

## Fact Sheet

# The “Typical” Millennial Caregiver

National Alliance for Caregiving  
AARP

### WHO, CARING FOR WHO

Millennial caregivers are 30.2 years old on average and are the most diverse generation of caregivers (race/ethnicity, gender, and sexual orientation). Millennial caregivers are more often single (never married) and have lower household incomes than older generation caregivers. They typically are caring for a parent or grandparent who is 59.5 years old with 1.8 conditions; typically a long-term physical condition, followed by a short-term physical condition or emotional/mental health problem.

### DOING WHAT, WITH WHAT OTHER HELP

Millennial caregivers have been providing care for a comparatively short period of 2.9 years, spending 24.8 hours a week helping with 1.8 ADLs, 4.3 IADLs, and medical/nursing tasks, placing most in a moderate-to-high intensity care situation. Half are the sole unpaid caregiver and fewer report having paid help (compared to older generation caregivers).

### WORK AND FINANCE

Millennial caregivers are typically working while providing care, usually at an hourly position working 37 hours a week. They are less likely to report their supervisor at work is aware of their caregiving role, but are most likely to have received a warning about their performance or attendance at work. Millennial caregivers more often report high levels of financial strain and financial impacts (2.4) as a result of caregiving, such as taking on more debt, leaving bills unpaid or paying late, borrowing from friends or family, and being unable to afford basic expenses like food.

### HEALTH AND WELLBEING

Caregiving is moderately-to-highly emotionally stressful for Millennial caregivers and about half feel they had no choice in taking on their role. Most believe their role as a caregiver gives them a sense of purpose. Millennial caregivers are least likely to report having health insurance and a greater proportion report being in fair or poor health (as compared to the 2015 study).



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## SERVICES & SUPPORTS

Reflecting their financial difficulties, Millennial caregivers are more interested than older caregivers in help or information about managing their own finances. They also more often have difficulty finding affordable services in their recipient's community than Baby Boomer caregivers. Millennial caregivers are most likely to want doctors or other care providers to ask them about their own self-care needs.

- 1 National Alliance for Caregiving (NAC) and AARP, *Caregiving in the U.S. 2020* (Washington, DC: NAC and Washington, DC: AARP, May 2020).
- 2 ADLs include those tasks that provide assistance with basic personal tasks such as bathing, dressing, using the toilet, transferring to or from a bed or chair, caring for incontinence, and eating. IADLs are supports for everyday tasks, including housework, managing money, taking medication, shopping for groceries or clothes, using communication devices (like telephones), and caring for pets, among others. For more information, see <https://longtermcare.gov/the-basics/>.

## About the National Alliance for Caregiving

Established in 1996, the National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. The Alliance conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. Recognizing that family caregivers provide important societal and financial contributions toward maintaining the well-being of those they care for, the Alliance supports a network of 80+ state and local caregiving coalitions and serves as Secretariat for the International Alliance of Carer Organizations. Learn more at [www.caregiving.org](http://www.caregiving.org).

## About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; [www.aarp.org](http://www.aarp.org); AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at [www.aarp.org](http://www.aarp.org).

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