The Burden of Care Across Generations: A Secondary Analysis of the 2015 AARP Caregiving in the U.S. Survey

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Family caregivers are individuals who provide *unpaid* care to a family member, friend, or other non-relative due to an acute or chronic condition.
The **RATIO OF CAREGIVERS** (45-65 years old) to those over 80 will shrink.

<table>
<thead>
<tr>
<th>Year</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>7:1</td>
</tr>
<tr>
<td>2030</td>
<td>4:1</td>
</tr>
<tr>
<td>2050</td>
<td>3:1</td>
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</tbody>
</table>

Source: AARP, *The Aging of the Baby Boom and the Growing Care Gap: A Look At Future Declines in the Availability of Family Caregivers, 2014*
STUDY AIMS

Describe millennial family caregivers & compare their experiences with older generations

Identify burden of care in each generation (i.e. emotional strain, physical strain, and financial strain)

Investigate choice in caregiving & inclusion in healthcare discussions
Inclusion Criteria:

- Provided care to an older adult age 50 years and older
- Born between 1946 to 1996

Final Sample: 1,018 caregivers
<table>
<thead>
<tr>
<th>MILLENNIALS</th>
<th>GENERATION X</th>
<th>BABY BOOMERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 – 34 years old</td>
<td>35 – 49 years old</td>
<td>50 – 68 years old</td>
</tr>
</tbody>
</table>
WHO ARE THE MILLENNIAL FAMILY CAREGIVERS

Generations

- Millennials: 55%
- Gen X: 25.70%
- Baby Boomers: 19.20%
BURDEN OF CARE OUTCOMES

Emotional Strain  Physical Strain  Financial Strain

- Millennials: 83.6
- Gen X: 81.6
- Baby Boomers: 85.3
INCLUSION IN HEALTHCARE DISCUSSIONS

<table>
<thead>
<tr>
<th>Generation</th>
<th>Identified as primary caregiver</th>
<th>Included in healthcare discussions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Millennials</td>
<td>55.9</td>
<td>34.3</td>
</tr>
<tr>
<td>Gen X</td>
<td>59.8</td>
<td>53.2</td>
</tr>
<tr>
<td>Baby Boomer</td>
<td>57.7</td>
<td>52.2</td>
</tr>
</tbody>
</table>

Legend:
- Orange: Identified as primary caregiver
- Gray: Included in healthcare discussions
THANK YOU

Dr. Bell
Dr. Young
Dr. Harvath
Dr. Jann
Dr. Bidwell
Dr. Cothran
Dr. Draughon-Moret
Dr. Sexson

Loralyn
Gennifer
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Amie
Sal
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Kaprice
Chimbee

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Addy
Amber
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Lisa G.
Janet
Kelly
Jana
Andrea

Jaime
Kim
Eric
Anabelle
Holly
Lupe
Erin
Tia
Megan