

2018 C.A.R.E Study

Part II: Emotional Impact on Caregivers

Background

The C.A.R.E. (Costs, Accountabilities, Realities, Expectations) Study
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

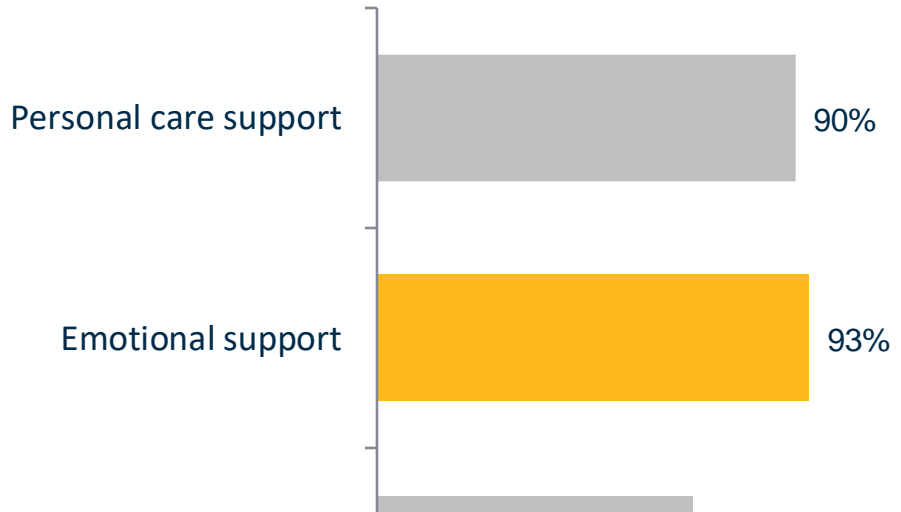
The study was conducted online among U.S. adults ages 18+ from 2010-2017. The breakdown of completed interviews is as follows:

Number of Completed Interviews

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

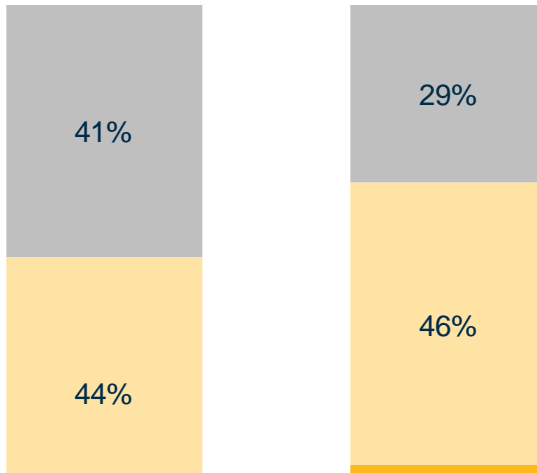
Almost all caregivers provide emotional support

Aspects of Caregiving Provided



Yet, few caregivers themselves receive adequate

Whether Get Adequate Emotional Support as a Caregiver



Reasons for Not Getting Adequate Emotional Support

All

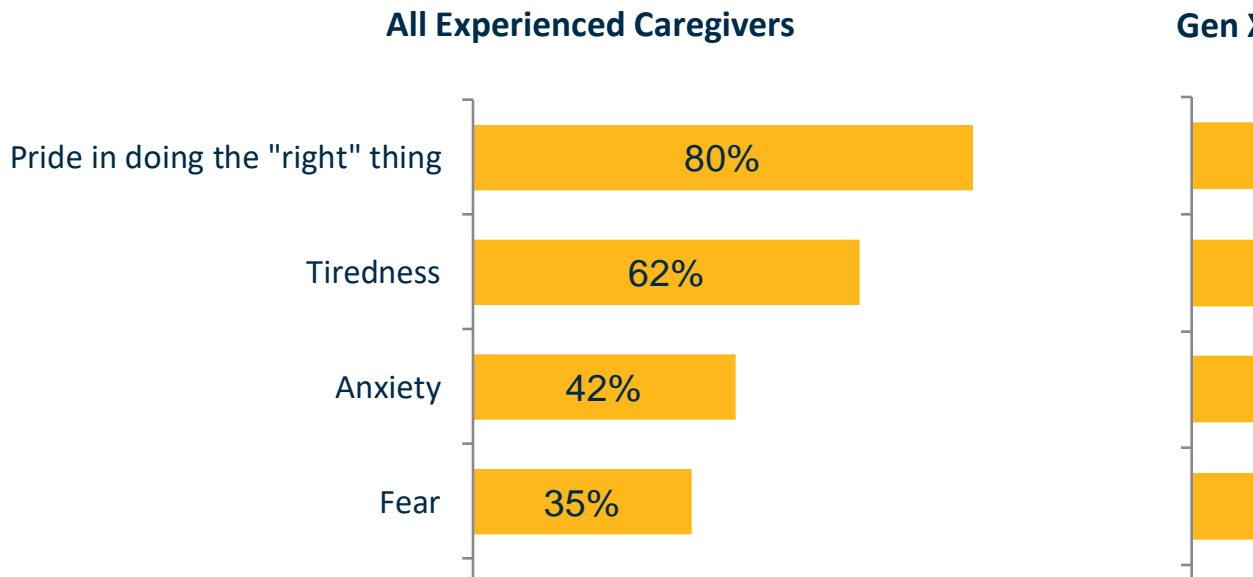
I don't really talk to people about it because I don't want to burden them or feel like I am being judged

Even when I talk about it, I feel like people cannot relate

I don't know where to go for support

While most feel pride in “doing the right thing,” range of complex emotions

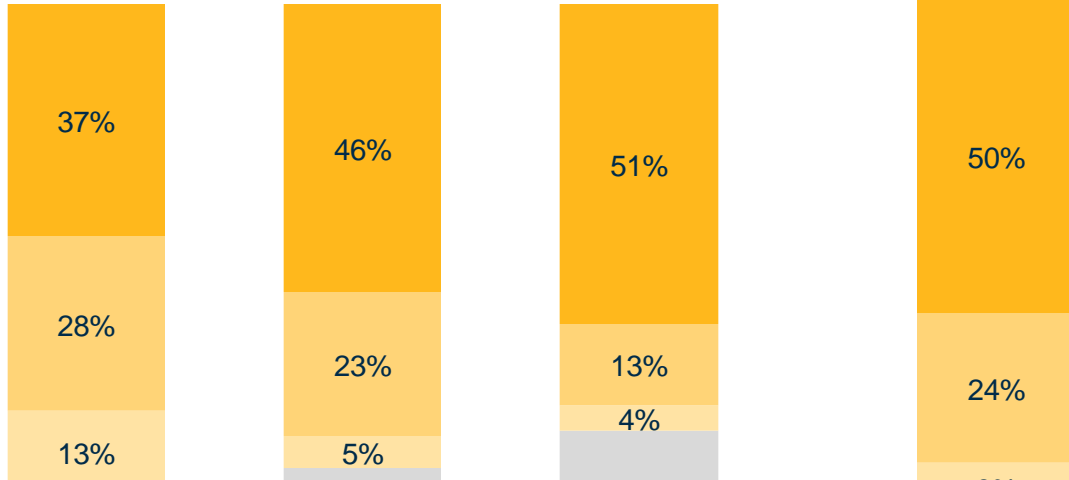
Frequency of Caregiver Emotions (% Experiencing “Often” / “All the Time”)



These feelings may be exacerbated by a lack of relevant support programs

Level of Understanding

General Population



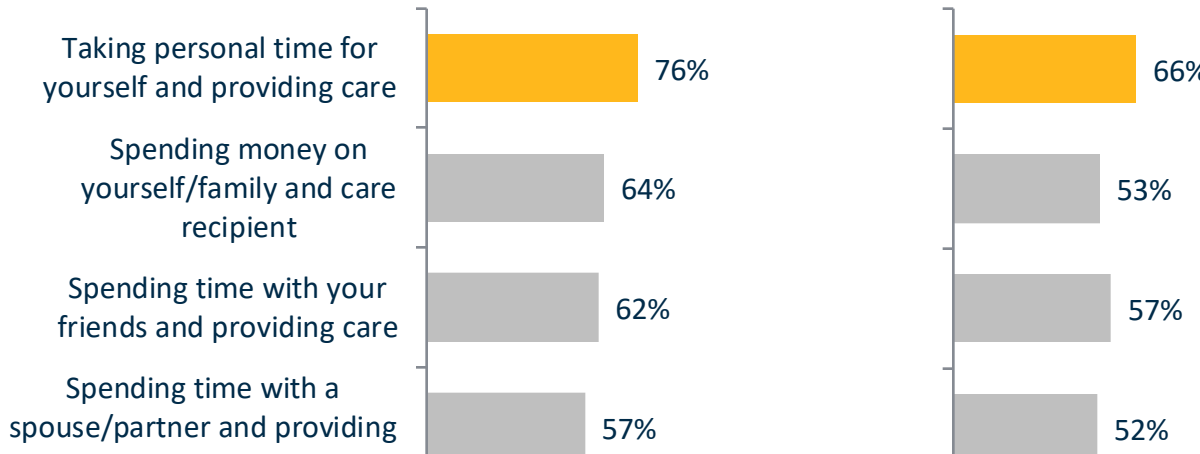
Caregivers also make tradeoffs in their personal

Frequency of Having to Make Choices

(Percent Responding “Frequently” or “Occasionally”)

Current Caregivers

All Experienced Caregivers



...and their professional lives

Impact of Caregiving on Job/Career

Current Caregivers

All Experienced Caregivers

