

FAMILY CAREGIVERS IN THE LOMPOC VALLEY & THE U.S.



DEMOGRAPHICS

1 in 6

ADULTS IN LOMPOC ARE CAREGIVERS

68 AVERAGE CAREGIVER AGE



RELATIONSHIPS

33% CARE FOR A SPOUSE OR PARTNER

27% CARE FOR A PARENT OR PARENT IN-LAW



RESPONSIBILITIES

88% ASSIST WITH COOKING, SHOPPING, LAUNDRY & CHORES

84% PROVIDE TRANSPORTATION

59% MANAGE FINANCES



STRESS

6.3 AVERAGE REPORTED CAREGIVER STRESS LEVEL

10



NATIONWIDE

1 IN 4 WORKERS NATIONWIDE AGE 25+ PROVIDE FAMILY CAREGIVING.

60% OF THE NATION'S CAREGIVERS ARE EMPLOYED FULL OR PART-TIME.

66% OF CAREGIVER EMPLOYEES HAVE GONE TO WORK LATE, LEFT EARLY, OR TAKEN TIME OFF DURING THE DAY BECAUSE OF CAREGIVING

20% OF CAREGIVERS HAVE TAKEN A LEAVE OF ABSENCE FROM WORK

10% OF CAREGIVER EMPLOYEES QUIT OR TAKE EARLY RETIREMENT

9% OF CAREGIVERS REDUCE HOURS OR TAKE LESS DEMANDING JOBS

5% OF CAREGIVER EMPLOYEES TURN DOWN A PROMOTION

THESE ARE THE RESULTS OF *THE LOMPOC VALLEY CAREGIVER ASSESSMENT* SURVEY OF THOSE PROVIDING CARE TO A SENIOR FAMILY MEMBER OR FRIEND. FULL REPORT AVAILABLE ONLINE AT CARINGTOGETHERLOMPOC.ORG.