

factsheet

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Alzheimer's Disease Caregivers

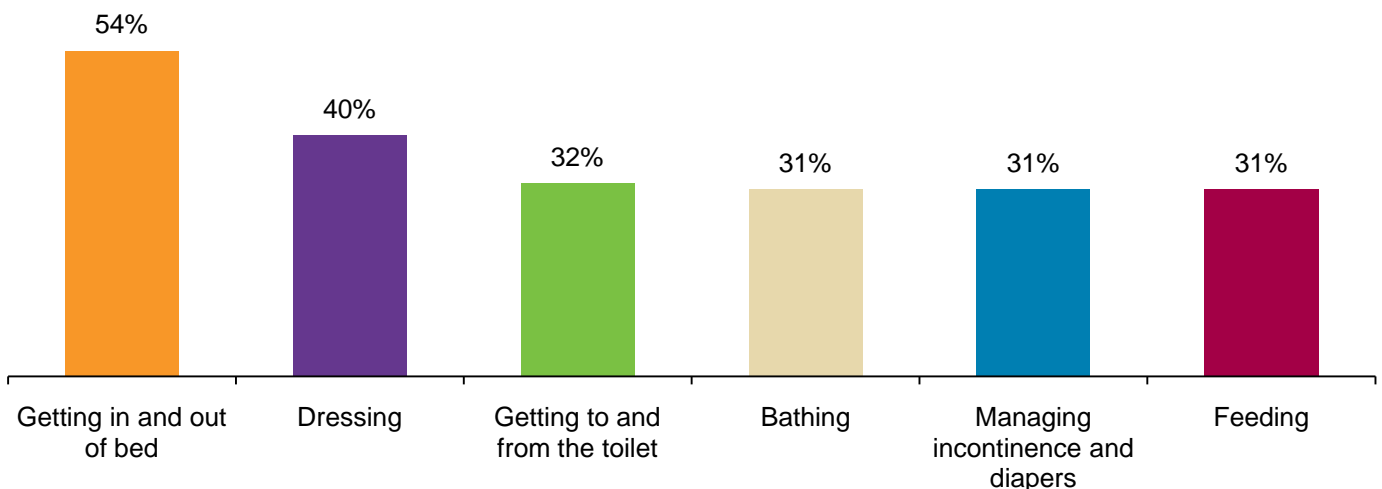
With Alzheimer's disease, it is not just those with the disease who suffer. It's also their caregivers. Caring for an individual with Alzheimer's disease often falls on family and friends.

- In 2010, nearly 15 million family members and friends provided 17 billion hours of unpaid care for people with Alzheimer's or other dementias.
- The economic value of this care totaled over \$202 billion.
- 60 percent of the unpaid caregivers of people with Alzheimer's disease and other dementias are women; 26 percent are caring for both someone with the disease and a child or grandchild.

Caring for people with Alzheimer's is personal and intrusive.

- Nearly one-third of Alzheimer's and dementia caregivers report that the individual with the disease needs the most help with matters of "self care" – getting dressed, taking a shower and going to the bathroom, for example.
- Over half of the caregivers of people with Alzheimer's and other dementias provide help to the care recipient in getting in and out of bed; 40 percent help with getting dressed.
- About one-third of Alzheimer's and dementia caregivers provide help getting to and from the toilet, bathing, managing incontinence and feeding.

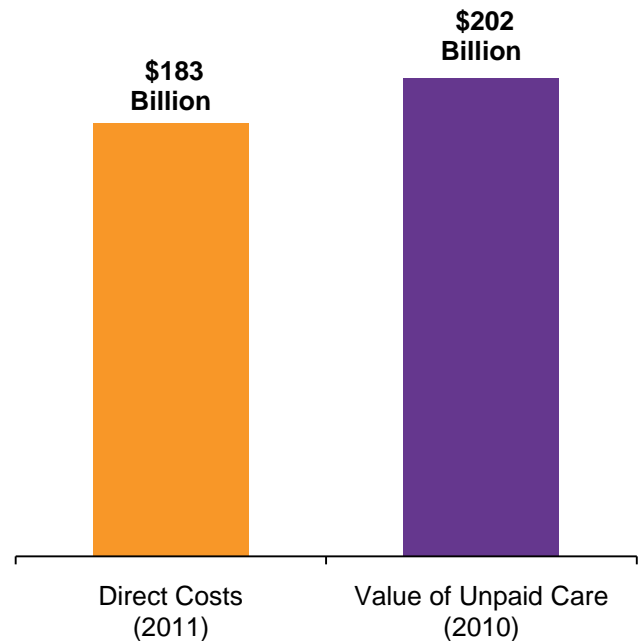
Proportion of Alzheimer's Caregivers Who Provide Help with Daily Activities



Caring for an individual with Alzheimer's disease creates or exacerbates the health problems of a caregiver.

- Those who care for someone with Alzheimer's or other dementia are more than twice as likely as caregivers of people without these conditions to say that the greatest difficulty associated with caregiving is that it creates or aggravates their own health problems.
- More than 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high. One-third of family caregivers of people with Alzheimer's and other dementia report symptoms of depression.
- Spouse caregivers of people hospitalized for dementia (compared to people hospitalized for other conditions) are more likely to die in the following year, even after accounting for the age of the spouse caregiver.
- The physical and emotional impact of caregiving on Alzheimer's and other dementia caregivers results in an estimated \$7.9 billion in increased caregiver health costs each year.

Alzheimer's and Dementia Care Costs



Caring for an individual with Alzheimer's has a negative effect on employment, income, and financial security.

- Among Alzheimer's and dementia caregivers who are employed full or part time, 61 percent of women and 70 percent of men said they had to go in late, leave early or take time off because of their caregiving responsibilities.
- If the individual with Alzheimer's disease has behavioral symptoms, their family caregivers are 68 percent more likely than caregivers of other older people to reduce their hours or quit work.
- 20 percent of female caregivers believe they have been penalized at work because of the need to care for someone with Alzheimer's.
- Half of unpaid non-spouse caregivers of people with Alzheimer's and other dementias have caregiving-related out-of-pocket expenses averaging over \$200 per month (in 2004 dollars).

Ages of Alzheimer's and Other Dementia Caregivers, 2010

