

# CALIFORNIA CAREGIVING

## SNAPSHOT STATS

The California Department of Social Services estimates **over 500,000 caregivers are enrolled as IHSS providers**, supporting people with illness and disabilities to stay in their homes.

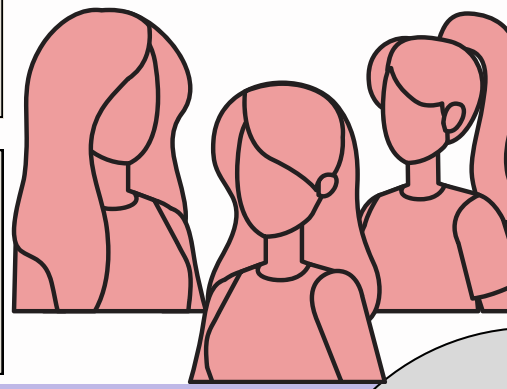
**1 IN 5** adults are caregivers in California.



"Primary caregivers often sacrifice education, employment, and personal ambitions to provide care to loved ones."

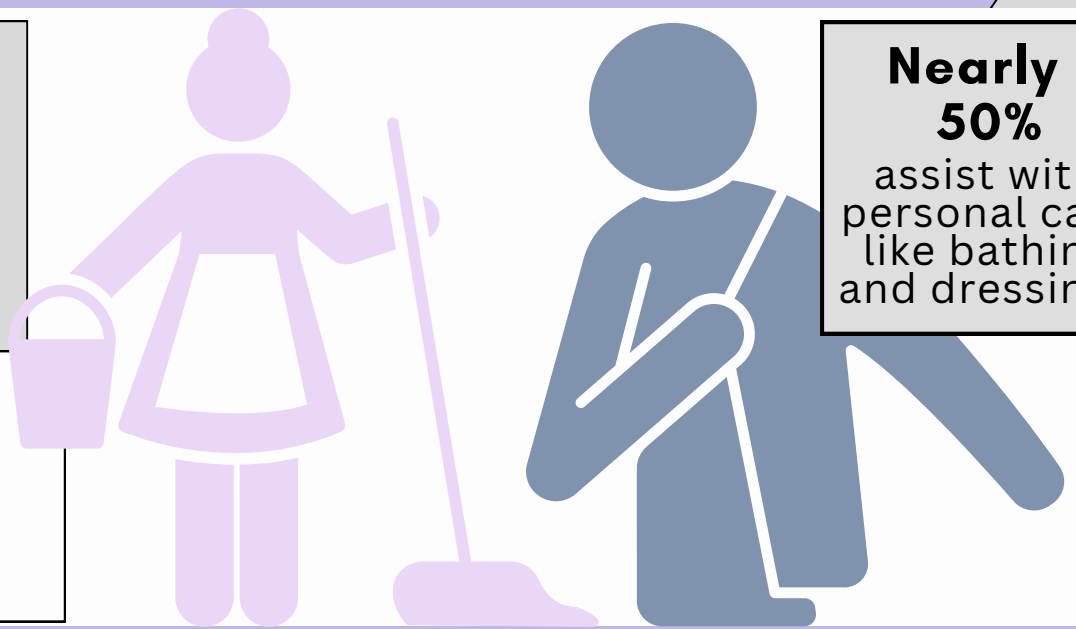
- **59%** are women
- **23%** are **65** years old or older
- **22%** of caregivers are providing care to someone with dementia
- **31%** are **caring for a parent or parent-in-law**
- **70-80%** of dementia caregivers are women

### WHO ARE CAREGIVERS



### WHAT DO CAREGIVERS DO?

**Over 75%** manage household tasks



**Nearly 50%** assist with personal care like bathing and dressing.

### WHAT ARE SOME KEY CHALLENGES CAREGIVERS FACE?

**55%** OF CAREGIVERS REPORT AT LEAST ONE MEDICAL CONDITION

**32.7%** SLEEP DISTURBANCES

**31.6%** DEPRESSION

**23%** CHRONIC PAIN

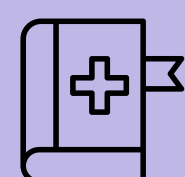
**60%** EXPERIENCE CARE GIVING STRAIN

**32%** REPORT WORSENING HEALTH COMPARED TO 6 MONTHS AGO

**19% - 22%** ARE AT HIGH RISK FOR BURNOUT

CAREGIVERS PROVIDE ALMOST **4 BILLION** HOURS OF CARE

### SOURCES



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6907708/>



<https://www.caregivercalifornia.org/2023/02/03/caregiver-statistics-understanding-the-challenges-facing-family-caregivers-in-california/>



<https://www.cdc.gov/healthy-aging/data/infographics/>

