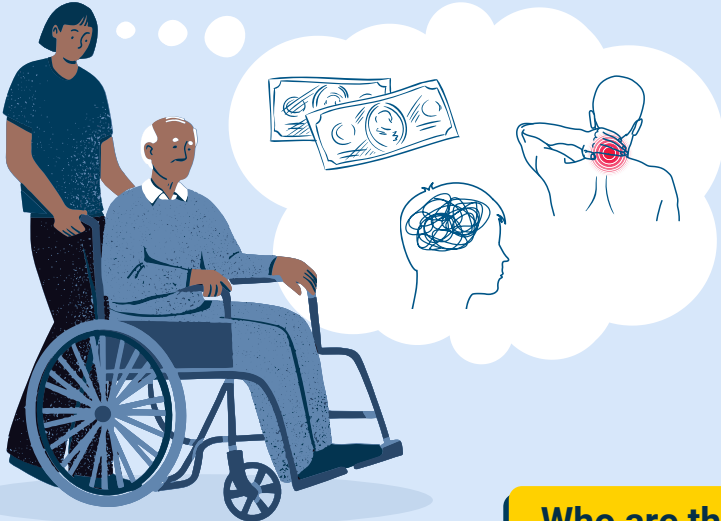
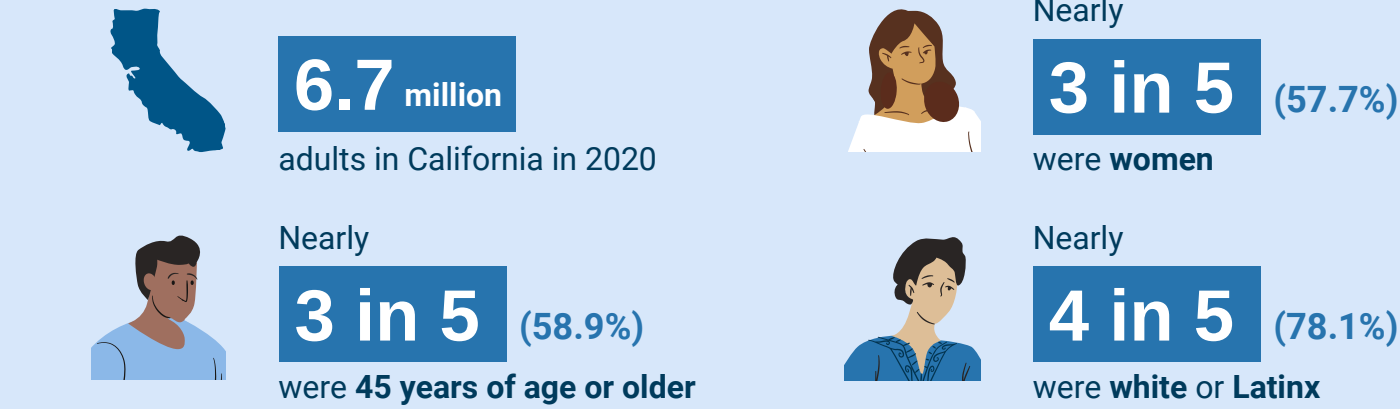


# Who is Caring for the Caregivers? The Financial, Physical, and Mental Health Costs of Caregiving in California



**1 in 4** adult Californians provided at least **20 hours of caregiving weekly** to a chronically ill or disabled friend or family member in 2020, according to a policy brief by the UCLA Center for Health Policy Research. Authors of the study analyze the **financial** and **economic** stress, as well as **physical** and **mental** burden faced by caregivers.

## Who are the caregivers?

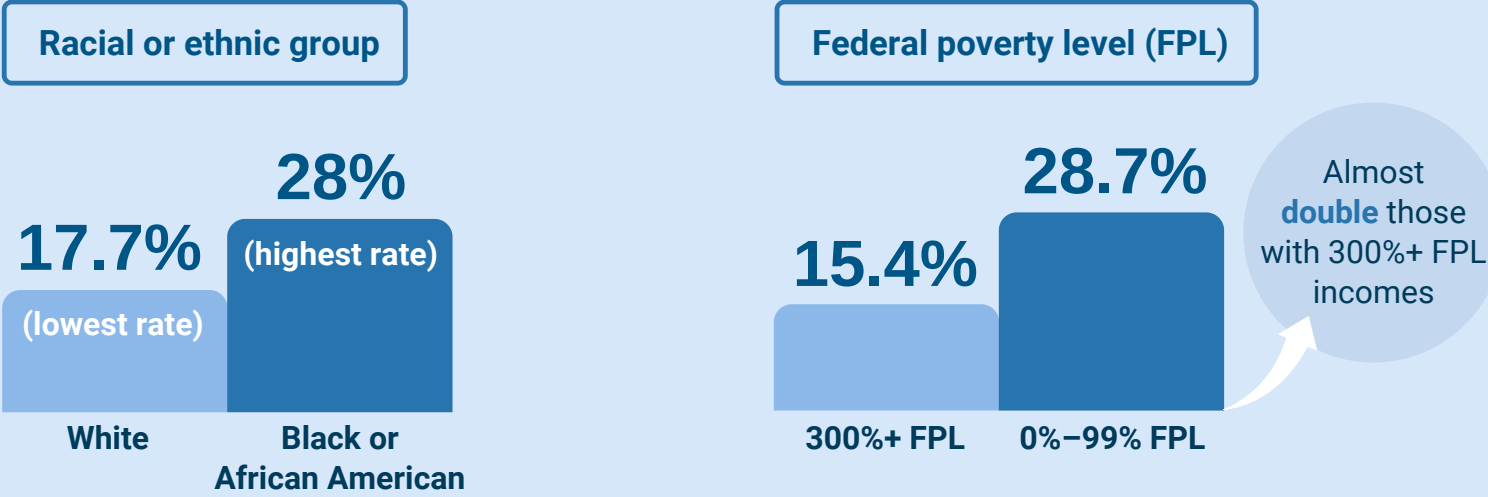
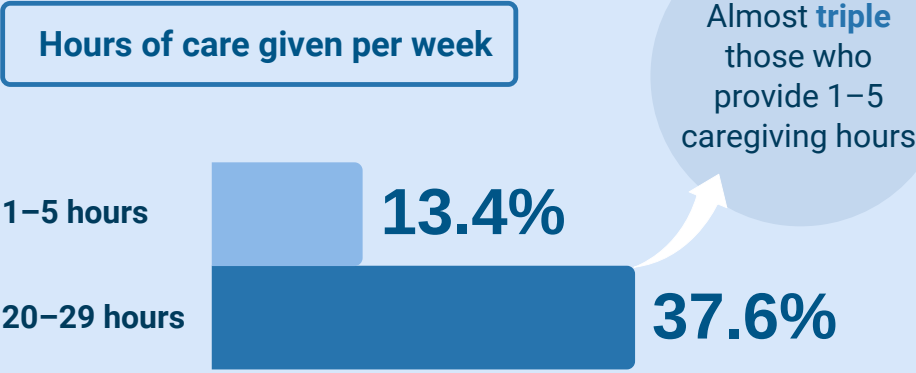


## Financial stress due to caregiving

More than **9 in 10** (91.2%) caregivers received **no payment** for providing care

**1 in 5** (20.5%) caregivers said they were “**somewhat**” to “**extremely**” financially stressed

Percentage who said they were “**somewhat**” to “**extremely**” financially stressed by:



## Physical and mental health problems from caregiving

**1 in 7** (13.5%) reported a **physical** or **mental** health problem within the past 12 months due to caregiving

Physical and mental health problems due to caregiving by:

