

# Family Caregiving in New Hampshire

## Who are caregivers?

Family caregivers provide support for loved ones such as managing finances, providing transportation, or supporting other daily activities.

**25%** are under the age of 35



**62%** work either full or part-time



**40%** are men



**24%**

are caring for 2+ people

## Meaningful Role of Family Caregivers

Caregiving can be both rewarding and challenging. Caregivers often make financial sacrifices to provide care.

For working caregivers, **53%** have gone in late, left early, or taken time off and **19%** have left a job to provide care.



## Importance of Caregiving

Informal, family caregiving enables many older adults in need of assistance to remain at home. In fact, **1 out of 6 Americans are unpaid caregivers of someone aged 50+**. The need for caregivers is increasing for several reasons including:

- By 2034, older people will outnumber younger people meaning that the number of caregivers will shrink relative to the number of older adults needing care.
- Older people are living longer lives, including those with chronic illnesses who may need more support as they age.
- Changes in the health care system, such as increased costs of long-term care, have led to an increased reliance on informal, unpaid caregivers.

## Caregiving in New Hampshire

**168,000 CAREGIVERS** in the state

**157 MILLION HOURS** of care worth **2.8 BILLION DOLLARS**

**CARE RECIPIENTS** age 65+

- **27.4%** aging with a disability
- **12.6%** have hearing difficulty
- **6%** have cognitive difficulty

Costs to providing care are high, and on average family caregivers spend **\$7,242 annually on caregiving activities**. Family caregivers also experience emotional and physical concerns of their own, such as stress, depression, and their own health conditions.

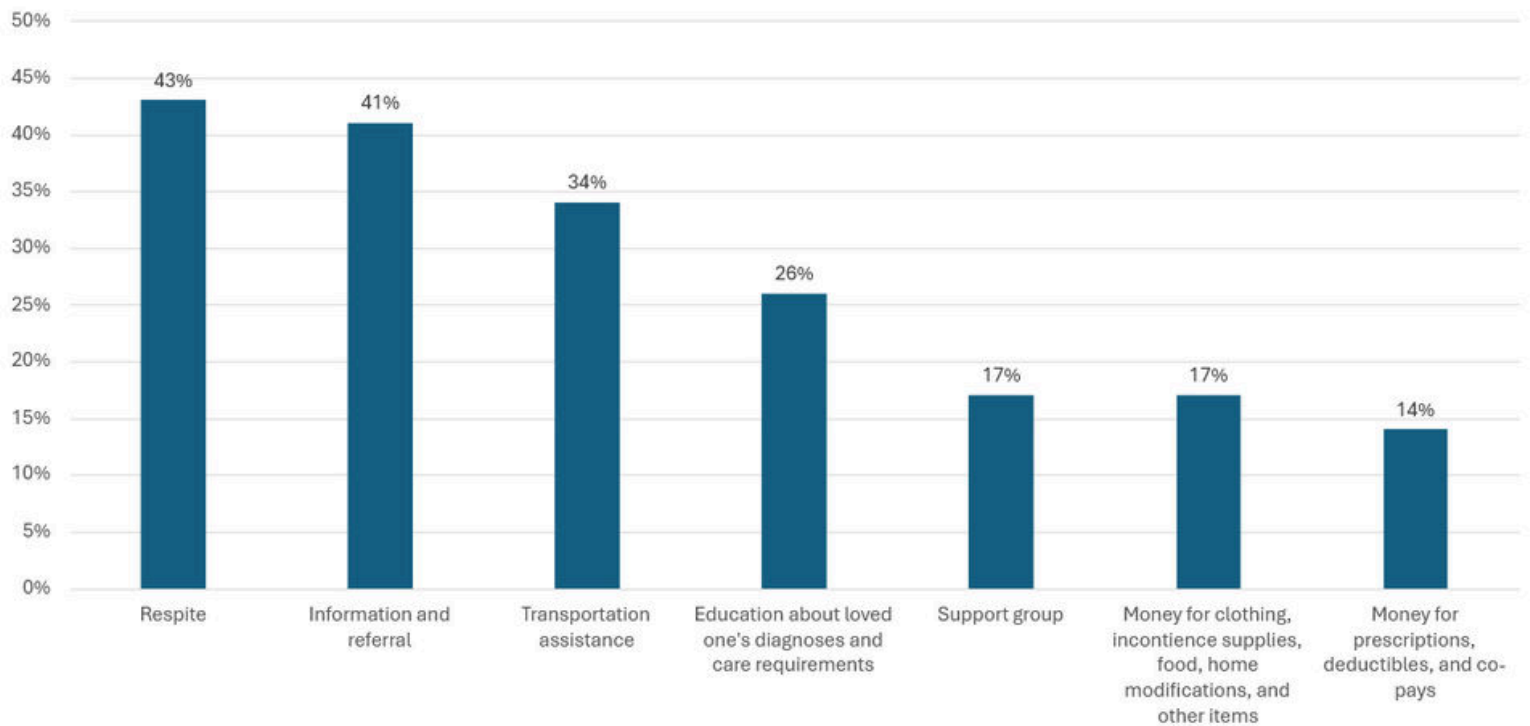
**4 IN 10 CAREGIVERS CONSIDER THEIR SITUATION TO BE HIGHLY EMOTIONALLY STRESSFUL.**

The NH Alliance for Healthy Aging (NHAHA) strives to create communities that support all of us as we age. One of NHAHA's strategic priority areas is to enhance support for family caregivers.



**#NHAHA603**

## Self-Reported Needs of Caregivers in New Hampshire



## Gaps and Barriers to Caregiving in New Hampshire



- Services are not coordinated causing confusion
- Caregivers often do not self-identify until later in the caregiving journey
- Direct care workforce shortages
- Lack of available training for caregivers
- Lack of data
- Information on caregiving resources is not always easy to find

## Supporting the Caregivers Among Us: Recommendations for New Hampshire

Advance caregiver friendly business practices.

Ensure state plans and initiatives include a caregiver focus

Enhance coordinated outreach to caregivers

Increase caregiver self-identification and awareness of services

**Learn More and Join the Conversation!**

<https://nhaha.info/caregiving/>

### References

(AARP, 2020) Caregiving in the U.S.; (AARP, 2023) Valuing the Invaluable; (Family Caregiver Alliance, 2023) State Profile: New Hampshire; (DHHS, 2023) State Plan on Aging 2023- 2027