

Juggling Work and Caregiving

- **More than 1 in 6 Americans** working full-time or part-time report assisting with the care of an elderly or disabled family member, relative, or friend. Caregivers working at least 15 hours per week indicated that this assistance significantly affected their work life. [Gallup-Healthways. (2011). Gallup-Healthways Well-Being Index.]
- **More than half of employed caregivers** work full-time (56%), 16 percent work between 30 and 39 hours, and 25 percent work fewer than 30 hours a week. On average, employed caregivers work 34.7 hours a week.



Impact on Working Caregivers



- **69% of working caregivers** caring for a family member or friend report having to rearrange their work schedule, decrease their hours, or take an unpaid leave in order to meet their caregiving responsibilities. [AARP Public Policy Institute. (2011). Valuing the Invaluable: 2011 Update— The Economic Value of Family Caregiving in 2009.]
- **6 out of 10 (61%) caregivers** experience at least one change in their employment due to caregiving such as cutting back work hours, taking a leave of absence, receiving a warning about performance/attendance, among others. 49% arrive to their place of work late/leave early/take time off, 15% take a leave of absence, 14% reduce their hours/take a demotion, 7% receive a warning about performance/attendance, 5% turn down a promotion, 4% choose early retirement, 3% lose job benefits, and 6% give up working entirely. [National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]
- **39% of caregivers** leave their job to have more time to care for a loved one. 34% leave because their work does not provide flexible hours. [National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]
- **17% of caregivers** of people diagnosed with dementia quit their jobs either before or after assuming caregiving responsibilities. 54% arrive to their place of work late or leave early, 15% take a leave of absence, and 9% quit their jobs in order to continue providing care. [Alzheimer's Association. (2015). 2015 Alzheimer's Disease Facts and Figures.]
- **10 million caregivers aged 50+** who care for their parents lose an estimated \$3 trillion in wages, pensions, retirement funds, and benefits. The total costs are higher for women, who lose an estimated \$324,044 due to caregiving, compared to men at \$283,716. [MetLife Mature Market Group, National Alliance for Caregiving, and the University of Pittsburgh Institute on Aging. (2010). The MetLife Study of Working Caregivers and Employer Health Costs: Double Jeopardy for Baby Boomers Caring for their Parents.]



Care Coach Connection, LLC assists employers by offering valuable support, connections and resource information on-site to employees who are in the family caregiving role.

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