

# 2018 C.A.R.E Study

## Financial and Lifestyle Costs of Caregiving

Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NM), Milwaukee, WI and its subsidiaries.

# Background

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The C.A.R.E. (Costs, Accountabilities, Realities, Expectations) Study explores four elements of longevity and long-term care planning:

- **Costs:** financial approach and considerations of long-term care
- **Accountabilities:** obligations and responsibilities of caregiving
- **Realities:** actual experience of aging or caregiving vs. anticipation
- **Emotions:** mindset of adult dependent and caregiver

The study was conducted online among U.S. adults ages 18+ from November 29 – December 7, 2017. The breakdown of completed interviews is as follows:

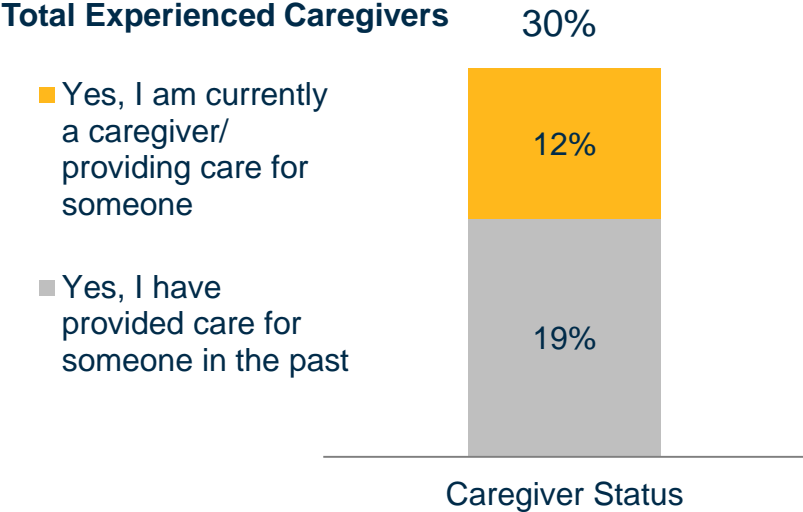
**Number of Completed Interviews**

1,004	General U.S. Adult Population
413	Gen Xers – age 35-49
987	Experienced Caregivers

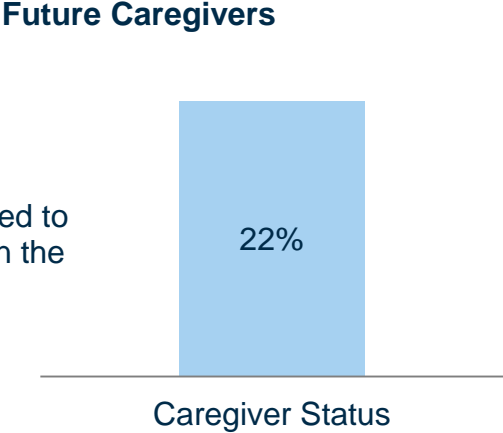
Data were weighted to be representative of the U.S. population (age 18+) based on Census targets for education, age/gender, race/ethnicity, region and household income.

# Caregiving is a growing reality for Americans

3 in 10 Americans have taken on caregiving\* responsibilities while 1 in 5 expect to in the future.



**BASE: All Qualified Respondents (General Population n=1004)**  
S1. Are you currently, or have you ever been a caregiver?



**BASE: All Qualified Respondents Who Are Not Experienced Caregivers (n=714)**  
S2. Do you anticipate that you may need to provide care for someone in the future?

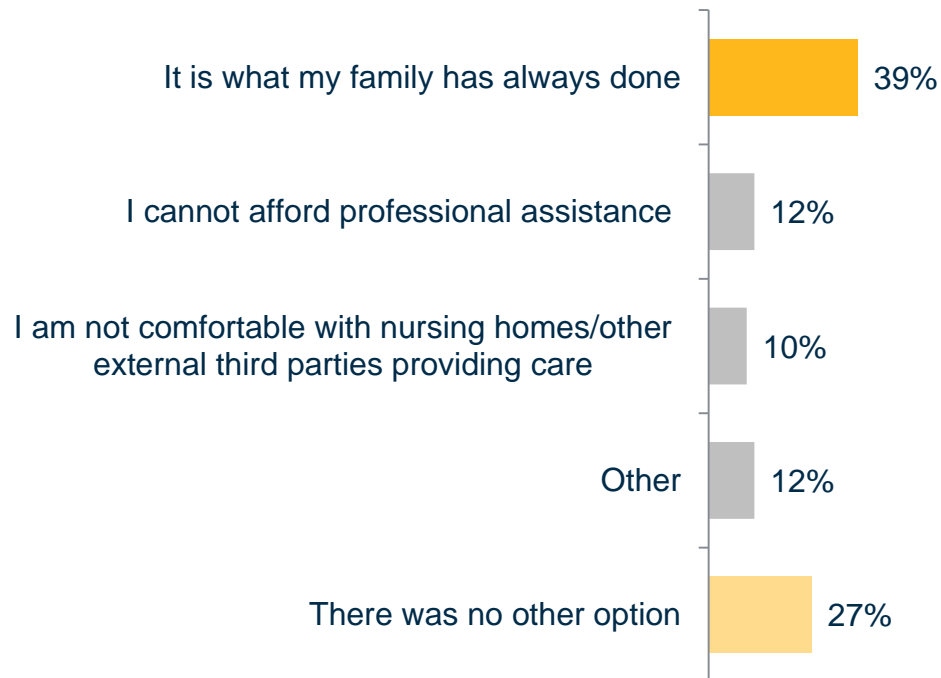
\*Caregiving is defined as a situations when you are responsible for providing care – or the resources for that care – to someone or several people over a substantial period of time. The caregiving could be for anyone in your life who is – or could be – aging, ill or have special needs, but does not include any caregiving you may do as part of your employment.

# Caregiving is often an expectation

4 in 10 Caregivers took on the role because “it is what [their] family has always done.”

## Reasons for Becoming a Caregiver

### Experienced Caregivers



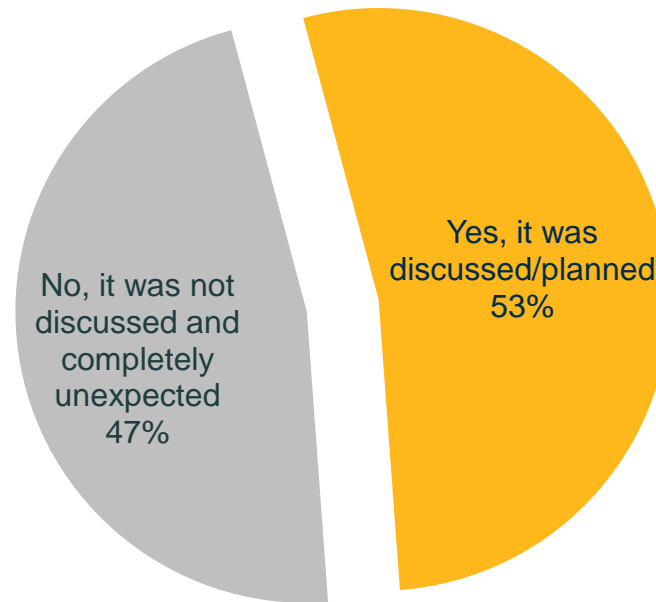
**BASE: All Qualified Caregivers (n=290)**

**L13.** What was the top reason you became a caregiver? Please select one.

# Caregiving events are planned and unexpected in equal measure

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## Whether Care Was Planned or Unexpected

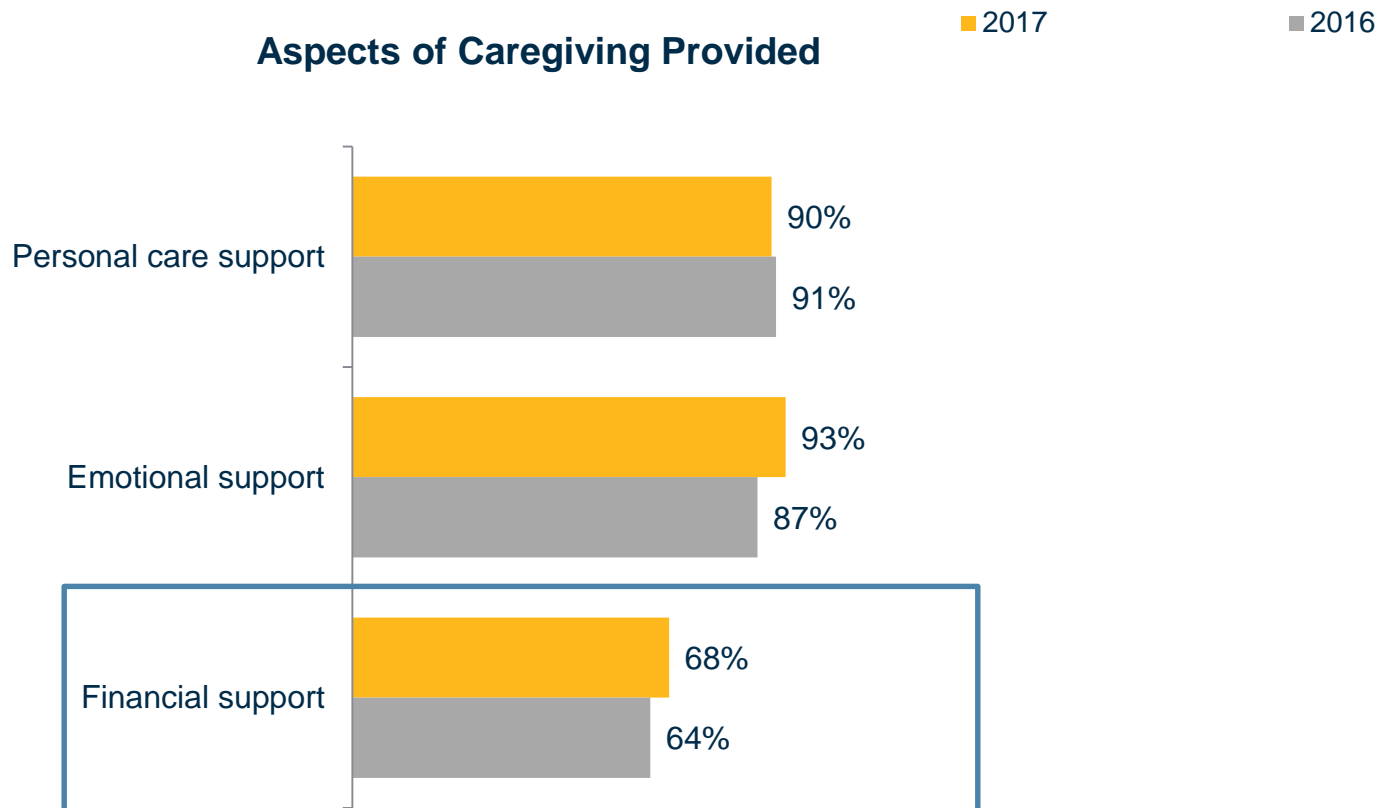


**BASE: All Qualified Caregivers (n=290)**

**E23. Did you know in advance that you would be providing care for a family member or friend?**

# Financial support is a significant and growing part of providing care

7 in 10 Caregivers provided financial support, up from 64% last year.



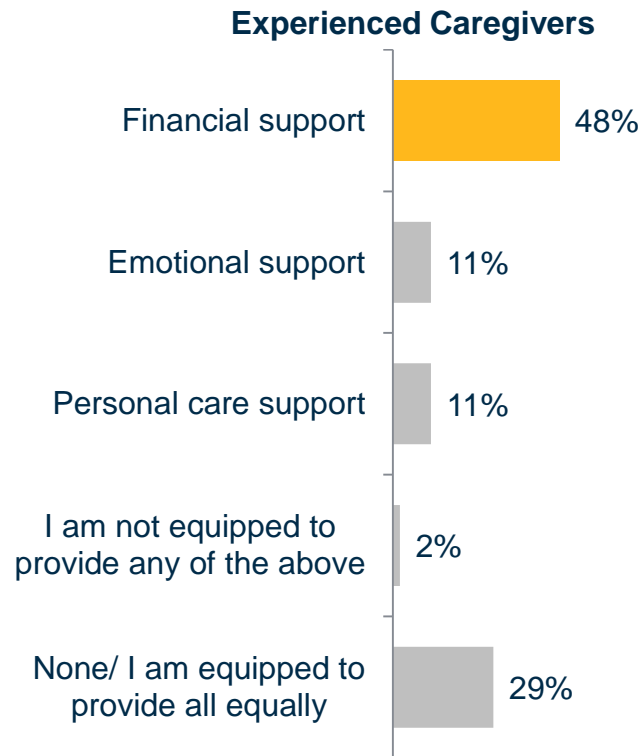
**BASE: All Qualified Experienced Caregivers (2017 n=987; 2016 n=1014)**

**E21.** In your role as a caregiver, which of the following aspects of care do you/have you provided?  
Please select all that apply.

# Financial support is the aspect of care many feel least equipped to provide

Financial support was cited as a challenge four times more frequently than emotional or personal care.

## Category of Support Least Equipped To Provide



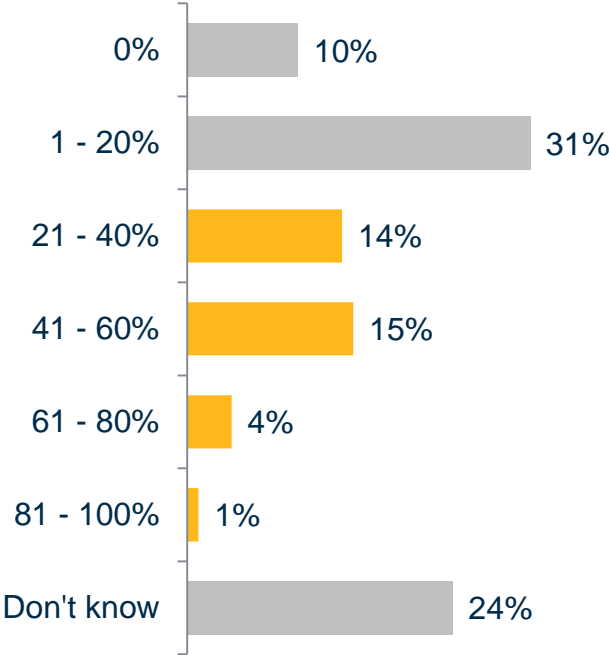
**BASE: All Qualified Experienced Caregivers (n=987)**

**E19.** Which category of support do you feel you are least equipped to provide? Again, this could be for anyone in your life who is – or could be – aging, ill or have special needs. Please select one.

# The implications of providing care for personal finances are substantial

1 in 3 current caregivers spend more than 20% of their monthly budget on providing care, with a sizeable portion going towards medical supplies.

**Percent of Monthly Budget Allocated for Caregiving**



Items	Average cost for care on monthly basis
Medicine/ Medical Supplies	\$273
Food	\$159
Personal Care	\$151
Medical Care	\$107
Clothes	\$67
Transportation	\$54
Professional Advisors (lawyers, accountants, etc.)	\$32

**BASE: All Qualified Current Caregivers (n=405)**

**C6.** Approximately what percentage of your current monthly budget goes to providing care for aging family members or friends? This may include costs to hire a caregiver and/or costs you incur for caregiving you do yourself.

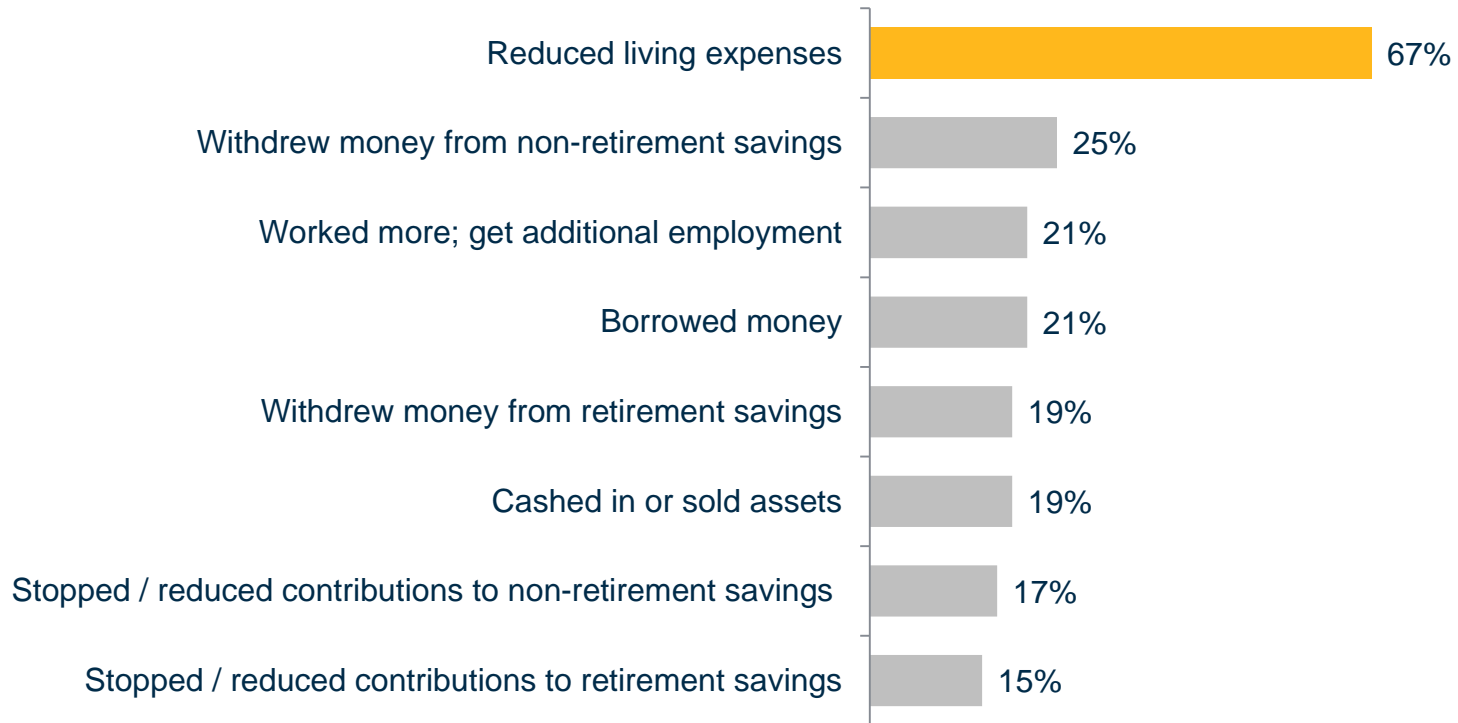
**C7x1.** How much money is spent in total from all sources on each of the following items for the person(s) you are providing care to each month? Please enter dollar amount in whole numbers.



# Navigating caregiving costs has required financial sacrifices

Two-thirds of caregivers who have incurred costs had to reduce living expenses as a result.

## Top Changes Due to Additional Cost of Providing Care Experienced Caregivers



**BASE: All Qualified Experienced Caregivers Who Incur Costs Providing Care (n=495)**

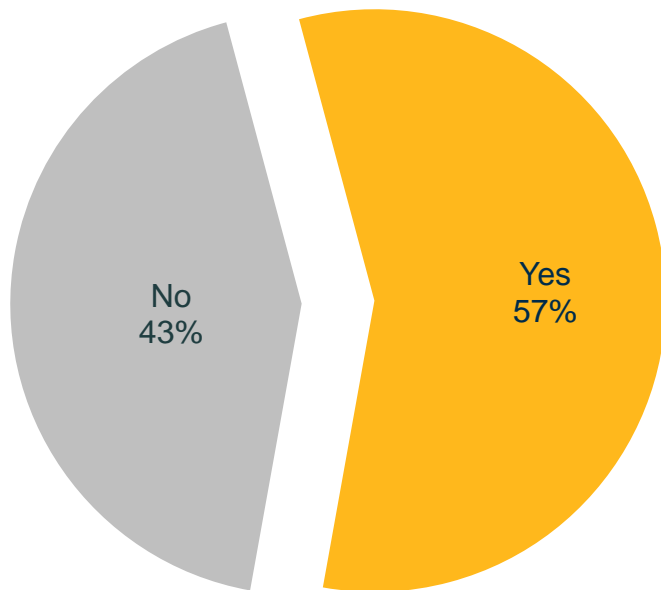
**C16.** Which of the following, if any, have you experienced as a result of the additional costs of providing care? Please select all that apply.

# Despite expecting financial implications, few future caregivers have taken steps to prepare

Nearly 6 in 10 future caregivers believe they will incur costs, yet almost half have not planned for these added expenses.

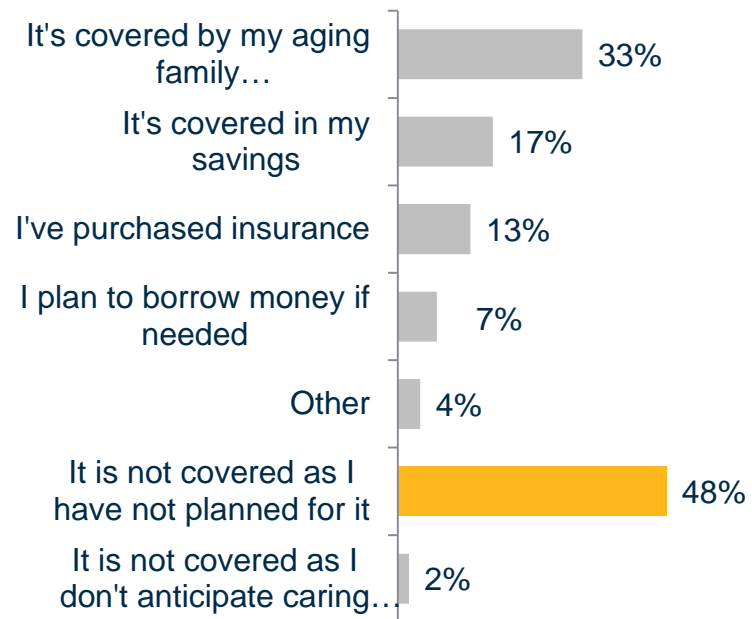
## Whether Anticipate Personally Incurring Costs

Future Caregivers



## Addressing Potential Costs of Care in Savings/Financial Plan

Future Caregivers



**BASE: All Qualified Future Caregivers (n=185)**

**C1.** How is the potential cost of care for aging family members or friends addressed in your savings/financial plan? Please select all that apply.

**BASE: All Qualified Future Caregivers (n=181)**

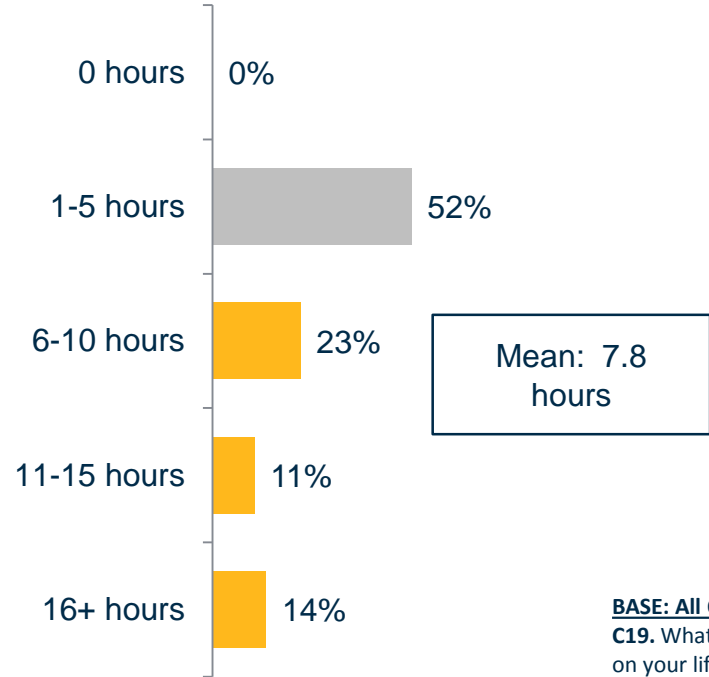
**C12.** Do you expect to personally incur costs to provide care for an aging family member or friend?

# With some caregivers spending six plus hours a day on care, the impact extends beyond just the financial

8 in 10 Current Caregivers say caregiving has affected their lifestyle.

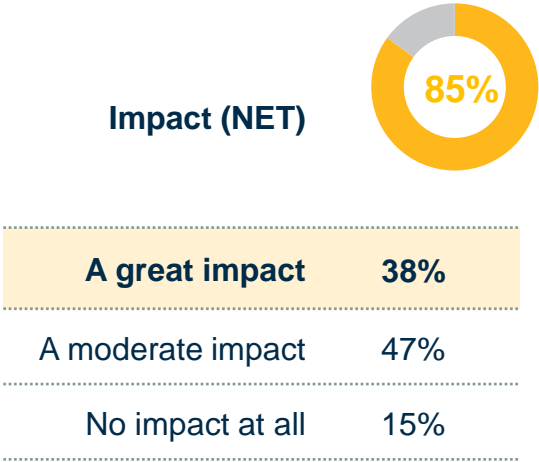
## Hours Per Day Provide Care

### Current Caregivers



## Impact of Caregiving on Lifestyle

### Current Caregivers



**BASE: All Qualified Current Caregivers (n=405)**  
**C19.** What level of impact has providing care for an aging family member or friend had on your lifestyle?

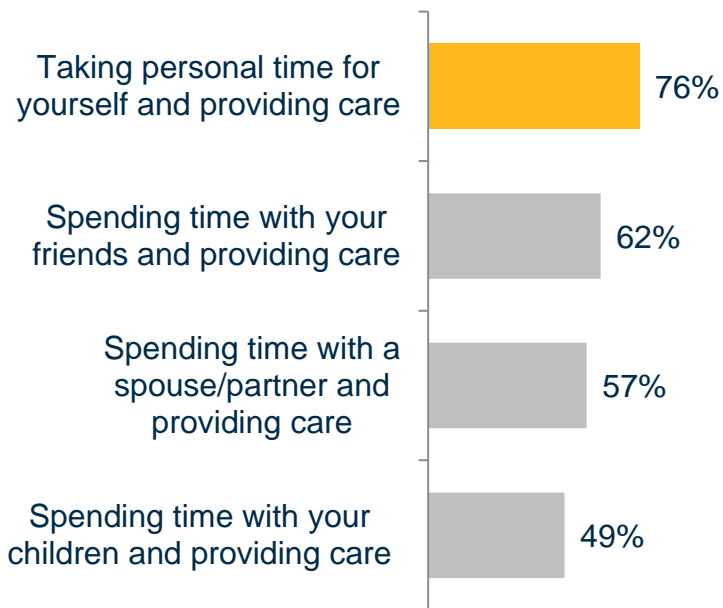
**BASE: All Qualified Current Caregivers (n=405)**  
**L9.** How many hours a day do you usually spend providing care?

# Caregivers have made tradeoffs in their personal and professional lives

The majority of current caregivers had to choose between their personal/family pursuits and caregiving. They also experienced impact on their careers.

## Frequency of Having to Make Choices

**Current Caregivers**  
(Percent Responding “Frequently” or “Occasionally”)

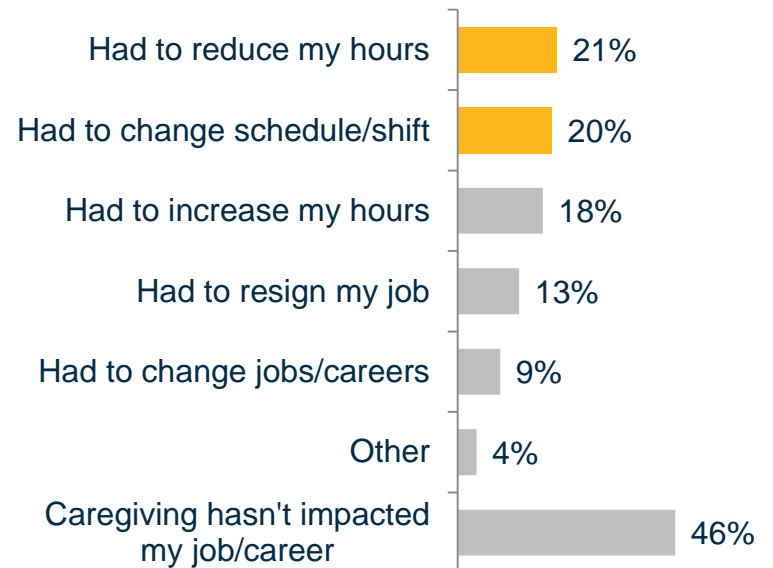


**BASE: All Qualified Current Caregivers (n=405)**

**C19a.** How often have you had to choose between each of the following?

## Impact of Caregiving on Job/Career

**Current Caregivers**



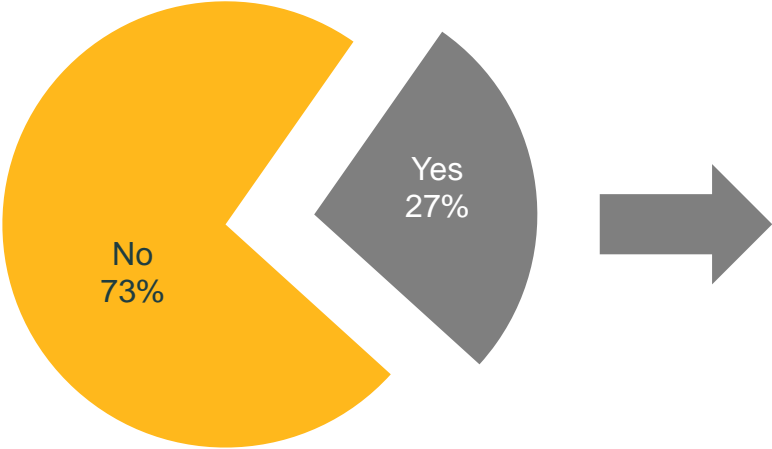
**BASE: All Qualified Current Caregivers (n=405)**

**C18.** How has caregiving impacted your job/ career?

# The majority of Americans have not planned for their own long-term care

Of those who have planned, the top steps taken are financial planning and purchasing long-term care coverage.

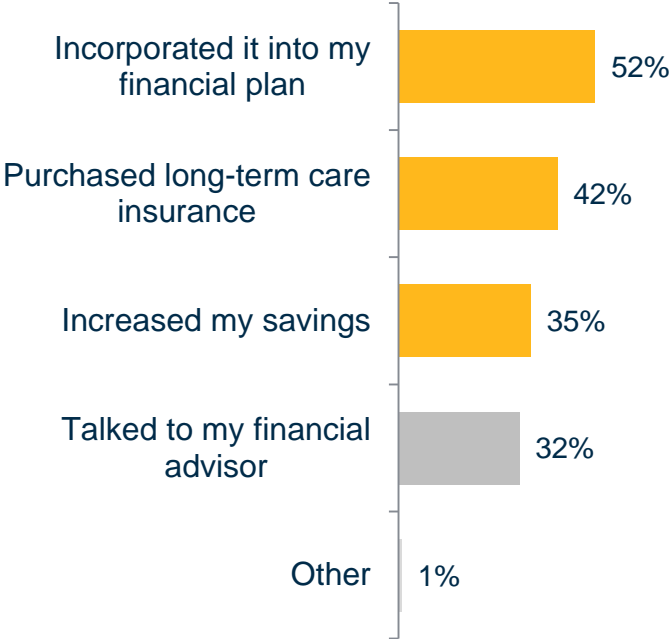
## Whether Planned for Own Potential Long-Term Care



**BASE: All Qualified Respondents (n=1004)**

**L2.** Have you planned for your own potential long-term care needs when you may be dependent on other(s) to provide care for you?

## Steps Taken to Plan for Potential Care



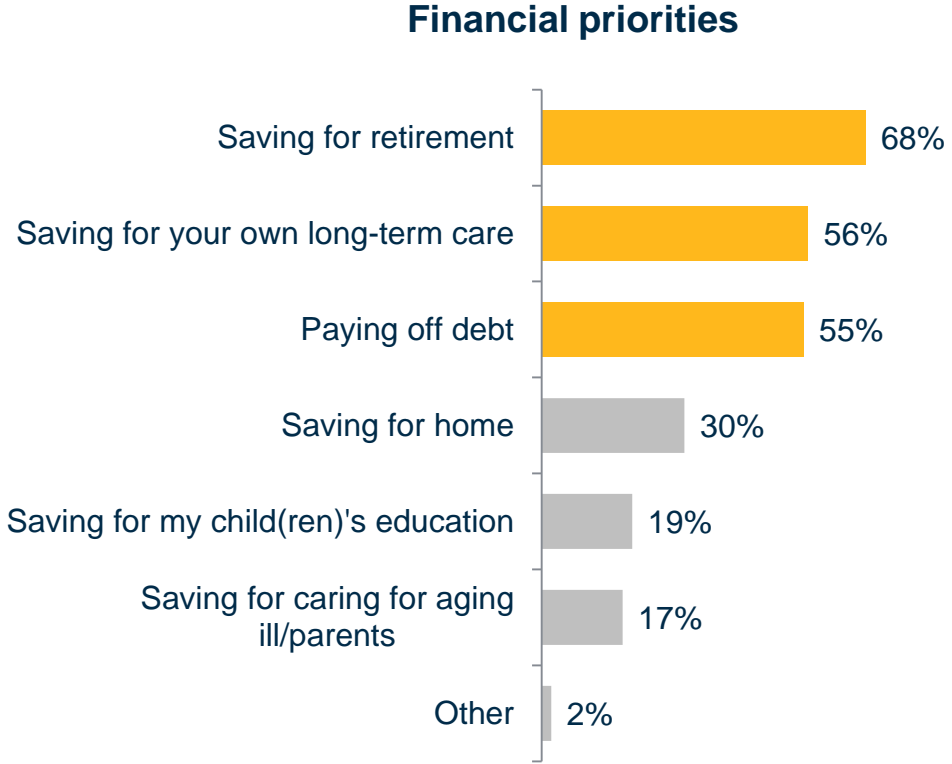
**BASE: All Qualified Respondents Who Have Planned For Their Own Care (n=254)**

**L3.** What steps have you taken to plan for your own personal long term care needs?

Please select all that apply.

# The lack of planning underscores a gap between intentions and actions

Americans cited planning for long-term care as their second most important financial priority.

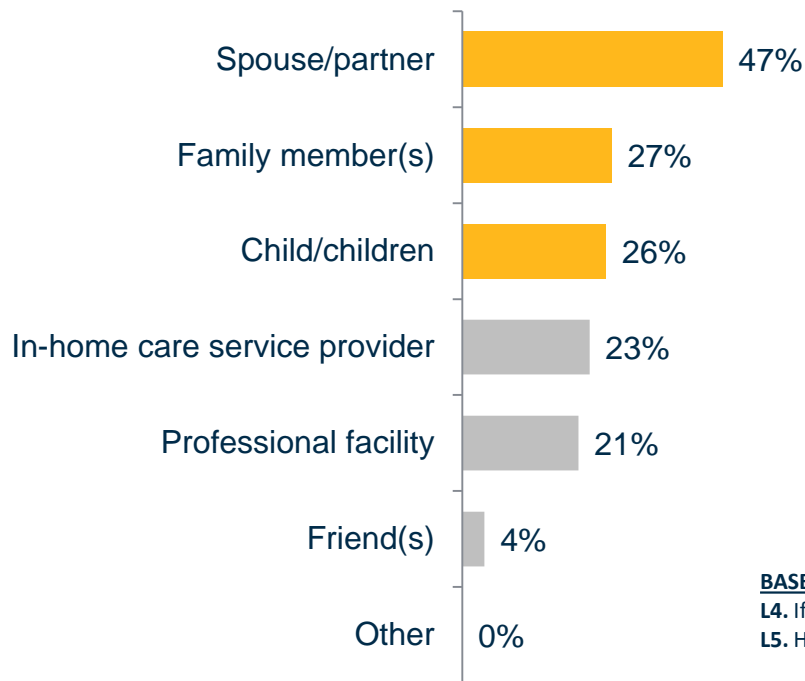


**BASE: All Qualified Respondents (n=1004)**  
L12. Please select your top three financial priorities.

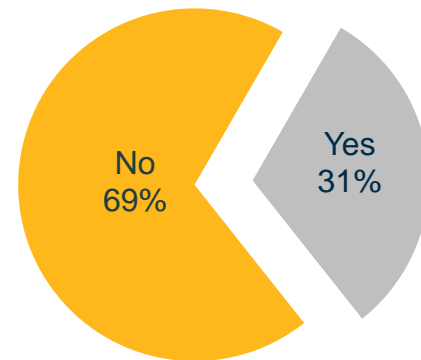
# Americans are not having important conversations about their own long-term care preferences

While most expect their spouse/partner or other family members to be their caregivers, they have not shared these preferences with those individuals --- or anyone else.

### Likely Care Provider



### Whether Discussed Care Preferences



**BASE: All Qualified Respondents (n=1004)**

**L4.** If you were to need care, whom is most likely to provide it? Please select up to two.

**L5.** Have you spoken to anyone about your preferences for your own care?