

# CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.\*

**43.5 million**  
2015  **53 million**  
2020



**18%**  
2015  **21%**  
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.\*\*

More Americans are caring for more than one person.



**18%**  
2015  **24%**  
2020

More family caregivers have difficulty coordinating care.

**19%**  
2015  **26%**  
2020 

More Americans caring for someone with Alzheimer's disease or dementia.



**22%**  
2015  **26%**  
2020

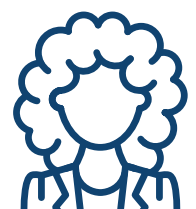
More family caregivers report their own health is fair to poor.

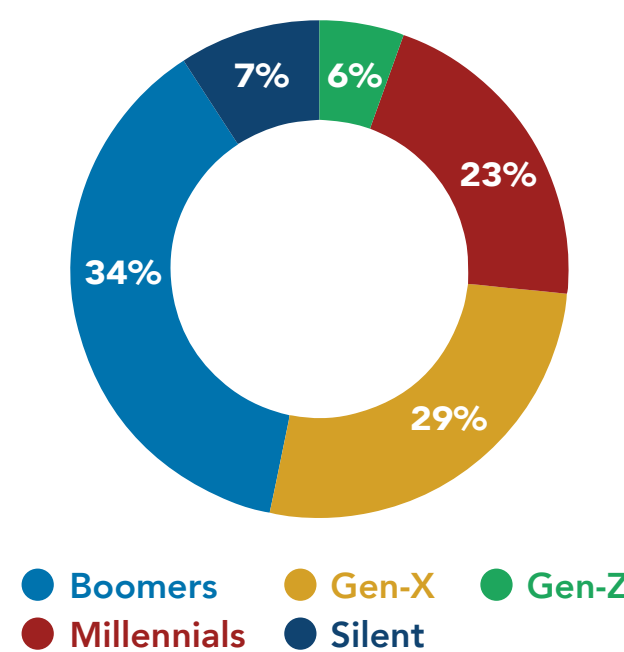
**17%**  
2015  **21%**  
2020 

23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.


Who are today's family caregivers?

  
**39%**  
MEN

  
**61%**  
WOMEN



**45%**  
HAVE HAD AT LEAST ONE FINANCIAL IMPACT

  
**61%**  
WORK

**AARP**  
Family Caregiving™

**nac**  
National Alliance for Caregiving

\*Provided care to an adult or child with special needs.

\*\*The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

URL: [www.aarp.org/uscaregiving](http://www.aarp.org/uscaregiving) DOI: <https://doi.org/10.26419/ppi.00103.002>