

# 2021 Planning & Progress Study

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## 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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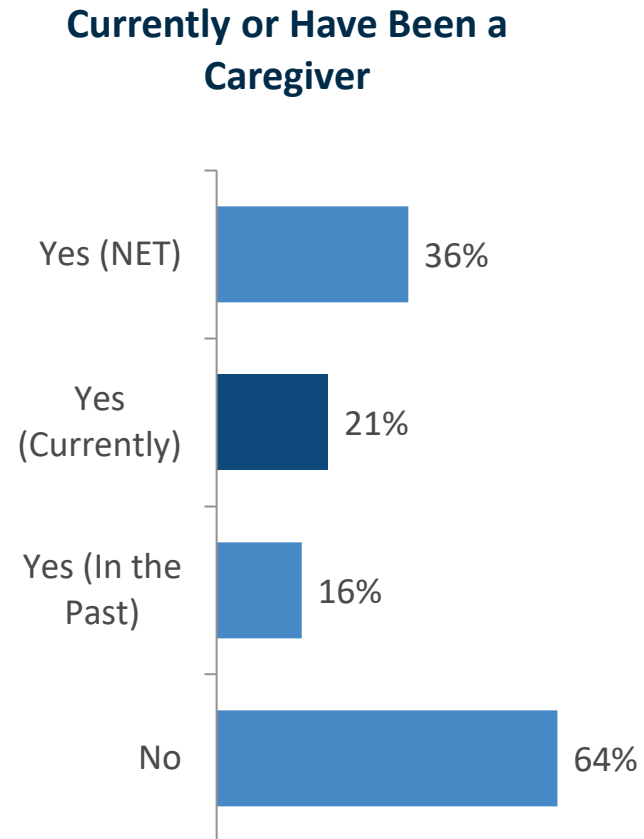
The 2021 Planning & Progress Study, a research series from Northwestern Mutual, explores U.S. adults' attitudes and behaviors toward money, financial decision-making, and the broader issues impacting people's long-term financial security.

The study was conducted by The Harris Poll on behalf of Northwestern Mutual. This wave included 2,320 American adults aged 18 and older who participated in an online survey between March 16 – 26, 2021.

Results were weighted to Census targets for education, age, gender, race/ethnicity, region and household income. Propensity score weighting was also used to adjust for respondents' propensity to be online. No estimates of theoretical sampling error can be calculated; a full methodology is available.

# One in five Americans (21%) report they are currently providing care for someone

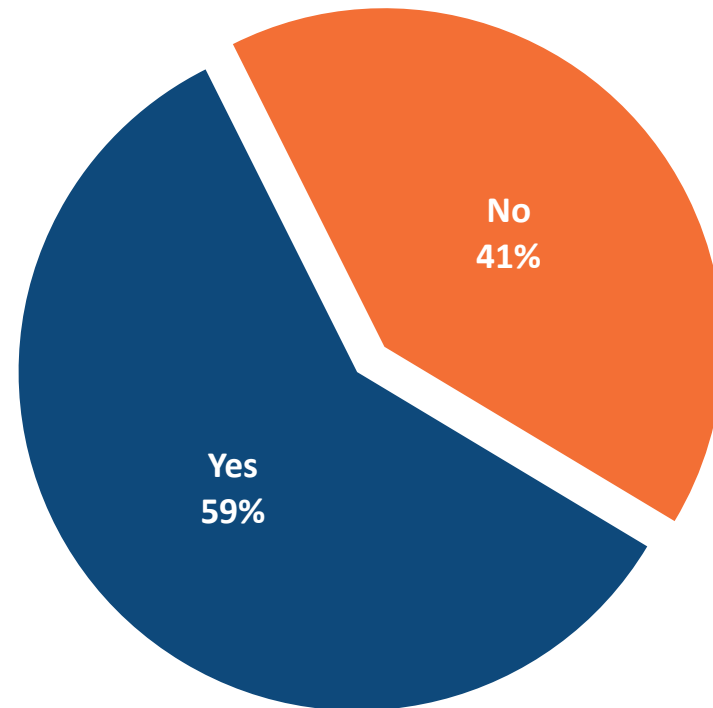
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# About 6 in 10 current caregivers have had to take on new or expanded caregiving responsibilities during the pandemic

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**New or Additional Caregiving Responsibilities**

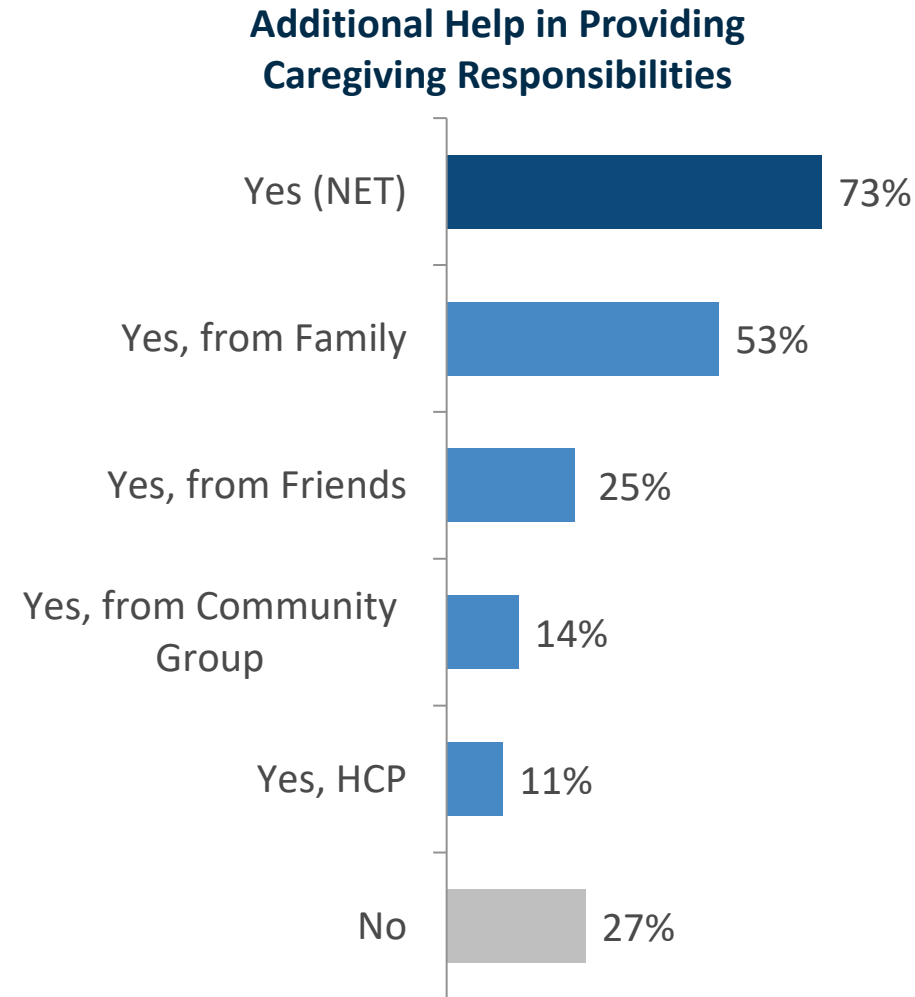


**BASE: CURRENT CAREGIVERS (n=482)**

6025. Have you been required to take on new or additional caregiving responsibilities during the pandemic?

# The majority of caregivers (73%) report receiving help of some kind, most often from family and friends

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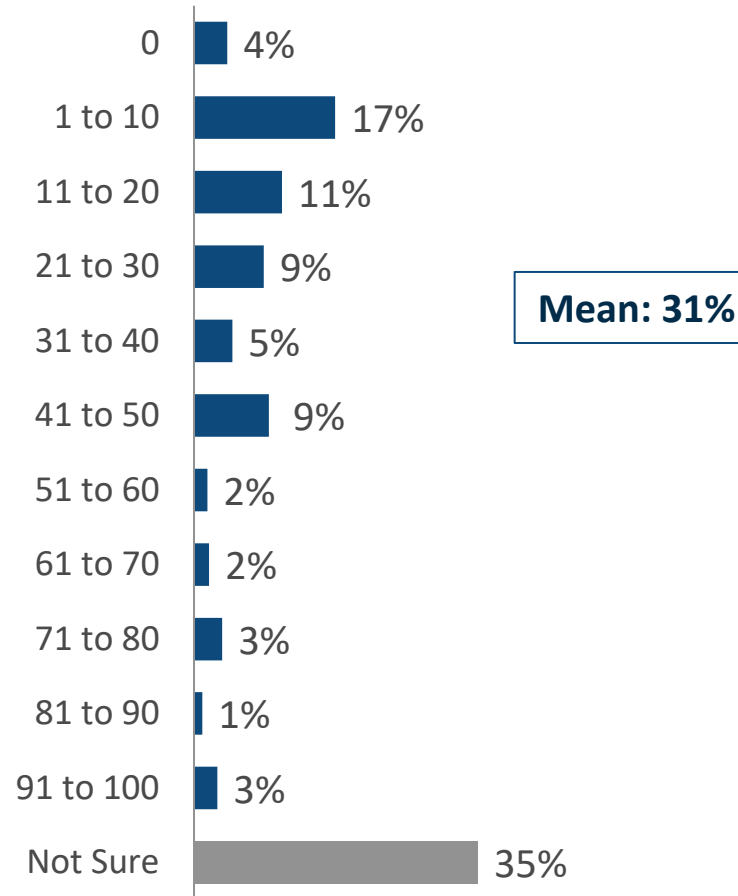


**BASE: CURRENT CAREGIVERS (n=482)**

Q6020. Do you receive additional help in providing caregiving responsibilities? Please select all that apply.

# On average, nearly a third (31%) of current caregivers' monthly budget goes toward providing care

Percent of Monthly Budget Going Towards Providing Care

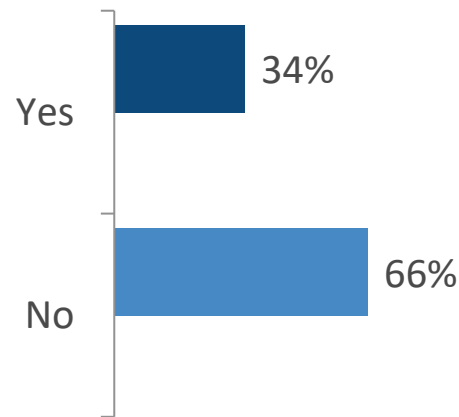


**BASE: CURRENT CAREGIVERS (n=482)**

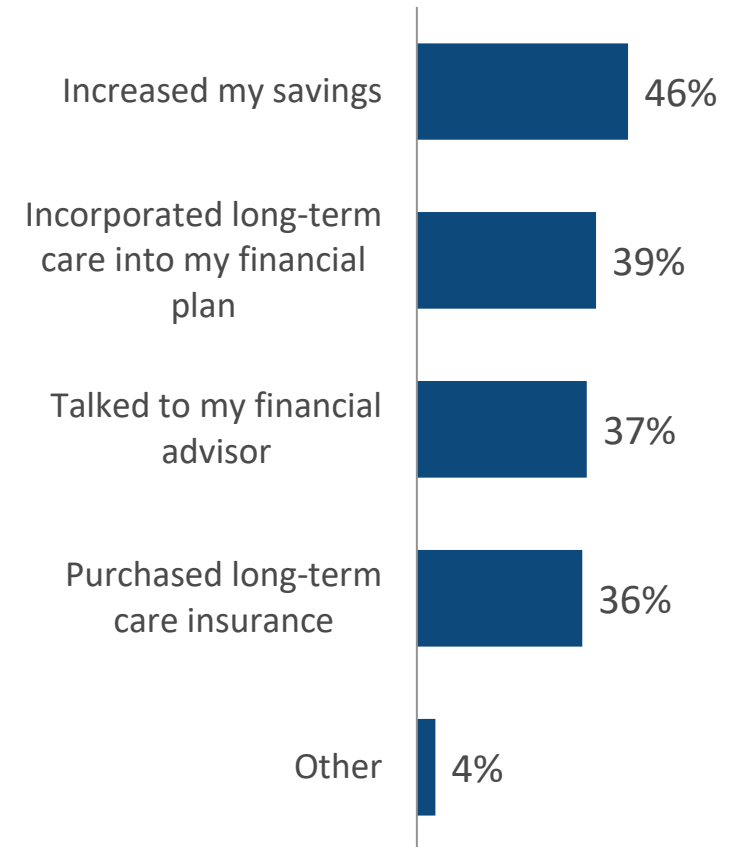
QC6. Approximately what percentage of your monthly budget goes to/went to providing care? This may include costs to hire professional support and/or costs you incur for caregiving you do yourself.

# A third (34%) of adults have planned for their own long-term care needs, having taken specific steps toward preparing for those needs

## Have Planned for Own Potential Long-Term Care Needs



## Steps Taken to Plan for Long-Term Care Needs



**BASE: ALL QUALIFIED RESPONDENTS – Gen Pop: (n=2320)**

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

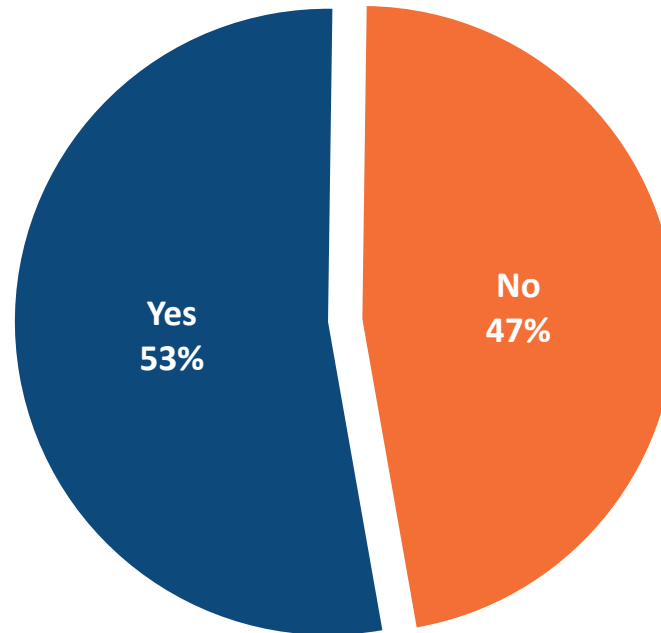
**BASE: THOSE WHO HAVE PLANNED FOR THEIR OWN CARE NEEDS – Gen Pop: (n=796)**

**L3. What steps have you taken to plan for your own personal long-term care needs? Please select all that apply.**

# Among those Americans who have planned for their own long-term care needs, more than half (53%) say the pandemic has changed their views on long-term care

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**Pandemic Changed Your Thoughts on Long-Term Care**



**BASE: PLANNED FOR THEIR OWN CARE NEEDS (n=796)**

**Q6030.** Has the pandemic changed the way in which you think about your own long-term care needs?