

C.A.R.E. Study

The Caregiving Conundrum

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

Background

The C.A.R.E. 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 is based on an online survey of U.S. adults age 18+ conducted from September 22 to October 6, 2015. The breakdown of completed interviews is as follows:

Number of Completed Interviews

1,008	General U.S. Population
500	Gen Xers – age 35-49
899	Experienced Caregivers

The 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.

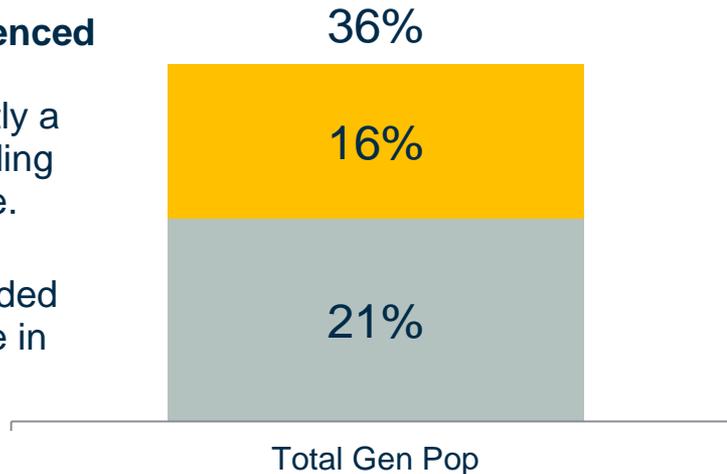
Caregiving is an undeniable reality

Roughly 4 in 10 Americans are caregivers

Caregiver Status

NET Experienced

- Yes, I am currently a caregiver / providing care for someone.
- Yes, I have provided care for someone in the past.



By caregiving, we mean 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.

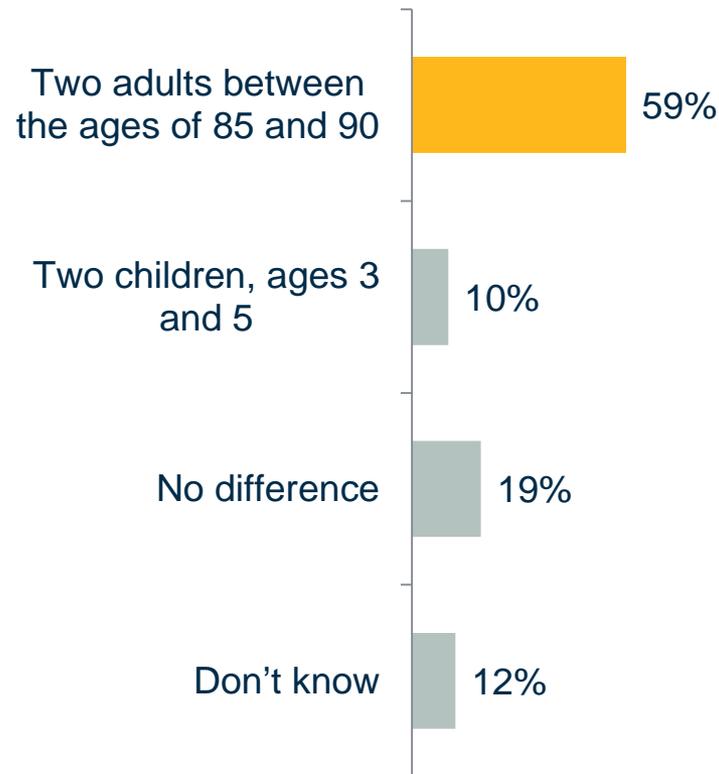
BASE: ALL QUALIFIED RESPONDENTS (General Population n= 1008)

S1. Are you currently, or have you ever been a caregiver?

Act II may be harder than Act I

The majority of Americans feel caring for two elderly adults would be more difficult than caring for two toddlers

Which is Perceived to Be More Difficult to Care for Total Gen Pop



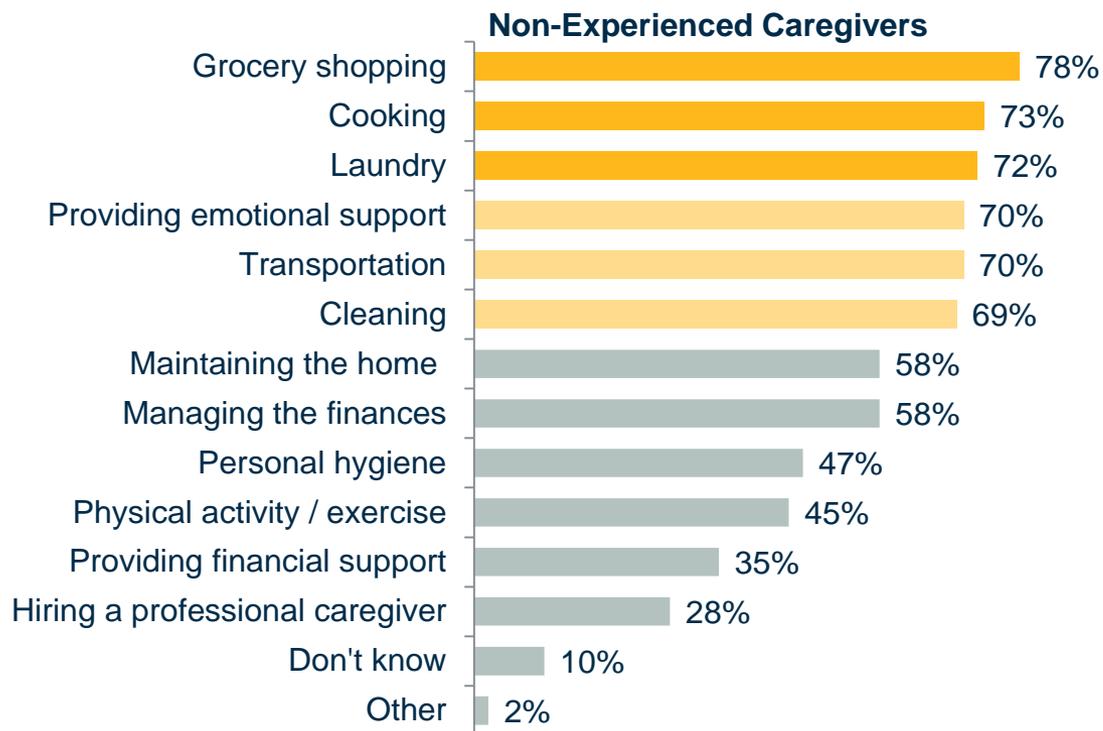
BASE: ALL QUALIFIED RESPONDENTS (General Population n= 1008)

E16. In your opinion, which of the following would be more difficult to care for?

Non-experienced caregivers primarily envision caregiving responsibilities to be chores

Just a third expect to provide financial support

Aspects of Caregiving Envisioned to Be Provided if One Becomes Caregiver



BASE: ALL QUALIFIED RESPONDENTS WHO ARE NOT EXPERIENCED CAREGIVERS (n=878)

E4. If you were to become a caregiver, which of the following aspects of care would you envision that you would provide?

Experienced caregivers tell a different story

Emotional support ranked as high as chores

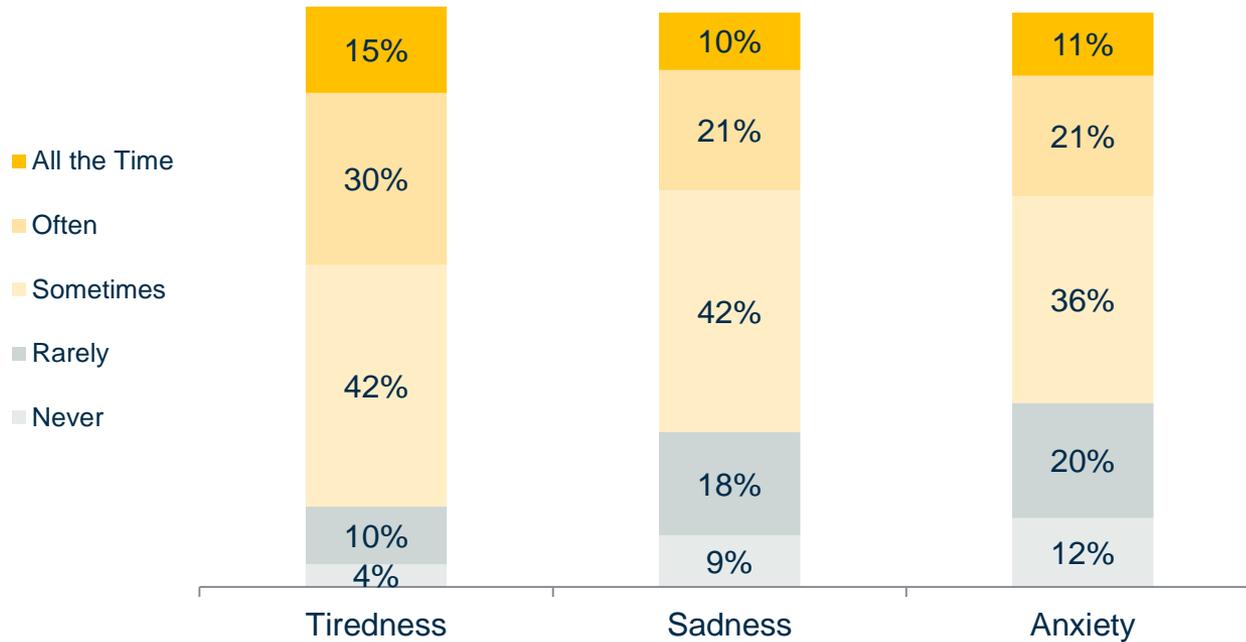
Aspects of Caregiving Being Provided or Have Been Provided

Experienced Caregivers



BASE: ALL QUALIFIED EXPERIENCED CAREGIVERS (Experienced Caregivers n=899)
E5. In your role as a caregiver, which of the following aspects of care do you/have you provided?

Emotional support can take a toll



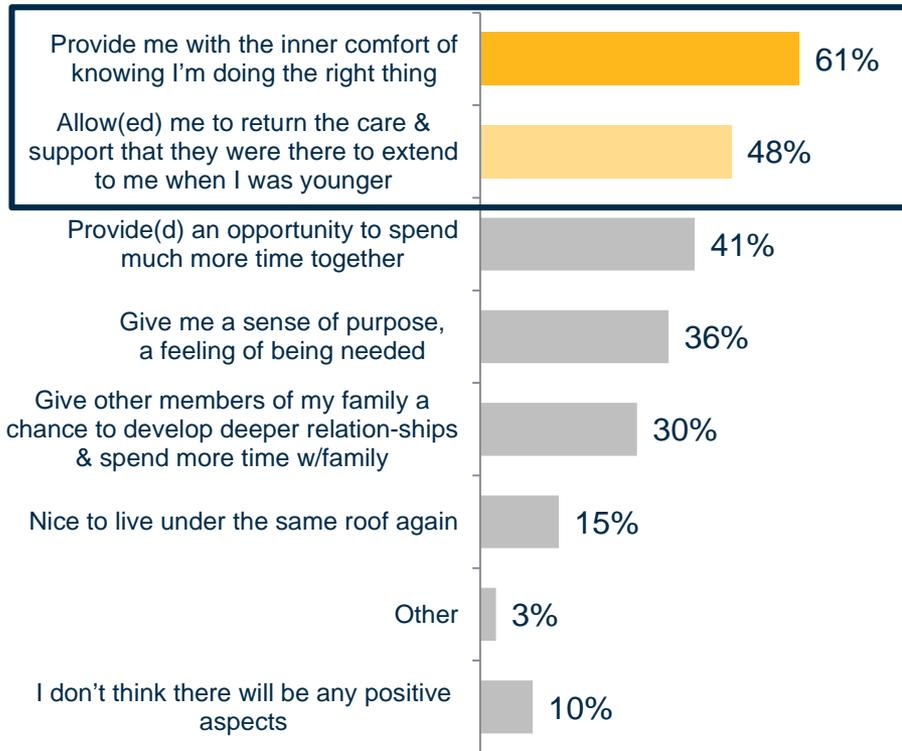
BASE: ALL QUALIFIED EXPERIENCED CAREGIVERS (n= 899)

E9. Below is a list of emotions you may experience as a caregiver. Please rate how often you've felt each of these emotions in your personal caregiving experiences.

Yet, caregiving has its rewards

Most Positive Aspects of Being a Caregiver for an Aging Family Member

Total Gen Pop



BASE: ALL QUALIFIED RESPONDENTS (General Population n= 1008)

E12. And, in your opinion, what are, or would be, the most positive aspects of being a caregiver for an aging family member, such as a parent?

Willingness to Be a Caregiver Again for Aging Family Member or Friend

Experienced Caregivers



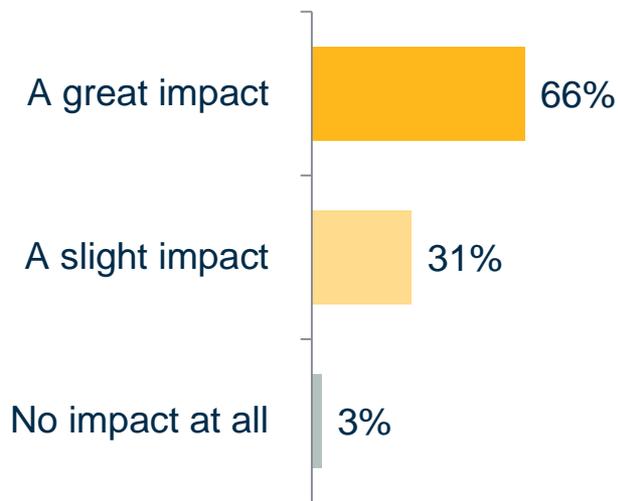
BASE: ALL QUALIFIED EXPERIENCED CAREGIVERS (Experienced Caregivers n= 899)

E14. If an aging family member or friend needed care in the future, would you be a caregiver again?

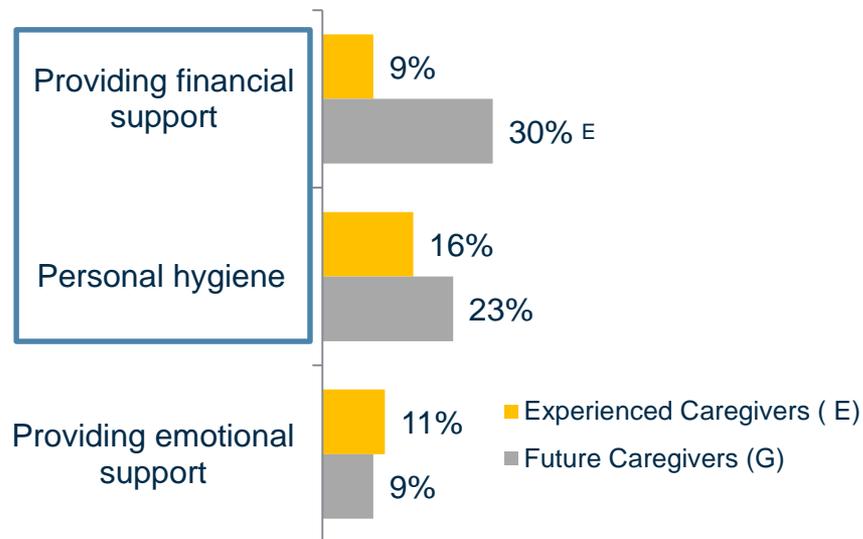
The financial realities

Two-thirds of Americans who anticipate incurring costs for providing care say it would make a great impact financially

Extent of Impact of Caregiving on Lifestyle



Aspects of Care Most Difficult to Provide



BASE: ALL QUALIFIED RESPONDENTS WHO ANTICIPATE PROVIDING CARE AND ANTICIPATE INCURRING COSTS DOING SO (n= 239)

C4. And, still thinking about any financial costs you would assume if you had to provide care for an aging family member or friend, what type of impact would that additional expense have on your lifestyle?

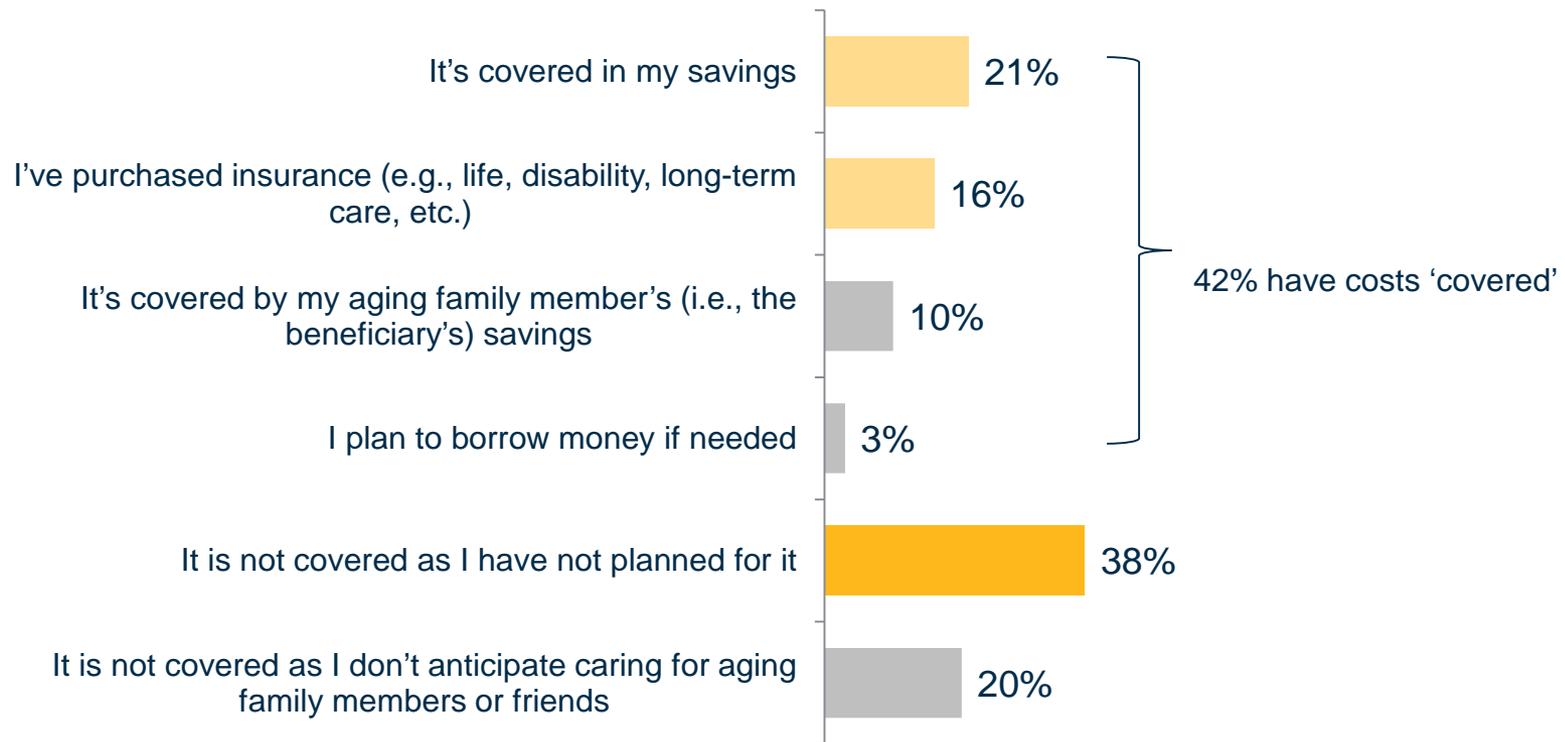
BASE: ALL QUALIFIED RESPONDENTS (Experienced Caregivers n=899; Future Caregivers n=168)

E6a. IF EXPERIENCED CAREGIVER - And, which aspects of care are/were the most difficult to provide? IF NON-EXPERIENCED CAREGIVER - If you were to become a caregiver, which of the following would be the most difficult to provide?

Chart presents aspects of care more than 10% identified as most difficult to provide

4 in 10 have not planned for covering costs they may incur

How Potential Cost of Care Is Addressed in Savings/Financial Plan Non-experienced Caregivers



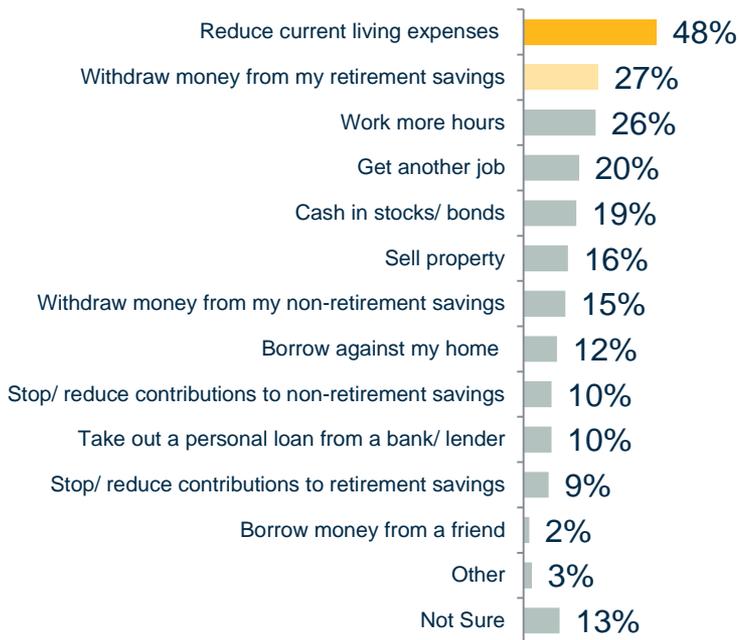
BASE: ALL QUALIFIED RESPONDENTS NOT EXPERIENCED CAREGIVERS (Non-experienced Caregivers n= 878)

C1. How is the potential cost of care for aging family members or friends addressed in your savings/financial plan?

Managing caregiving costs could impact lifestyle and retirement savings

Source for the Additional Money to Provide Care

Non-Experienced Caregivers

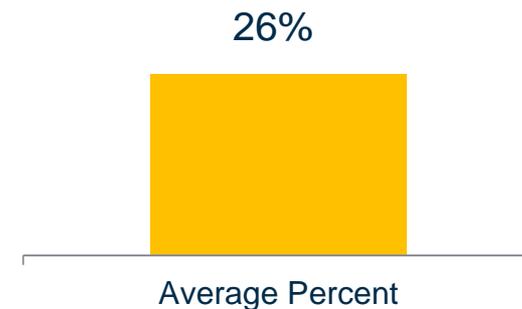


BASE: ALL QUALIFIED RESPONDENTS WHO ANTICIPATE PROVIDING CARE AND ANTICIPATE INCURRING COSTS DOING SO (Non-Experienced Caregivers n= 239)

C3. Still thinking about any financial costs you would assume if you had to provide care, where would this additional money come from?

Percentage of Monthly Budget Allocated to Care

Experienced Caregivers



BASE: ALL QUALIFIED EXPERIENCED CAREGIVERS (Experienced Caregivers n=899)

C6. Approximately what percentage of your current monthly budget goes to providing care for aging family members or friends?