

# Caregiving Activities: TIME AND MONEY SPENT

The demand for sandwich generation caregivers—those caring for their children and elderly parents at the same time—is expected to grow rapidly in the coming decades. Although caregiving provides personal gratification to many, it comes at a well-documented cost, impacting caregivers' physical and emotional health, relationships, finances and jobs.

Read the full *Sandwich Generation Caregivers Issue Brief* from the California Partnership from Long-Term Care and University of California, Berkeley at [www.RUReadyCA.org](http://www.RUReadyCA.org).



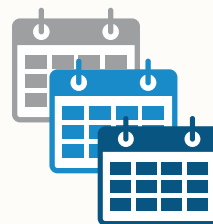
CALIFORNIA PARTNERSHIP FOR  
LONG-TERM CARE



**2 in 3**

sandwich generation caregivers work the **EQUIVALENT OF A PART-TIME JOB** providing uncompensated care on top of their paid jobs

76% of sandwich generation caregivers **PROVIDED CARE FOR AT LEAST THREE MONTHS.**



40% of sandwich generation caregivers **PROVIDED CARE FOR TWO YEARS OR LONGER.**



**1 in 3**

care recipients live with their sandwich generation care provider.

Sandwich generation caregivers, whose care recipients lives with them, spend



**35 hours a week** providing care, on average

The thousands of dollars sandwich generation caregivers spend out-of-pocket on caregiving each year significantly decreases their ability to:



Save for retirement



Pay for health care



Own and maintain a home

Compared to caregivers without children, sandwich generation caregivers are more likely to report:



Living paycheck to paycheck



Being "very concerned" about affording college for their children