

## Fact Sheet

# The “Typical” Hispanic Caregiver

National Alliance for Caregiving  
AARP

### WHO, CARING FOR WHO

Hispanic caregivers are 43.3 years old on average, younger than other race/ethnic groups of caregivers. They are typically married or living with a partner and more often have children under age 18 living in their home. Hispanic caregivers have lower household incomes and education than their peers. They typically are caring for a parent/parent-in-law or grandparent who is 66.9 years old with 1.8 conditions; most often a long- or short-term physical condition.

### DOING WHAT, WITH WHAT OTHER HELP

Hispanic caregivers have been providing care for 4 years on average and more report their recipient lives with them in their home (compared to non-Hispanic whites). Hispanic caregivers are more often in a high intensity care situation than non-Hispanic white and Asian caregivers: providing care for 26 hours a week, doing 2 ADLs, 4.6 IADLs, and medical/nursing tasks. Half are the sole unpaid caregiver for their recipient and most provide care without paid help.

### WORK AND FINANCE

Hispanic caregivers typically work while providing care, for 36.7 hours a week at an hourly-paid job. They report 1.4 impacts on their work life due to caregiving, more than non-Hispanic whites; most often, leaving early, coming in late, or taking time off to provide care. Hispanic caregivers report experiencing 2 financial impacts due to caregiving, again more than non-Hispanic whites -- more commonly leaving bills unpaid or paying them late; being unable to afford basic expenses like food; or moving to a less expensive place to live.

### HEALTH AND WELLBEING

Most Hispanic caregivers report a moderate-to-high level of physical strain due to caregiving, more than non-Hispanic whites and Asians. Hispanic caregivers more often feel their role gives them a sense of purpose or meaning in life (vs. non-Hispanic whites and Asians).



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## SERVICES & SUPPORTS

Hispanic caregivers less often have health insurance and most report long-range future care planning is lacking, both for the recipient's and their own care. Hispanic caregivers report the fewest sources of caregiving help or information—just 1.4 on average, getting information from doctors or other health care professionals or from friends and family less often than others. Hispanic caregivers are especially interested in payment for some of their care hours and more often want 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](http://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](http://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](http://www.aarp.org).*

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