

African American/Black Family Caregivers

SUMMARY

African American/Black family caregivers have the highest prevalence of caregiving in the U.S. and are often in high-intensity caregiving roles that require regular interaction with health care providers. They tend to be younger caregivers and more often have children at home while caregiving. They are more likely to live with their care recipient and to provide care for individuals with complex needs, including developmental, behavioral and memory related conditions. These caregivers frequently engage

with health care systems and more often are advocating for their care recipient and communicating with providers than all other caregivers. They are more likely to have received training for medical/nursing tasks and to help with activities of daily living. They report greater use of respite services and a stronger sense of choice in taking on the role of caregiving compared to caregivers overall.

DATA HIGHLIGHTS

13%

of all family caregivers are **African American/Black**

52%

are **younger** caregivers

17%

are caring for someone with a **developmental** or **intellectual disability**

36%

have **children under 18** in their household

55%

are in **high-intensity situations**

65%

report **advocating** for their care recipient with health care providers

62%

report helping with **medical/nursing tasks** and

27%

receive **training** on medical/nursing tasks

17%

receive **training** to help with **ADLs, and IADLs**

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