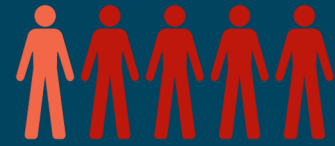


IMPACT OF FAMILY CAREGIVING IN UTAH

Did you know that in Utah 1 in 5 people are unpaid caregivers for family members? The number is expected to rise shortly to 2 in 3 adults, as the retirement-aged population increases. Caregivers, especially those who are **unpaid** family caregivers, are likely to experience stress and suffer negative impacts in many areas of their lives.

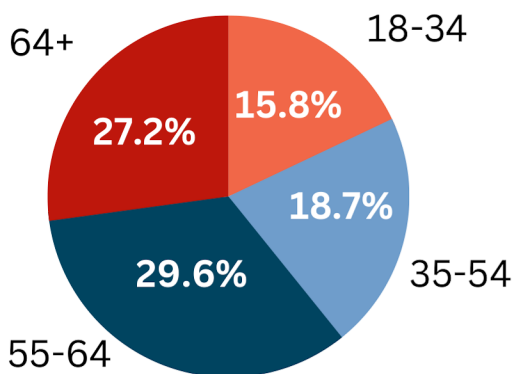


Current Caregivers



Future Caregivers

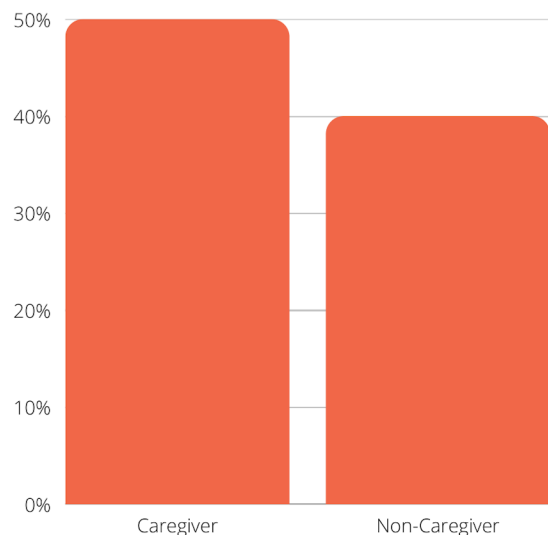
Family Caregiver Prevalence by age, 2019



The majority of caregivers are likely juggling a job and raising their own family too.

There is a 10% higher impact on the physical and mental health of caregivers than non-caregivers.

Almost 50% of working-age family caregivers report that their caregiving has affected their mental health; over 40% report that it has impacted their physical health. The negative impacts are seen more acutely in the 43% of caregivers who still have children under 18 living at home.



DID YOU KNOW?

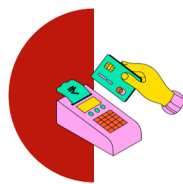


Provide unpaid caregiving services

450,000
Caregivers

6%
Caregivers

Less likely to be employed than others



Use their own money for caregiving

63%
Caregivers

85%
Caregivers

Use their own transportation



Contribute to managing household tasks

88%
Caregivers

45%
Caregivers

Provided complex medical care



Have children under 18 at home

43%
Caregivers

85%
Caregivers

Family member of those receiving care



Annual Economic Value of family caregiving in Utah

\$4.6 Billion

Source: <https://nursing.utah.edu/research/groups-projects/family-caregiving-initiative>

