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?

- 6.7 million adults in California in 2020
- Nearly 3 in 5 (58.9%) were 45 years of age or older
- Nearly 3 in 5 (57.7%) were women
- Nearly 4 in 5 (78.1%) were white or Latinx

More than 9 in 10 caregivers received no payment for providing care.

1 in 5 caregivers said they were "somewhat" to "extremely" financially stressed.

Percentage who said they were "somewhat" to "extremely" financially stressed by:

- 1–5 hours: 13.4%
- 20–29 hours: 37.6%

Racial or ethnic group:

- White: 17.7%
- Black or African American: 28% (highest rate)

Federal poverty level (FPL):

- 0%–99% FPL: 15.4%
- 300%+ FPL: 28.7% (highest rate)

Almost double those with 300%+ FPL incomes.

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:

- Racial or ethnic group:
  - Two or more races: 9.7%
  - White: 15.3% (highest rate)

- Hours of care given per week:
  - 1–5 hours: 11.8%
  - 30+ hours: 21.5%

Nearly double that of caregivers working 1–5 hours.

Source: 2020 California Health Interview Survey (CHIS)
Read the policy brief: https://ucla.in/3nvumwp