

LGBTQ+ Family Caregivers

SUMMARY

LGBTQ+ caregivers tend to be younger and provide care with significantly less emotional, practical, and systemic support. Compared to overall family caregivers, they are more likely to care for individuals with mental health or behavioral issues and less often use any assistance—paid or unpaid. Additionally, they

less often report communicating with healthcare providers and are less included in care discussions. Financial strain is also more pronounced compared to their counterparts, with many struggling to cover basic expenses and unable to save.

DATA HIGHLIGHTS

1 in **10**

family caregivers are **LGBTQ+**

33%

find it **difficult** maintaining their **own health**

28%

report that their **health** is **fair** or **poor**

37%

are caring for someone with an **emotional** or **mental health problem**

Less often use any assistance while providing care

Paid help:

24%

Unpaid help:

43%

27%

are not able to afford **basic expenses**

44%

have **stopped saving**

32%

say caregiving makes them **feel alone**

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