



Who Needs Companionship Care?

- 1 An estimated 37.2 million people—12.4% of the population—are 65 and older.
- 2 The U.S. population age 65 and older is expected to more than double in the next 50 years, from 35 million in 2000 to 86.7 million in 2050.
- 3 The 85+ population is projected to double from 4.7 million in 2003 to 9.6 million in 2030—and double again to 20.9 million in 2050.
- 4 Almost half of all older women (43%) in 2005 were widows and about half lived alone.
- 5 The percentage of the older population divorced or separated increased from 5.3% in 1980 to 10.8% in 2005.
- 6 One in nine women age 75 or older, and one in five age 85 or older, needs assistance with daily activities.

Sources:

1. U.S. Census Bureau, online at <http://www.census.gov/popest/national/asrh/NC-EST2006/NC-EST2006-02.xls>.
2. U.S. Census Bureau, online at <http://www.census.gov/ipc/www/usinterimproj/natprojtab02a.pdf>.
3. Administration on Aging, "A Profile of Older Americans: 2003," online at <http://www.aoa.gov/prof/Statistics/profile/2003/2003profile.pdf>.
- 4, 5. Administration on Aging, "A Profile of Older Americans: 2006," online at <http://www.aoa.gov/prof/Statistics/profile/2006/3.asp>.
6. AARP Public Policy Institute, online at http://www.aarp.org/research/longtermcare/trends/fs77r_ttc.html.

Who Provides Companionship Care?

- 1 An estimated 46 million adult Americans are providing care to an adult relative or friend. Combine that total with those Americans who have in the past provided unpaid care to an adult family member or friend and the number increases to 120 million adult Americans (57%).
- 2 Thinking ahead, 66% of the population—or more than 138 million Americans—believe they will need to provide care to someone in the future.
- 3 An estimated 56% of all caregivers are women.
- 4 One-fourth (27%) of caregivers are between the ages of 45 and 54 while 29% are 55- to 64-year-olds and 23% are age 65 and older.
- 5 More than a third of adult caregivers (37%) are caring for their aging mothers (29%) or fathers (8%).
- 6 Seventy percent of people with Alzheimer's and other dementias live at home, where they are cared for by family and friends.

Sources:

- 1-5. "Family Caregiving in America: Facts at a Glance (2006)," online at <http://www.strengthforcaring.com/util/press/facts/facts-at-a-glance.html>.
6. "Alzheimer's Disease Facts and Figures 2007", Alzheimer's Association, online at http://www.alz.org/national/documents/Report_2007FactsAndFigures.pdf.

Who Needs Help?

- ① Two-thirds of family caregivers (63%) report providing care to an adult family member or friend for a year or more, and 37% said they have provided care for one to four years. More than one-fourth (26%) said they have been caregivers for more than four years.
- ② A total 16% of employed caregivers involved in intense caregiving reduced their time at work from full-time to part-time.
- ③ Ten percent of men missed on average 12 days of work a year and 18% of women missed on average 33 days because of caregiving responsibilities.
- ④ The total estimated cost to employers for all full-time, employed caregivers is \$33.6 billion.
- ⑤ A total 52% of women and 34% of men experience workday interruptions as a result of caregiving.
- ⑥ A total 5% of men and 7% of women left the workplace as a result of caregiving. Men were just as likely as women to report they retired early as a result of caregiving responsibilities (3%).
- ⑦ A total 37% of caregivers report that establishing life balance among caregiving, family, career and personal needs was their most immediate need when they assumed the role of caregiver.
- ⑧ Upon first realizing they were a caregiver, 43% said their initial reaction was “overwhelmed.”

Sources:

1. “Family Caregiving in America: Facts at a Glance (2006),”
online at <http://www.strengthforcaring.com/util/press/facts/facts-at-a-glance.html>
- 2, 4, 6. “The MetLife Caregiving Cost Study: Productivity Losses to U.S. Business” (July 2006),
online at <http://www.metlife.com/WPSAssets/13551774261164052327V1FCaregiverCostStudy.pdf>.
- 3-5. “Working Couples Caring for Children and Aging Parents: Effects on Work-Family Fit, Well-Being, and Work” (September 2006),
online at <http://www.metlife.com/WPSAssets/13551774261164052327V1FCaregiverCostStudy.pdf>.
- 7-8. Caring Today/CVS Pharmacy “Family Caregiver Insights Study” (May 2007),
online at <http://www.caringtoday.com/research-and-resources/what-caregivers-say>.

Who Can Help?

Home Instead Senior Care® is the world’s largest provider of non-medical home care and companionship services for seniors, with more than 760 independently owned and operated franchises in the United States, Canada, Japan, Portugal, Australia, Ireland, New Zealand, the United Kingdom, Taiwan, Spain, Switzerland and Germany.

Non-medical services include companionship, meal preparation, medication reminders, light housekeeping and escort for errands and shopping.

More than 40,000 CAREGiversSM are screened, trained, bonded, insured and have successfully passed thorough criminal background checks.

Services are available at home or in care facilities for a few hours per week, or as many as 24 hours a day, seven days a week, including holidays.

Home Instead CAREGivers complete a multi-phased safety and caregiving education program. This features case studies; senior illness information, stimulating activities, nutritional recipes, and tips for coping with stress; all of which are followed by testing. In addition, Home Instead Senior Care offers an industry-leading Alzheimer’s training program to CAREGivers. The Alzheimer’s training program is the first of its kind in the nation for non-medical caregivers.

