



Women Caregivers Age 40 and Older in New York: Their Challenges, Struggles, and Needs

2023 AARP Survey of New York Registered Voters Age 40 and Older

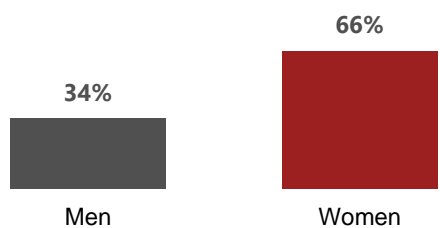
ABOUT THIS SURVEY

Most people, at some point in their lives, will care for a family member who has a chronic illness or condition, an injury, or becomes frail as they age. In 2020, nearly one in five Americans (19%), roughly 47.9 million people, were providing care to someone 18 years and older.¹ In New York, an estimated 2.2 million caregivers are providing 2.1 billion hours of care to their loved ones each year.² This AARP survey of 1,345 New York registered voters age 40 and older sought to learn more about New York caregivers and services that support them in providing care. This report highlights insights from the 336 women caregivers in our survey who are currently providing care or had previously done so.

KEY FINDINGS

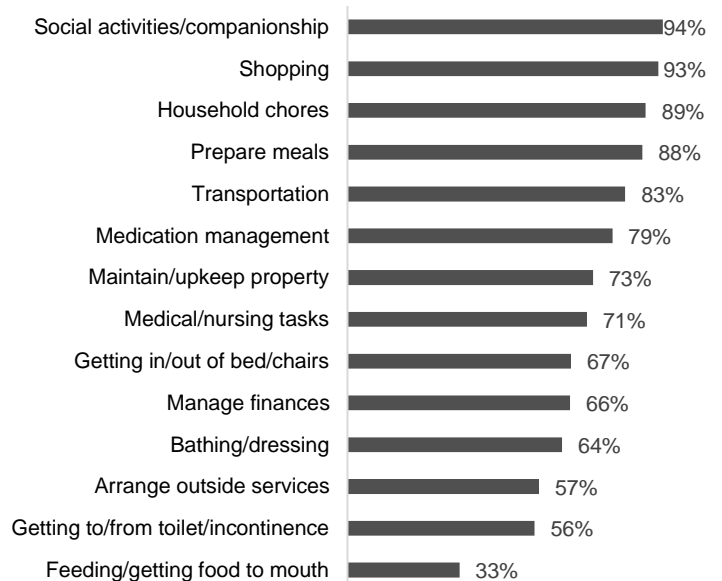
Nearly four in ten voters 40 and older in New York have experience as a family caregiver (38%). Just one in ten say they are currently providing care to an adult loved one (11%), and one in four say they have been a caregiver in the past (26%). Women are almost twice as likely as men to say they are caregivers.

Caregivers 40+ in New York by Gender



Women in New York age 40 and older who are **currently** providing care are likely to be 58 years old and caring for their 80 year old mother. Current New York women caregivers are likely to be married (62%), employed (58%), always vote in state elections (58%), live in an urban or suburban area (56%), and live in households with income under \$100,000 (49%).

Many current and former women caregivers help their loved ones with very basic activities of daily living. These caregivers help their loved ones with bathing or dressing, moving around, toileting, or eating. Even more women caregivers provide companionship, and help with shopping, household chores, meals, and transportation. At least seven in ten women caregivers perform medical or nursing tasks and manage medications and finances.



¹ AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC:AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>

² *Valuing the Invaluable 2023 Update: Strengthening Supports for Family Caregivers*. Washington, DC: AARP Public Policy Institute. March 8, 2023. <https://doi.org/10.26419/ppi.00082.006>

Over one in three women caregivers say they care for someone with a decline in mental functioning. These caregivers say they care for someone with Alzheimer's, dementia, or other forms of mental confusion.



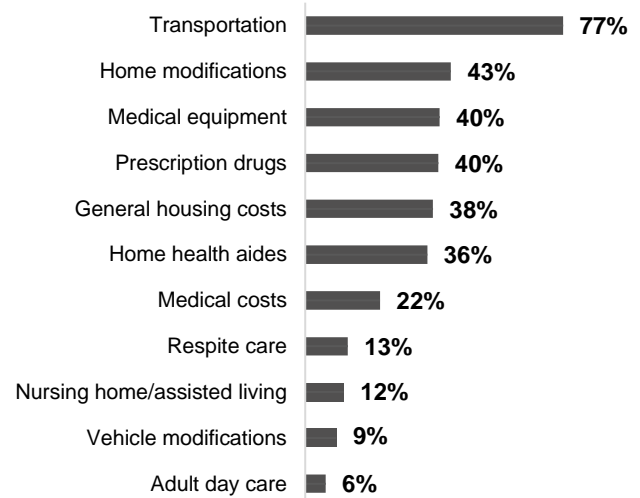
Most women current and former caregivers in New York cared for their loved ones while also being employed either full- or part-time. Two in three current and former caregivers (65%) say they worked while they provided care. Most working women caregivers have adjusted their work schedule to care by going into work early or late, or taking time off. At least one in five have taken a leave of absence from their job, reduced their work hours, or gave up working altogether.

Actions Taken by Working Caregivers	
Adjust work schedule	72%
Take a leave of absence from job	27%
Go from working full-time to part-time	22%
Give up working entirely	20%

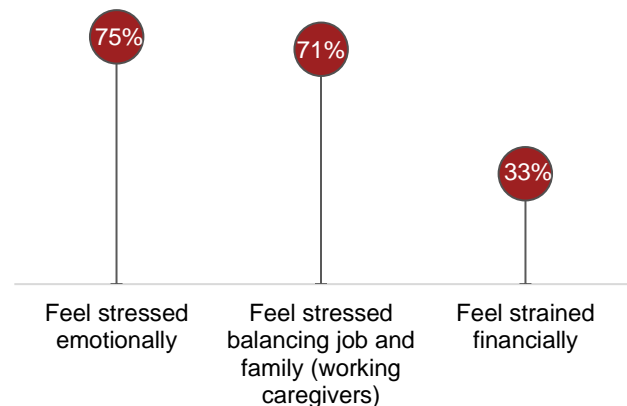
One in ten working women caregivers also say they have been treated unfairly by their employer because of their caregiving responsibilities (10%).

Most women current and former caregivers in New York have incurred some expense while providing care. Over nine in ten caregivers say they have incurred expenses in at least one of the eleven cost areas asked about in this survey (92%).

Transporting their loved ones to appointments is the most common expense incurred by caregivers. Over four in ten caregivers have spent money modifying their own home or their loved one's home to help them care. Over one in three or more caregivers have spent money hiring home health aides or personal companions or with housing costs, such as rent, mortgage, or utilities. Still others have purchased prescription drugs or medical equipment.



Most women caregivers in New York feel stressed due to their caregiving responsibilities. Three in four caregivers say they feel stressed emotionally, and one in three say they feel strained financially due to their caregiving responsibilities. And, seven in ten **working caregivers** say they feel stressed in balancing their job and family responsibilities.



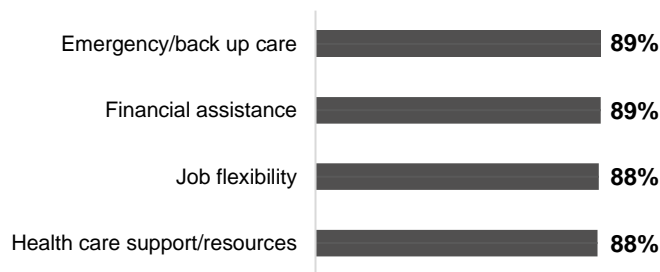
Most women caregivers in New York do NOT believe that the New York State Government offers enough support for unpaid family caregivers. Nearly two in three caregivers do not believe their government is doing enough to support them (64%), and over one in four say they are not sure if their government does enough (28%). In fact, only 8 percent of caregivers agree that their government is doing enough for family caregivers.

Given the choice between financial support that would help cover caregiving costs or support that gives them more time, caregivers overwhelmingly chose financial support.

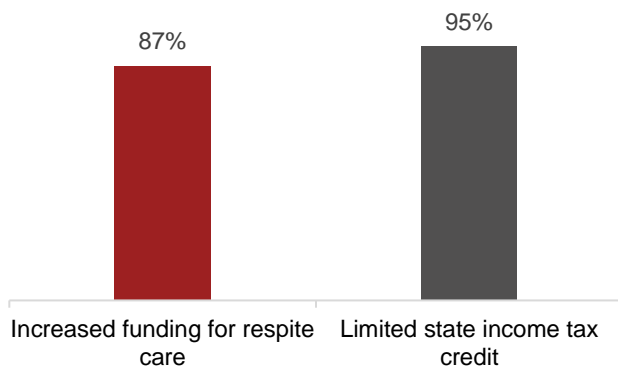
Support Most Would Like to See the New York State Government Provide to Family Caregivers

Financial support that helps cover expenses	64%
Support that gives time to do other things	28%

Nearly nine in ten women caregivers in New York believe the New York State Government should support family caregivers by providing access to emergency or back up care, by providing financial assistance to help family caregivers cover their expenses, by assuring that working family caregivers have job flexibility, and by providing more access to health care support and services.



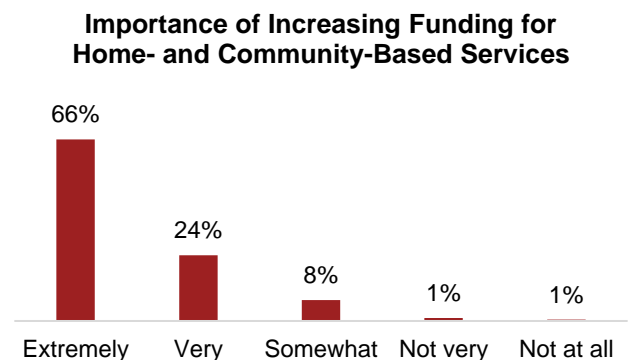
Women caregivers in New York support increasing funding to existing programs or the creation of new programs to help family caregivers. Nearly nine in ten caregivers support increasing funding for New York’s respite care programs, and nearly all caregivers support the creation of a limited state income tax credit for family caregivers.



Most women current and former caregivers do not see their caring-role ending soon. Seven in ten caregivers say they are extremely, very, or somewhat likely to be providing care in the future (71%).

Nearly all caregivers also believe that it is extremely, very, or somewhat important to provide care so that their loved ones can keep living independently in their own homes (94%). Caregivers also believe it is extremely or very important to have home- and community-based services (home health care, personal care, social adult day care services, respite services, and medical transportation) available in their community (91%).

Women caregivers in New York think it is important to increase funding for home- and community-based services. Nine in ten women caregivers say it is extremely or very important to increase funding for these programs. Very few women caregivers consider such an increase unimportant.



IMPLICATIONS

Women family caregivers in New York help their loved ones with many essential tasks of daily living, spend their own money to care for their loved ones, feel emotional and financial stress, and need help.

New York women caregivers support a broad array of caregiving supportive services and do not believe that the New York state government is doing enough to support them.

Now is the time to act and help ease the burdens of family caregivers in New York.

METHODOLOGY

AARP New York commissioned a telephone survey among 1,345 registered voters age 40-plus in New York to learn their views on caregiving supports and services. The sample utilized an age-targeted landline and cell phone registered voter list obtained from Aristotle International.

Quotas were used in this study based on age and gender and were filled based on responses to questions in the questionnaire. They were designed to yield a proportional representation of the New York age 40 or older registered voter population. Respondents were selected at random from the sample list to be dialed. American Directions Research Group (ADRG) asked to speak with the registered voter listed on the file. If that person was unavailable, ADRG asked to speak with another member of the household aged 40 or older who was registered to vote in New York. The interviews averaged 22 minutes in length and were conducted in English and Spanish. Voters were interviewed from October 19 to November 11, 2023. The data collection was performed by ADRG. The data is weighted by age, sex, race, ethnicity, and AARP membership status. Percentages reported are rounded.

This report highlights results from 336 registered voters 40-plus who identified as women caregivers (101 current caregivers and 235 former caregivers). The margin of sampling error for women caregivers is $\pm 5.4\%$.

For more information about the methodology, contact Terri Guengerich, AARP Research, tguengerich@aarp.org, (202) 434-6306.

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