

Family Caregiving by Gender

SUMMARY

Women are more likely than men to have a primary role in providing care, and to take on a wider range of caregiving responsibilities. Female caregivers are more often responsible for hands-on and personal care tasks, serve as the main care coordinator, and are more likely to experience physical, emotional and financial strain as a result of caregiving. More

women than men report that caregiving impacts their ability to care for their own health. Male caregivers are more likely to receive additional unpaid support. While men tend to assist with more physical tasks like getting in and out of beds and chairs, women are more involved in ongoing medical and daily care.

DATA HIGHLIGHTS

Female

3 in 5 family caregivers are **women**

23% are providing **constant care***

38% are caring for someone who **lives in their household**

56% are **working** while also providing care

21% report caregiving is a **physical strain**

41% report caregiving is **emotionally stressful**

19% report caregiving is a **financial strain**

Male

2 in 5 family caregivers are **men**

15% are providing **constant care***

44% are caring for someone who **lives in their household**

65% are **working** while also providing care

16% report caregiving is a **physical strain**

33% report caregiving is **emotionally stressful**

16% report caregiving is a **financial strain**

*Constant care is defined as time-intensive care ranging from around-the-clock care, continuous care with small sleep breaks, or 24/7 continuous care.

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