

# Snapshot of California's SANDWICH GENERATION CAREGIVERS

*The Impact of Caring for Children and Elderly Parents on Health, Finances and Employment*

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 at [www.RUReadyCA.org](http://www.RUReadyCA.org).



CALIFORNIA PARTNERSHIP FOR  
LONG-TERM CARE

## California Long-Term Care Trends

- California's elderly population will grow by 60 percent between 2010 and 2023
  - » Californians are living longer and the state currently has the third longest life expectancy in the country
  - » Average life span of 80.4 years
- Evidence suggests that the baby boomer generation is in poorer health than those born before them
  - » More individuals in their 50s require help with personal care than those before them
  - » In the next two decades, the number of Californians living with Alzheimer's Disease is expected to double
- The average monthly private pay rate for care:
  - » \$6,400 for a nursing facility
  - » \$3,500 for assisted living
  - » \$2,300 for adult day care
- Rising health care costs may contribute to the increasing demand for informal caregivers
  - » Family caregiving in California was estimated at \$47 billion in 2009, far exceeding the \$12.8 billion in Medicaid spending for long-term care in the same year
- California may increasingly turn to families as a potentially cost-effective source of long-term care
- While demand for informal caregivers is expected to grow, the supply of informal caregivers is expected to decline
  - » Couples are having smaller families and having children later in life
  - » The increasing number of women in the paid workforce equates to a decline in the number of women who can devote their full attention to caregiving

