8-12)	16 (2.7) (8-16)	38.8 (40.5)	13.8 (2.3) (10-16)	12.8 (2.3) (9-16)	-4.0 (2.3)	1.5	2.8	0.003
Depression (CES-D)	7.0 (5.4) (0-15)	1.3 (2.6) (0-7)	-88.8 (24.8)	11.2 (3.9) (7-17)	7.7 (8.5) (0-20)	-41.9 (58.7)	-1.0	-2.4	0.01
Social support (someone to listen)	4.6 (1.0) (2-5)	4.9 (0.4) (4-5)	15.6 (35.2)	4.8 (0.4) (4-5)	4.1 (1.1) (2-5)	-39.3 (68.6)	0.9	2.4	0.01
Preparedness on HF home care	2.6 (1.0) (1-4)	3.1 (0.6) (2-4)	48.9 (80.2)	3.6 (0.7) (2-4)	3.4 (0.9) (2-4)	4.2 (47.8)	0.7	1.1	0.51
Caregiving burden	23.3 (17.9) (5-71)	22.3 (9.6) (12-42)	58.7 (12.7)	18.5 (7.1) (12-34)	20.8 (8.3) (14-42)	12.0 (29.7)	0.5	0.1	0.96

* Cohen's d - MI - M2/spooled, where spooled - VIs 17 + 3 2721, which small." d m 0.2; -medium" d m 0.5; and -large- d - 0.8.

The Science of Health Coaching

The first case study on the use of health & wellness coaching for cancer patient caregivers illustrates the potential of coaching in helping and supporting those who take care of others. The study suggests that health coaching is promising in improving the quality of life for caregivers, decreasing stress, and maintaining the necessary knowledge and skills to successfully manage anxiety.



Expert opinion

We feel strongly that caregivers are often overlooked ‘patients’ themselves, and need more emotional, physical and mental support in reaching their own wellness goals. The results on the impact of health & wellness coaching for caregivers are highly encouraging. Our hypothesis is that continuing to study patient outcomes as the caregivers are utilizing health coaching services will better equip them with the right tools and support to manage their own wellbeing, and those they take care of will benefit as the result. Join us on the Health Coaching Revolution as we continue to deliver health coaching within spaces and communities where it’s needed most.

Another case study describes the positive effect of health coaching for both patients and caregivers. After 8 coaching sessions over the phone, caregivers showed improvements in quality of life and self-efficacy scores, while patients experienced no readmissions, and had better mood, quality of life scores, and readiness in participation.

About YourCoach

[YourCoach.Health](#) is the only operating system for behavior change, powered by health coaches. Our industry partners entrust us to stand up or augment their health coaching operations utilizing our APIs, widgets and tech-augmented army of validated and credentialed health coaches to surround their existing product or service. We're the premier virtual home for health and wellness coaching, an ecosystem built to empower health coaches while expanding access to their services through our industry partnerships. Join us on the Health Coaching Revolution as we strive to deliver the power of health coaching to the 8.5 billion global population by 2030.



Health Coaching
Industry Report V2.0



Our mission

By the year 2030 our mission is for the projected 8.5 billion people in the world to have access to Health Coaches, creating even more Happy and Healthy Humans.