

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**

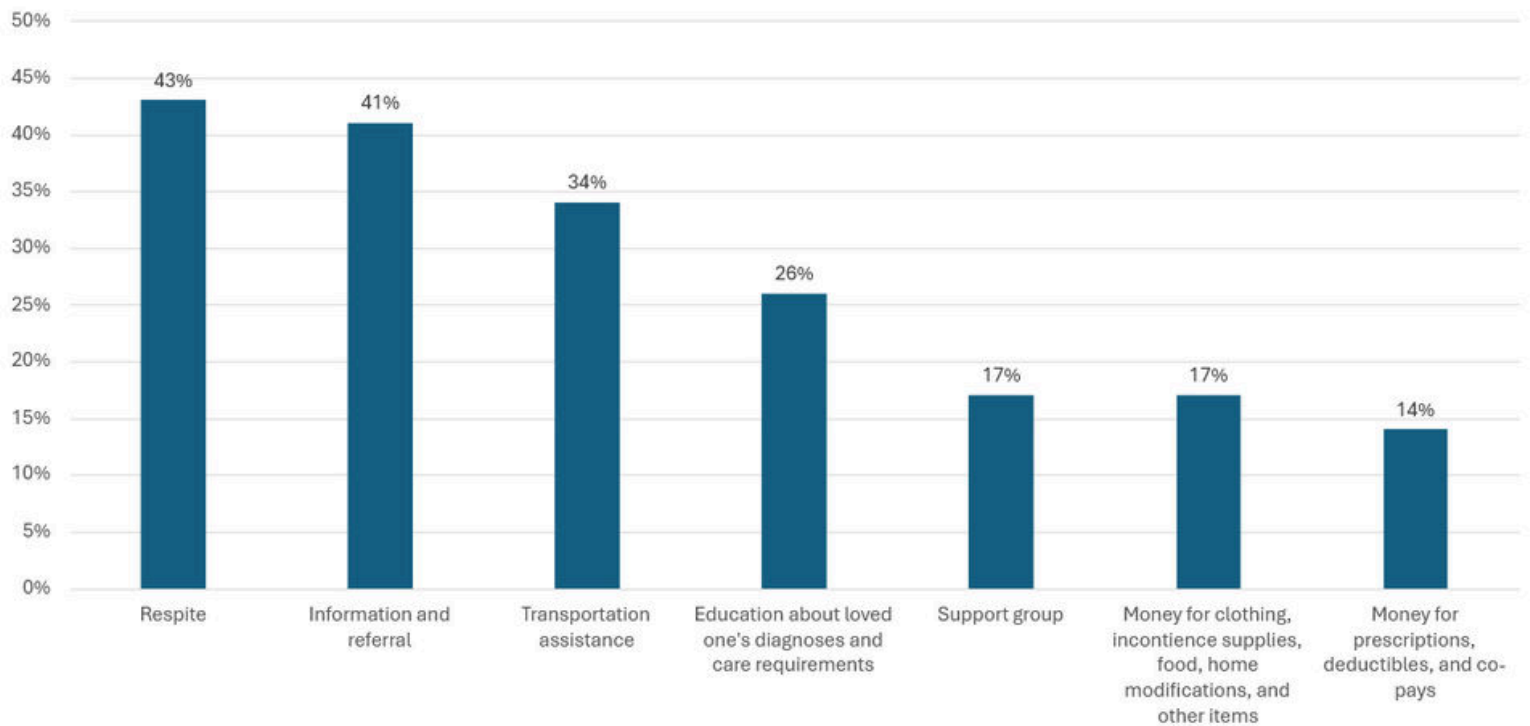
CARE RECIPIENTS age 65+

- **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.

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