

Fact Sheet

The “Typical” Asian Caregiver

National Alliance for Caregiving
AARP

WHO, CARING FOR WHO

Asian caregivers are 49.3 years old on average and are typically married or living with a partner. They report higher education and household income than all others. They typically care for a parent or parent-in-law who is 69.1 years old with 1.7 conditions (usually a long-term physical condition).

DOING WHAT, WITH WHAT OTHER HELP

Half of Asian caregivers report their recipient lives with them in their home, more common than non-Hispanic whites. Asian caregivers are typically in a moderate intensity care situation, performing 24.1 hours of care each week doing 1.4 ADLs, 4.5 IADLs, and medical/nursing tasks. They are more likely than others to manage their recipient’s finances and they find that task moderately-to-highly time consuming. Asian caregivers have been providing care for 4.7 years on average. They usually have help from other unpaid caregivers, but no paid help for their recipient.

WORK AND FINANCE

Asian caregivers typically work while providing care, for 36.7 hours a week on average. Asian caregivers more often work a salaried job than all others, experiencing 1.4 impacts on their work. Asian caregivers more often report having to take a leave of absence from work than non-Hispanic white caregivers.

HEALTH AND WELLBEING

More Asian caregivers find their role highly emotionally stressful; more so than either African American or Hispanic caregivers. A majority feel they had no choice in taking on their caregiving responsibility. Most Asian caregivers expect to be a caregiver for someone over the next 5 years.

SERVICES & SUPPORTS

Asian caregivers are more likely than all others to want doctors or other professionals to ask about what they need to help care for the recipient. They rely on more sources of information about providing care than all others: reporting using 2.3 sources, like doctors or health care professionals and friends or family. Asian caregivers more often want caregiving help or information about managing their



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emotional and physical stress; choosing a home care agency or residential facility for their recipient; and finding non-English language materials.

- 1 National Alliance for Caregiving (NAC) and AARP, *Caregiving in the U.S. 2020* (Washington, DC: NAC and Washington, DC: AARP, May 2020).
- 2 ADLs include those tasks that provide assistance with basic personal tasks such as bathing, dressing, using the toilet, transferring to or from a bed or chair, caring for incontinence, and eating. IADLs are supports for everyday tasks, including housework, managing money, taking medication, shopping for groceries or clothes, using communication devices (like telephones), and caring for pets, among others. For more information, see <https://longtermcare.gov/the-basics/>.

About the National Alliance for Caregiving

Established in 1996, the National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. The Alliance conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. Recognizing that family caregivers provide important societal and financial contributions toward maintaining the well-being of those they care for, the Alliance supports a network of 80+ state and local caregiving coalitions and serves as Secretariat for the International Alliance of Carer Organizations. Learn more at www.caregiving.org.

About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

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