

Addressing the Costs of Informal Caregiving in the United States

- x Estimates suggest that, without intervention or policy change, the prevalence of cardiovascular disease will rise dramatically in the coming decades.
- x In addition to creating greater strain on health system, this projected increase in CVD prevalence will impose greater demands on informal caregivers. Yet while older populations grow—by 2030 more than 15 million US residents will be 65 or older—the informal caregiver pool is shrinking. As more adults divorce or never marry and as people have fewer children now than in previous generations, there are fewer spouses and children, traditional sources of informal caregiving.
- x Caregivers come from all generations, income and educational levels, family types, sexual orientations, gender identities, and racial/ethnic groups. In fact, 61 percent of caregivers are women.



Policy At-A-Glance: Informal Caregiving

A variety of federal and state legislative proposals have emerged in recent years to mitigate