



Caregivers: Balancing Patient Care with Self-Care





Speakers

Fred Larbi, Chief Operations Officer, HealthWell Foundation
(Moderator)

Joanna Fawzy Doran, Esq. Chief Executive Officer, Triage Cancer

Amy Goyer, AARP Family & Caregiving Expert

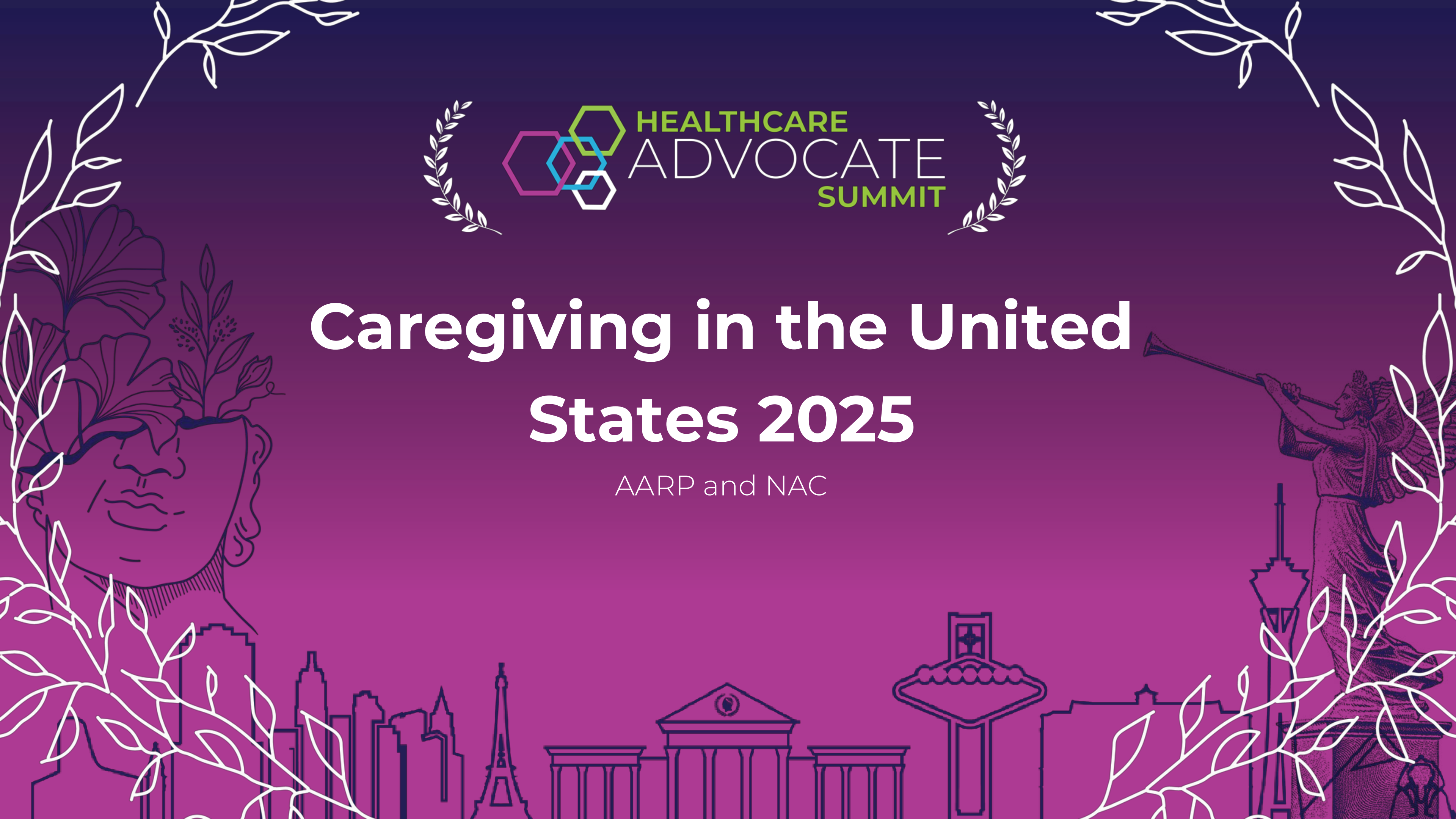
Elizabeth Johnson, Co-President, Healthcare Advocate Summit

Esther Labib-Kiyarash, MSHA, CPHQ



Caregiving in the United States 2025

AARP and NAC



The Care Continuum



**Parental
Care**



Sandwich Caregivers



**Caregivers
supporting people
with serious
illnesses**



**Caregivers
supporting people
with disabilities**



**Caregivers
supporting older
adults**



CGUS 2025 Core Focus

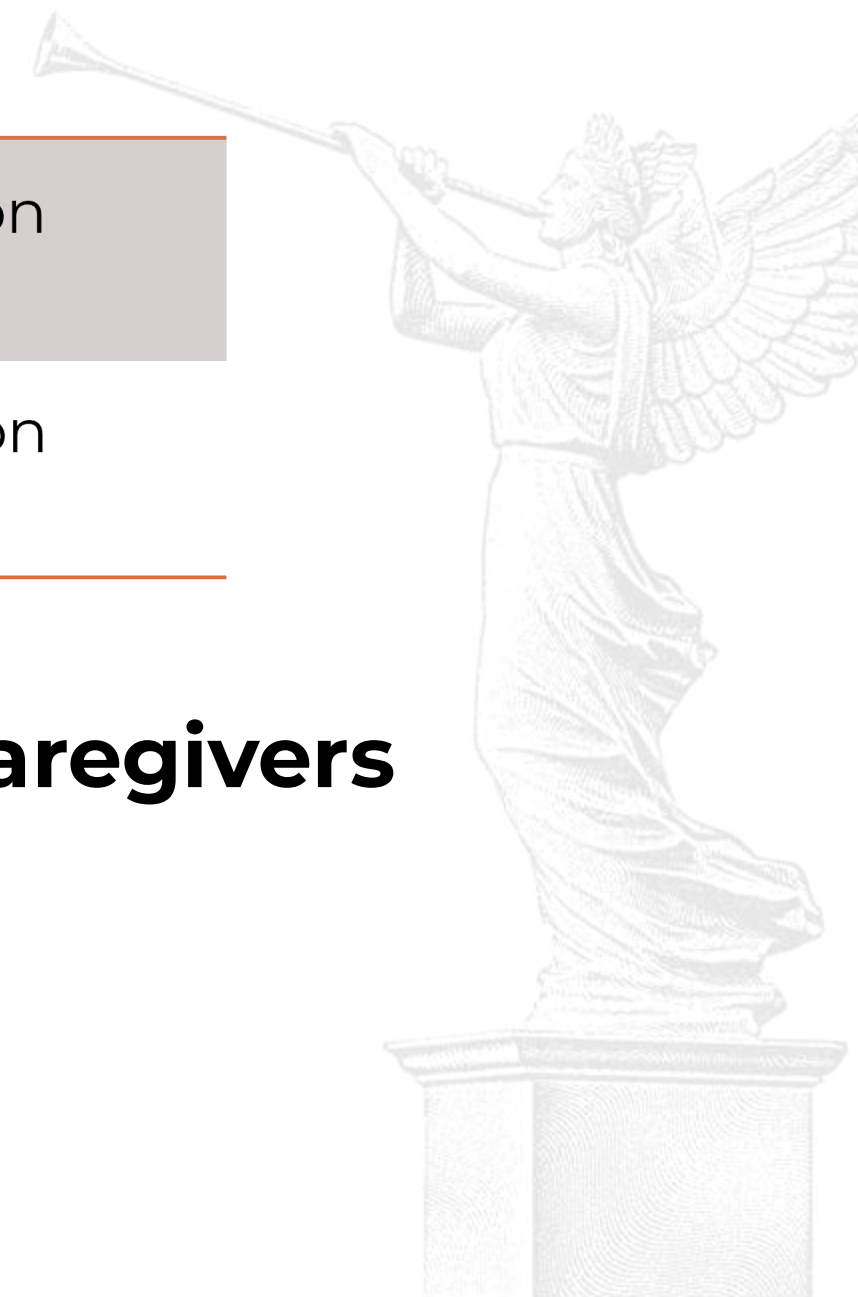


Number of Caregivers and Prevalence over Time

45%↑

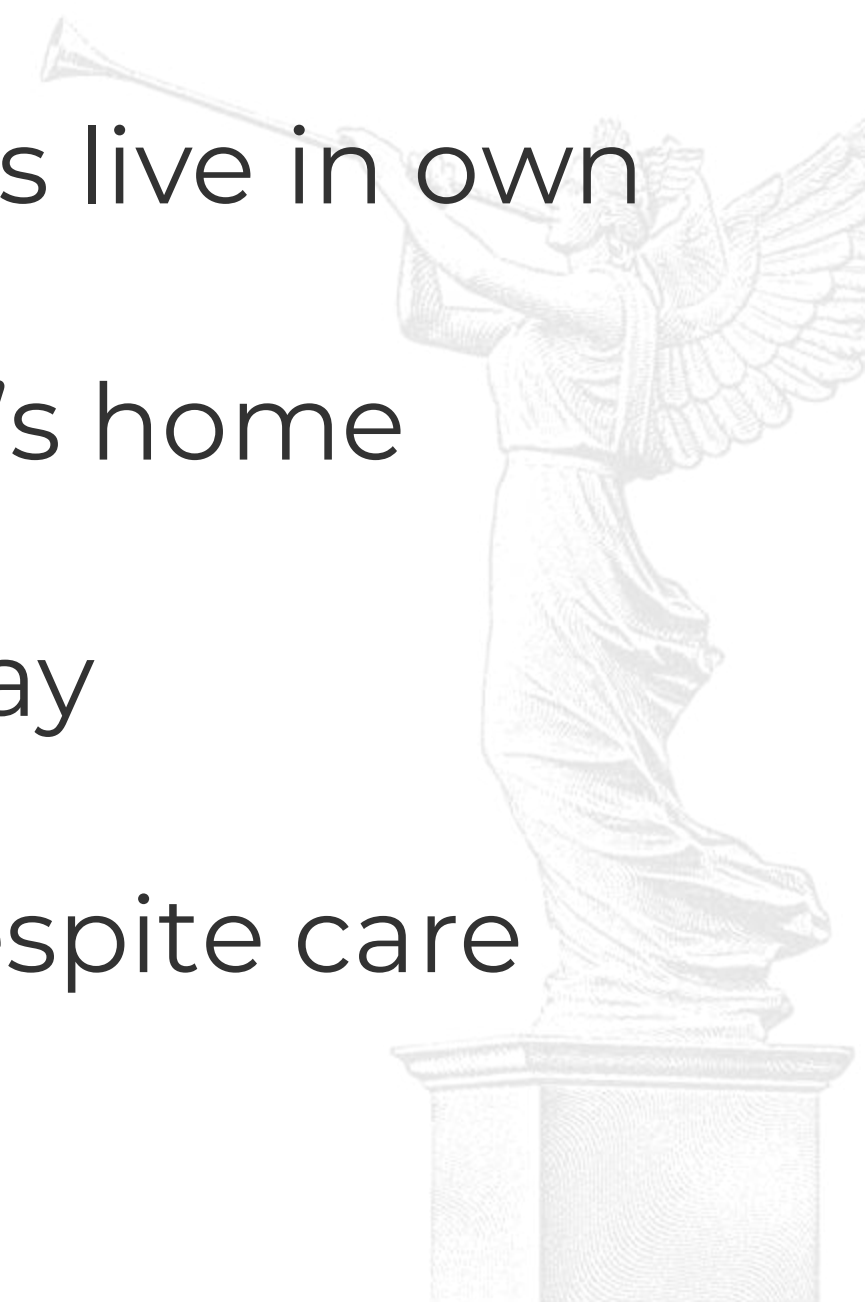
	2025	2020	2015
Caregivers of adults or children with medical conditions or disabilities	63.0 million (24.0%)	53.0 million (21.3%)	43.5 million (18.2%)
Caregivers of adults age 18+	59.0 million (22.5%)	47.9 million (19.2%)	39.8 million (16.6%)

Nearly 1 in 4 American adults are family caregivers



Who are family caregivers and who do they care for?

- Average age: 51
- 61% women
- 27+ hrs/care per/wk
- 1/3 are sandwich caregivers
- 47% care for parent/in-law
- 11% care for dementia
- 84% care recipients live in own home or caregiver's home
- 11% live 1 hour+ away
- Most requested: respite care



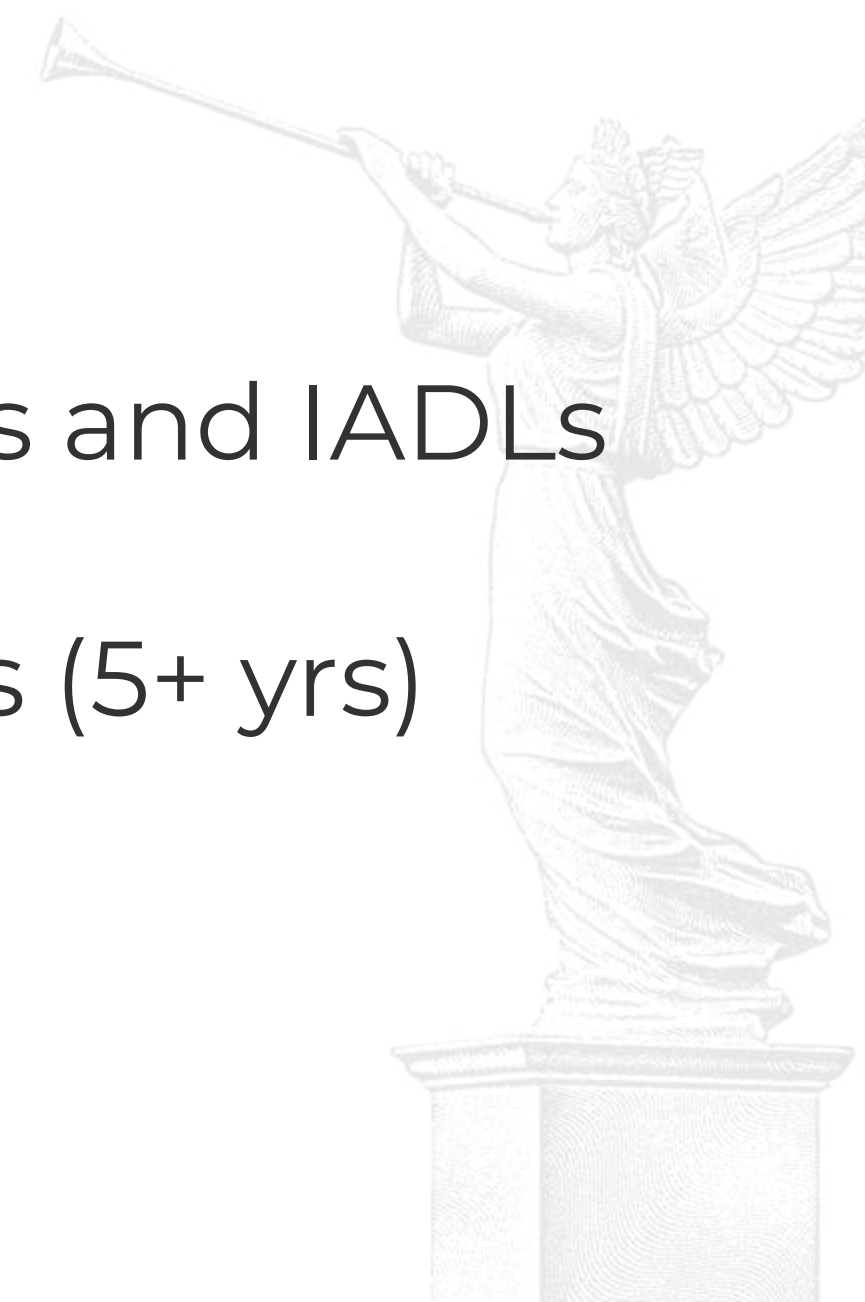
Higher **Intensity** Caregiving

45%



Percentage of family caregivers in high-intensity caregiving situations

- Caring for people with multiple conditions
- Help w/multiple ADLs and IADLs
- Caring longer periods (5+ yrs)

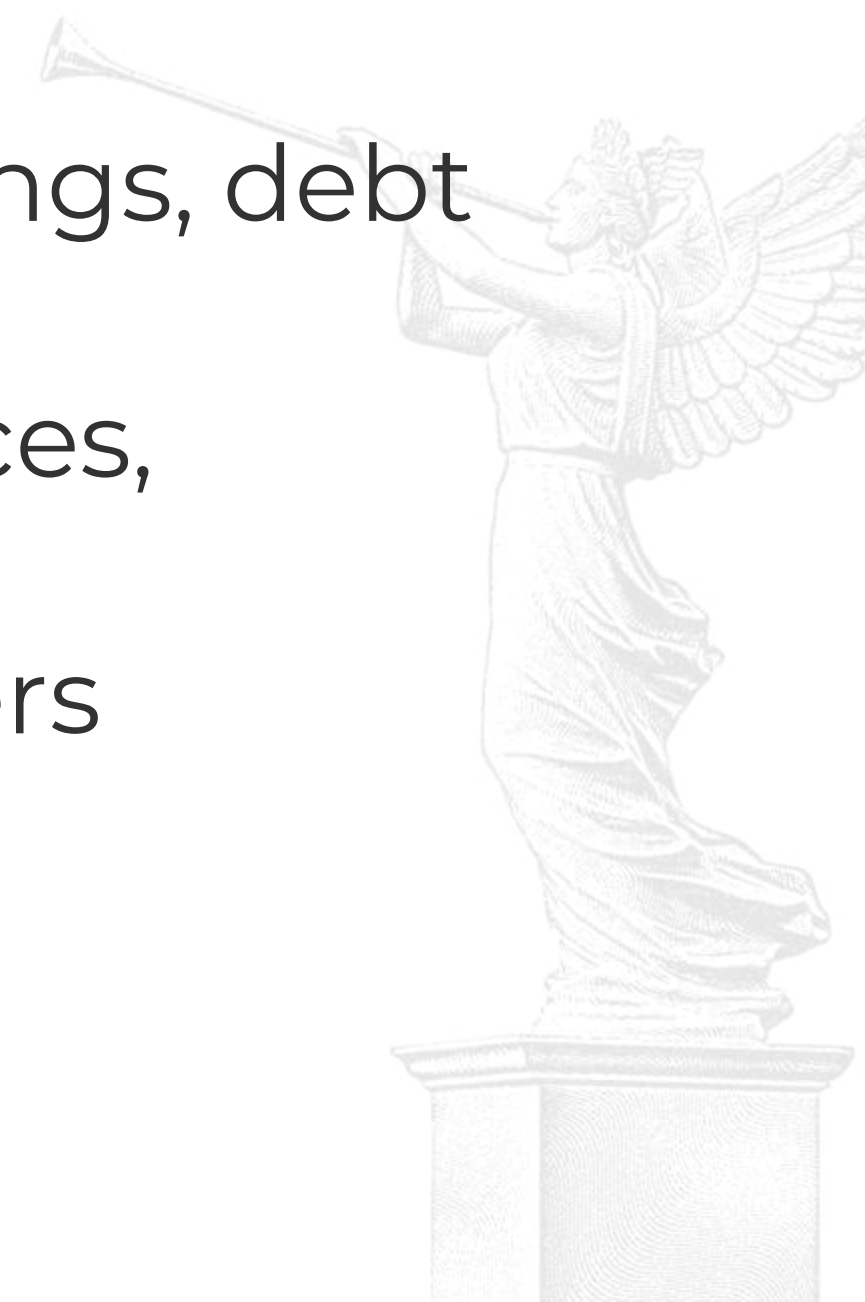


Widespread **Financial** Impacts

47%

Percentage of family caregivers who experience a negative financial impact due to caregiving

- Spend 26% of income (\$7000+/yr)
- Financial shocks to savings, debt
- Lack of affordable services, especially rural caregivers



Workplace Support is Vital

70%

Percentage of working-age (18-64) family caregivers who balance caregiving and work.

- Half report work disruptions
- More isolated, more financial impacts

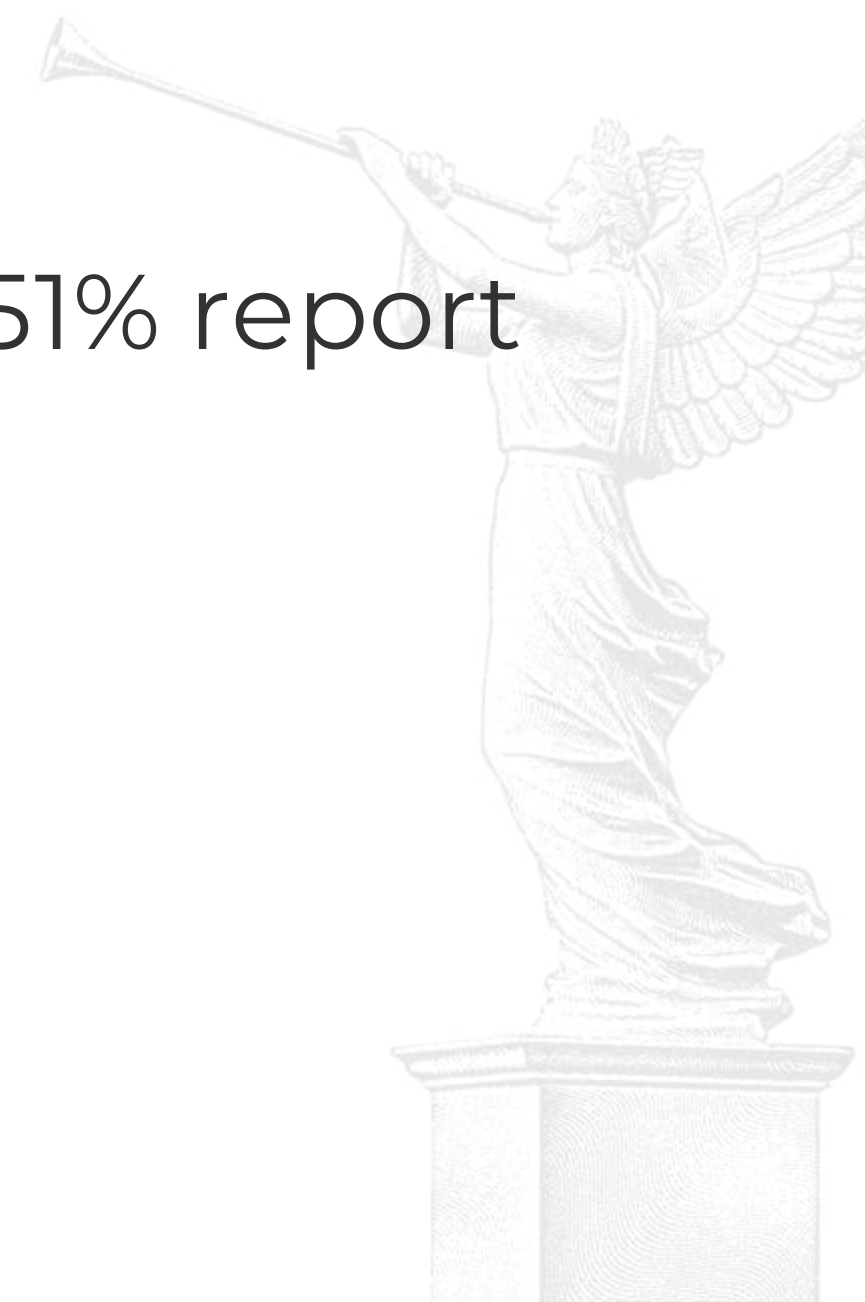


Considerable **Stress and Strain**

60%

Percentage of family caregivers who report high emotional stress

- Nearly 1 in 4 feel alone
- Despite the challenges, 51% report sense of purpose



Key Challenges

- Financial
- Work
- Personal health
- Physical strains, lack of sleep
- Grief
- Navigating systems

- Other relationships suffer
- High emotional stress
- Feel alone
- Caregivers put themselves last
- Lack of respite and other support





Panelist General Discussion





Q & A

