Family Caregivers

2 out of 5 adults are CAREGIVERS

60% of caregivers are women

The typical caregiver is 49, female, taking care of her widowed mother, and juggling her career and family.

70% of caregivers make adjustments to work schedules to accommodate caregiving responsibilities.

On average, women caregivers lose $324,044 in lost wages, social security benefits, and retirement plans over a lifetime.

Caregivers’ estimated out-of-pocket costs: $5,531 annually

Women caregivers are 2x more likely than non-caregivers to end up in poverty

Each year caregivers provide $470 billion worth of unpaid care.

Learn more at:
Women’s Institute for a Secure Retirement
wiserwomen.org