

# Hispanic/Latino Family Caregivers

## SUMMARY

Hispanic/Latino family caregivers face significant physical and financial impacts from their caregiving responsibilities, yet many also find their experience meaningful. They tend to be younger caregivers (under the age of 50) and more often have children at home while caregiving. They are more likely to have the person they care for live with them, and

to provide high-intensity care, such as longer hours of care or more complex care tasks. While caregiving can take a toll on their health and lead to physical strain, they are more likely to seek respite care and report a strong sense of purpose in their caregiving role.

## DATA HIGHLIGHTS

**16%**

of all family caregivers  
are **Hispanic/Latino**

**60%**

are **younger** caregivers

**43%**

have **children under 18**  
in their household

**45%**

**live with** care recipient

**56%**

provide **high-intensity** care

**27%**

report caregiving makes  
it **difficult** to **take care**  
of their **own health**

**28%**

report **physical strain**  
as a result of caregiving

**58%**

report that caregiving gives  
them **a sense of purpose**

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