

Younger Family Caregivers

SUMMARY

Younger caregivers (those under 50) are more often a female and providing care to a parent. Younger caregivers are also more often caring for someone with an emotional or mental health condition than older caregivers. More younger family caregivers manage more short-term conditions compared to older family caregivers. Most have been caring for someone shorter-term than other family caregivers –

5 years or less. They help with getting in and out of beds or chairs, giving medicines, managing finances, grocery shopping, housework, and transportation, and medical and nursing tasks. Most younger caregivers are employed while caring. They are also more likely to have ever used technology or software related to providing care. Many younger caregivers face financial hardships as a result of their caregiving.

DATA HIGHLIGHTS

45%

of all family caregivers
are **younger caregivers**

26%

participate in **paid
caregiving programs**

33%

care for someone
who lives in a
rural area

59%

help with giving **medicines,
eye drops, or injections** for
the care recipient's condition

28%

receive **paid help**

71%

are **employed**
while caregiving

22%

have used **technology/
software** related to
providing care

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