

## ParentingOurParents Mission Challenge Fact Sheet

- \* Every day we are adding 11,000 new seniors to an overly taxed Medicare system.
- \* 72% of caregivers cared for a parent, step-parent, mother-in-law, or father-in-law, and 67% of caregivers provided for someone age 75 or older.
- \* Many Americans, especially seniors, cannot afford the medical care they need as our bankruptcy statistics frighteningly reveal.
- \* Alzheimer's impacts one out of every two Americans over 85, striking at the rate of one every 68 seconds! Its average duration is eleven years but can last twenty years and during that time our parents will eventually sleep all day, need diapering and not be able to recognize us.
- \* The close relationship between the caregiver and care recipient is a shared relationship with involved emotions, experiences, and memories, which can place these caregivers at an even higher risk than others for psychological and physical illness.
- \* Those over 85, "the frail elderly," also comprise our fastest growing demographic.
- \* 90 percent of senior parents say they want to remain in their own homes instead of going into an assisted living or other residential facility, can they do so safely.
  - \* Over 50 million Americans live in at least a two-generation adult household, where seniors often are carrying the major responsibility for older and disabled family members and sometimes for "boomerang" adult children and grandchildren.
- \* Many concerned Americans will find themselves caring for aging loved ones far longer than they ever cared for their own children. 15% of current caregivers report they've spent 10 or more years.
- \* In 2012 caregivers provided unpaid care to their aging relatives valued at over \$216 Billion.
- \* 10 million caregivers over 50 who care for their parents lose an estimated \$3 trillion in wages, pensions, retirement funds and benefits.
- \* 78% of family caregivers report needing more help and information with at least 14 specific topics related to caregiving. The top three topics of concern to caregivers are: keeping their loved one safe (37%); managing their own stress (34%); finding easy activities to do with their care recipient (34%); and finding time for themselves.