

# 2017 C.A.R.E Study

## Caregiving and Longevity

Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NM), Milwaukee, WI and its subsidiaries.

# Background

The C.A.R.E. Study explores four elements of longevity and long-term care planning:

- **Costs:** financial approach and considerations of long-term care
- **Accountabilities:** obligations and responsibilities of caregiving
- **Realities:** actual experience of aging or caregiving vs. anticipation
- **Emotions:** mindset of adult dependent and caregiver

The study is based on an online survey of U.S. adults ages 18+ conducted from November 11 – 28, 2016. The breakdown of completed interviews is as follows:

## Number of Completed Interviews

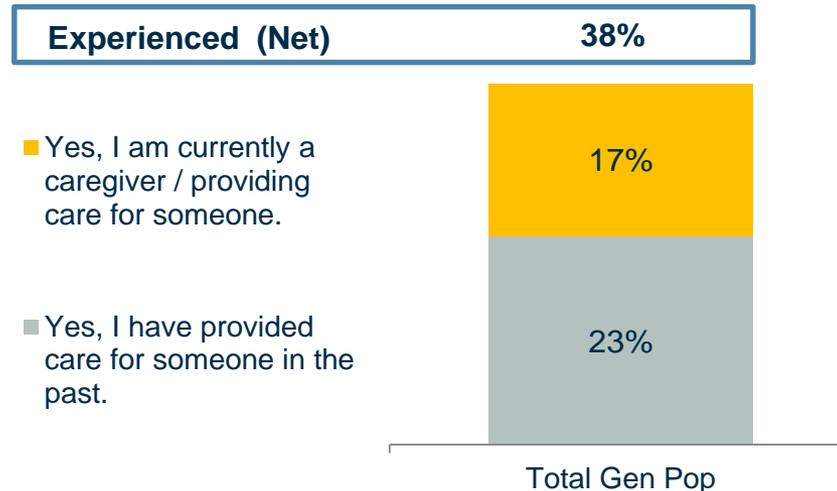
1,003	General U.S. Adult Population
502	Gen Xers – age 35-50
1,014	Experienced Caregivers

Data were weighted to be representative of the U.S. population (age 18+) based on Census targets for education, age/gender, race/ethnicity, region and household income.

# 4 in 10 Americans are current or past caregivers

**Definition:** *By caregiving, we mean situations when you are responsible for providing care – or the resources for that care – to someone or several people over a substantial period of time. The caregiving could be for anyone in your life who is – or could be – aging, ill or have special needs, but does not include any caregiving you may do as part of your employment.*

## Caregiver Status

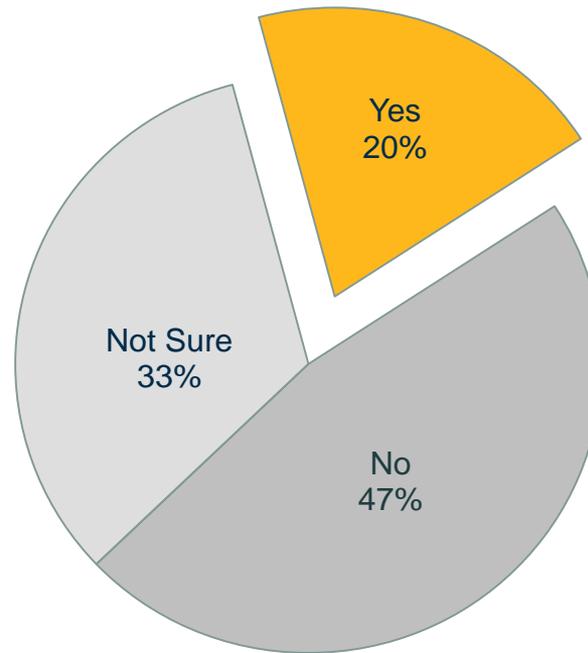


**BASE: All Qualified Respondents (General Population n= 1003)**

**S1.** Are you currently, or have you ever been a caregiver?

*Experienced* indicates the total number of caregivers, current and/or past.

# Among non-experienced caregivers, 1 in 5 expect to be caregivers in the future

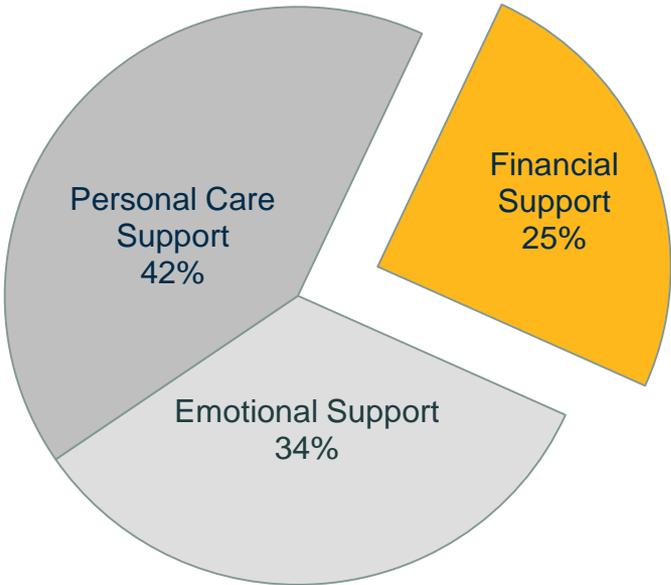


**BASE: All Qualified Respondents Who Are Not Experienced Caregivers (General Population n=638)**

**S2. Do you anticipate that you may need to provide care for someone in the future?**

# Americans define caregiving as some type of non-financial support rather than financial support

How Caregiving Is Defined  
(Mean Allocations for Each Type of Support)

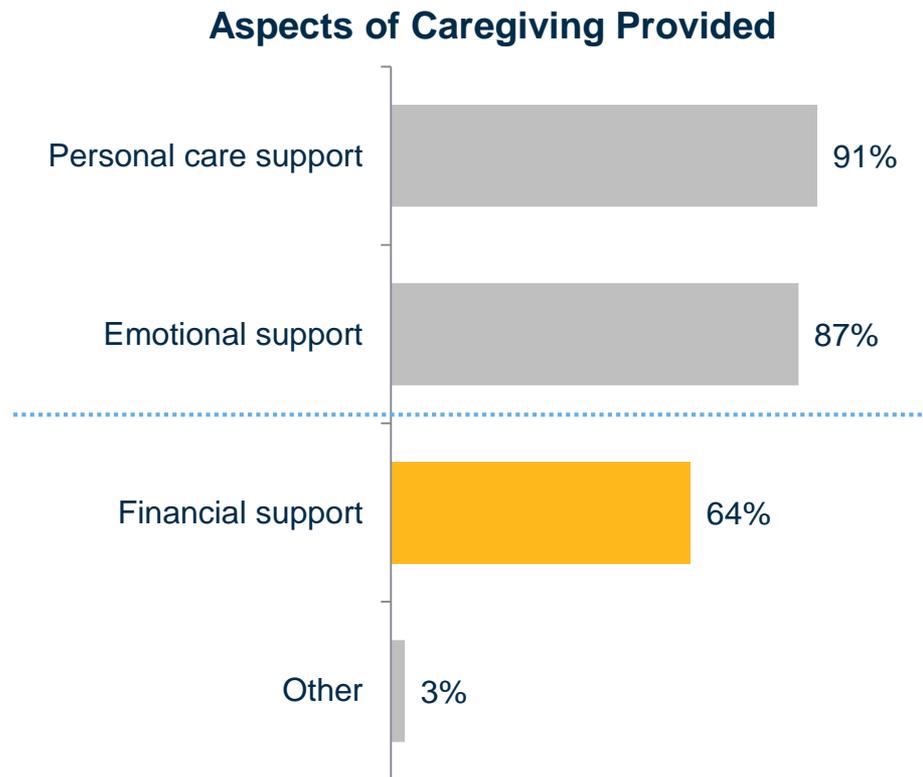


*Non-Financial Support includes both Emotional and Personal Care Support.*

**BASE: All Qualified Respondents (n= 1003)**

**E18.** What does caregiving mean to you in terms of the breakdown between financial and non-financial support?

# Despite underplaying the financial implications, nearly two-thirds of experienced caregivers provided financial support in their role as caregivers

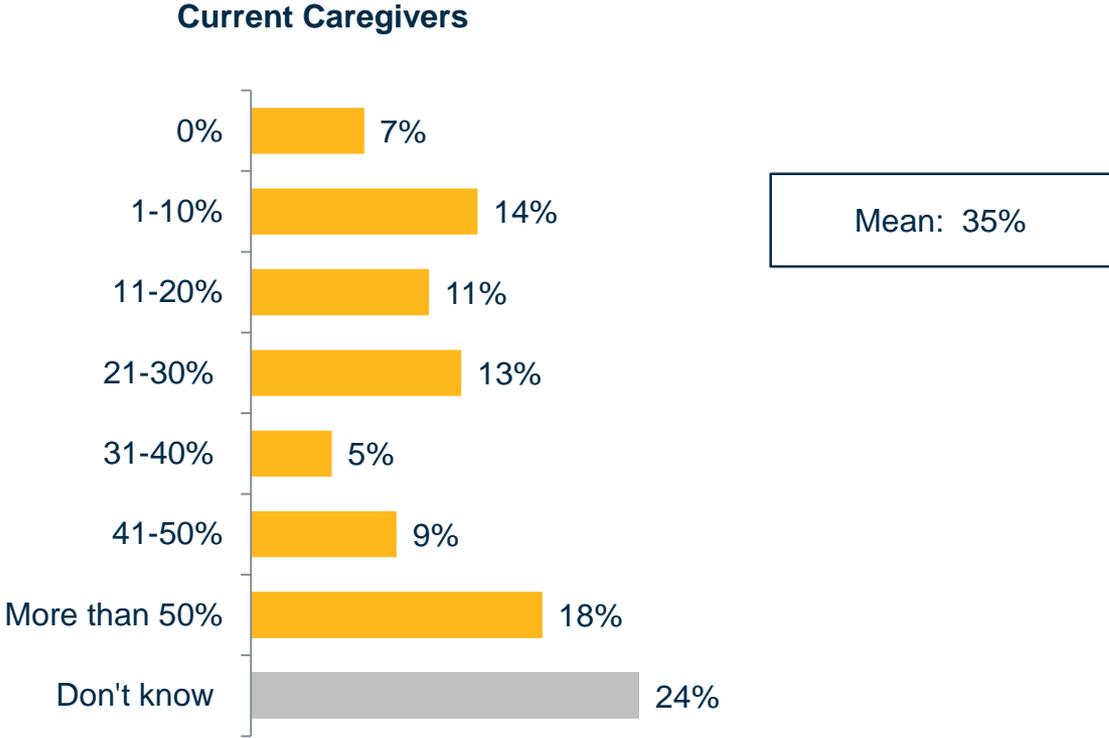


**BASE: All Qualified Experienced Caregivers (n=1,014)**

**E21.** In your role as a caregiver, which of the following aspects of care do you/have you provided?  
Please select all that apply.

# Caregiving could be costly. On average, more than one-third of current caregivers' monthly budget is allocated towards providing care

Percent of Monthly Budget Allocated for Caregiving



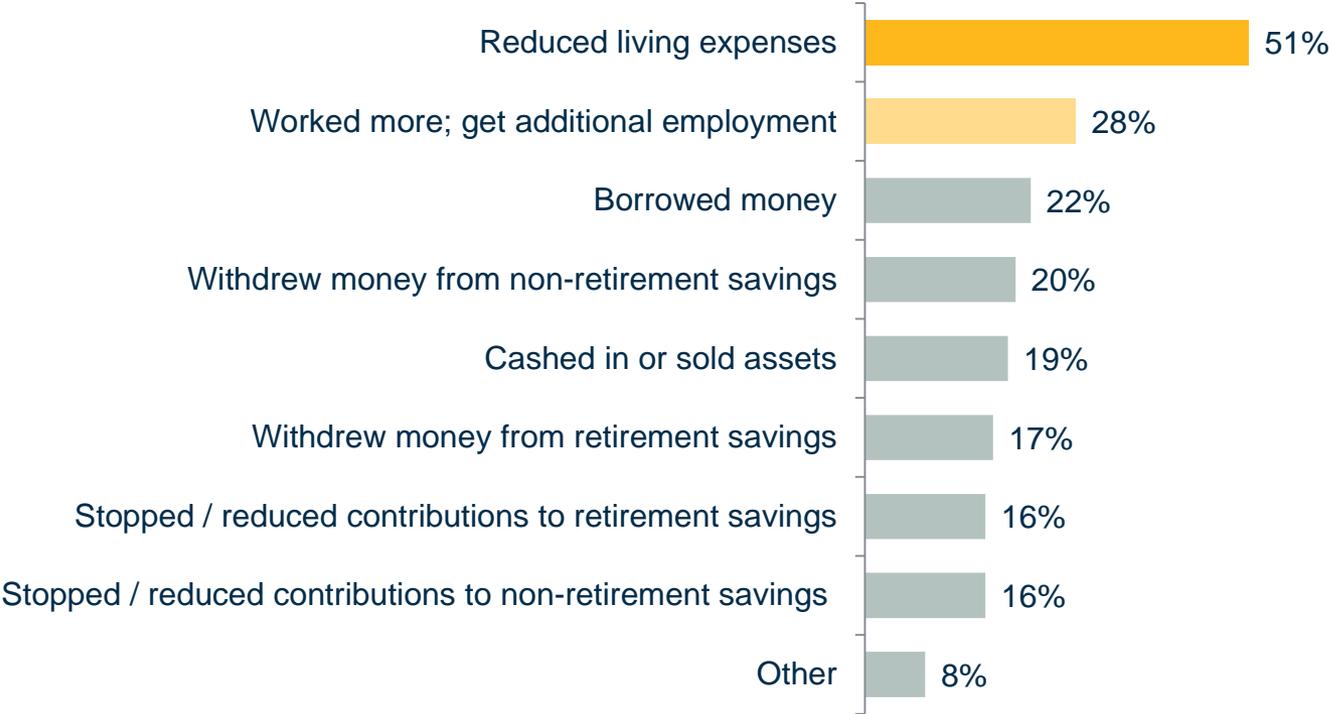
**BASE: All Qualified Current Caregivers (n=442)**

C6. Approximately what percentage of your current monthly budget goes to providing care for aging family members or friends? This may include costs to hire a caregiver and/or costs you incur for caregiving you do yourself.

# Half of experienced caregivers who incurred costs say they reduced living expenses; roughly 3 in 10 say they worked more to cover care costs

## Changes Due To Additional Cost of Providing Care

### Experienced Caregivers

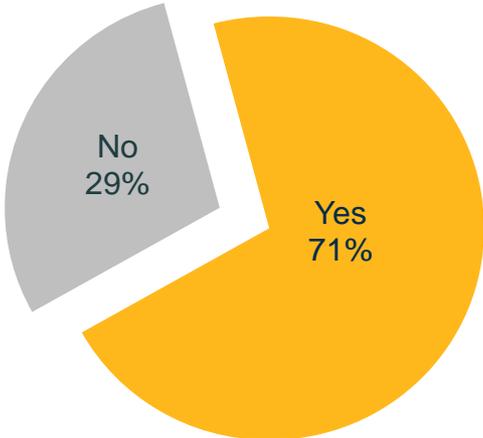


**BASE: All Qualified Experienced Caregivers Who Incur Costs Providing Care (n=488)**

**C16.** Which of the following, if any, have you experienced as a result of the additional costs of providing care?  
Please select all that apply.

# 7 in 10 future caregivers expect to personally incur costs to provide care, yet 6 in 10 say they are least equipped to handle the financial aspects of caregiving

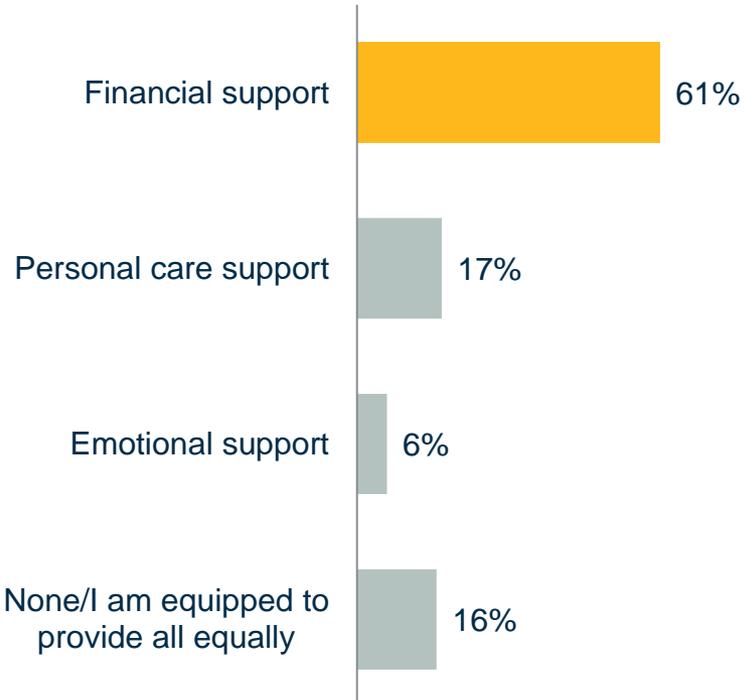
**Whether Anticipate Personally Incurring Costs**



**BASE: All Qualified Future Caregivers (n=157)**

**C12.** Do you expect to personally incur costs to provide care for an aging family member or friend?

**Category of Support Least Equipped to Provide**

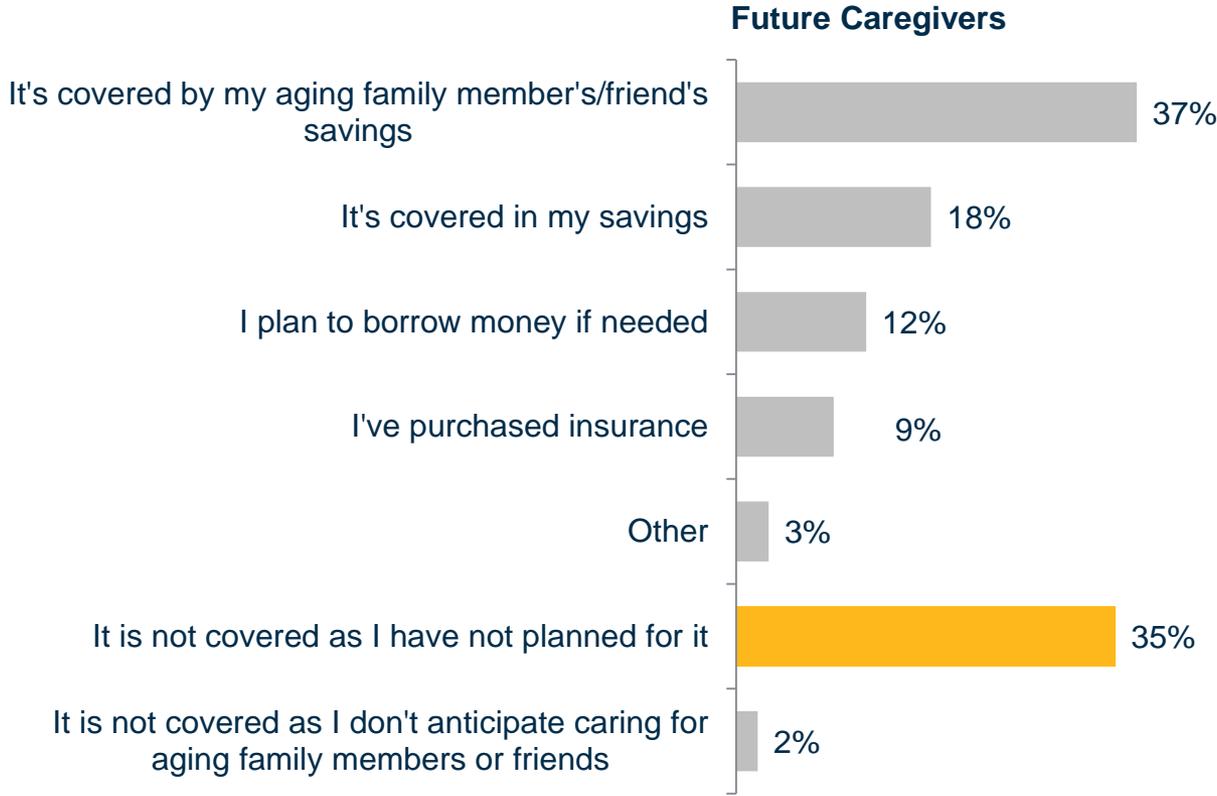


**BASE: All Qualified Future Caregivers (n=161)**

**E19.** Which category of support do you feel you are least equipped to provide? Again, this could be for anyone in your life who is – or could be – aging, ill or have special needs. Please select one.

# Despite anticipating financial costs, 1 in 3 future caregivers have taken no steps to prepare

## Addressing Potential Costs of Care in Savings/Financial Plan



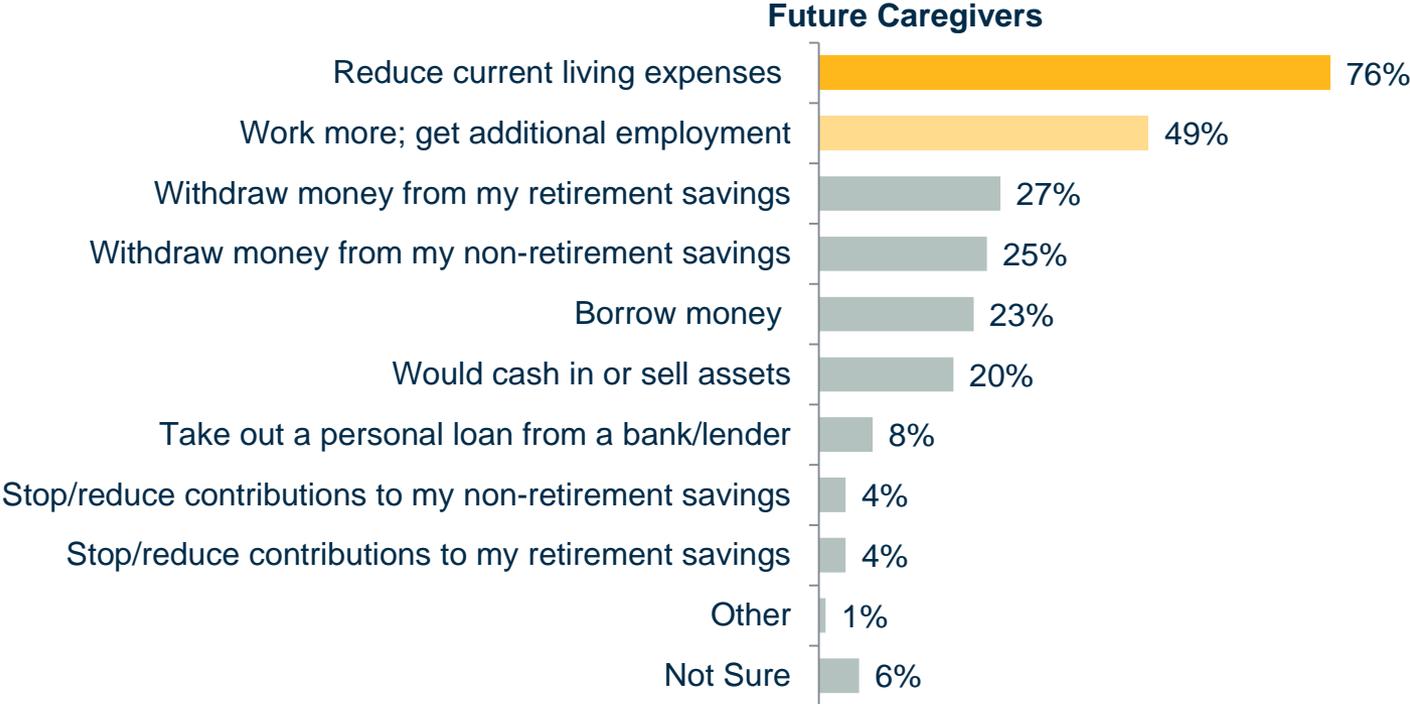
**BASE: All Qualified Future Caregivers (n=161)**

**C1. How is the potential cost of care for aging family members or friends addressed in your savings/financial plan?**

Please select all that apply.

# Most future caregivers who anticipate incurring costs say they will reduce expenses or work more to offset costs

Source of Additional Money to Provide Care



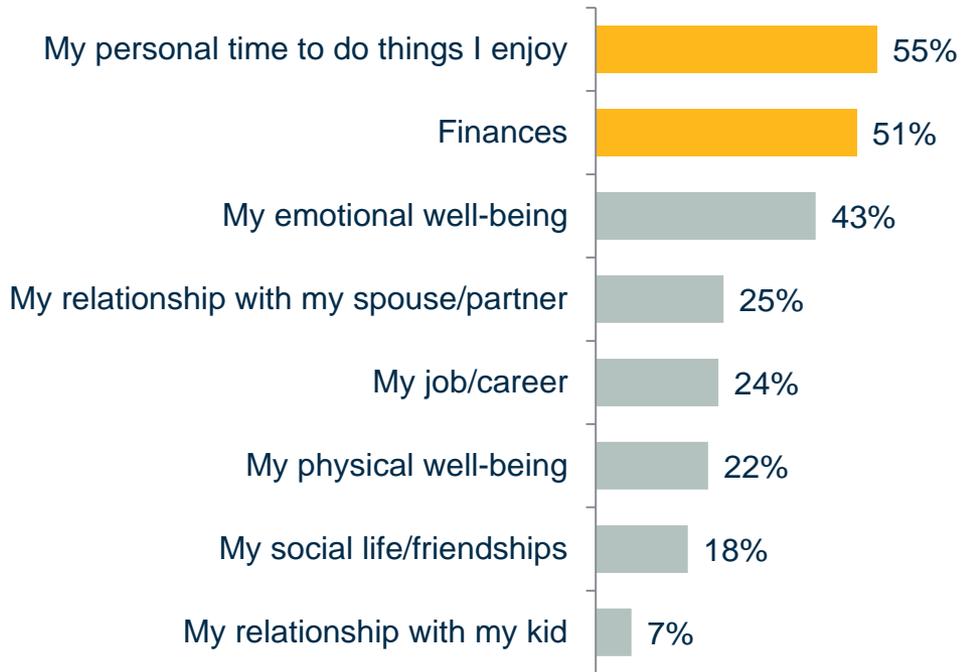
BASE: All Qualified Future Caregivers Who Anticipate Incurring Costs (n=94)

C13. Still thinking about any financial costs you would assume if you had to provide care, where would this additional money come from?  
Please select all that apply

# Aside from finances, future caregivers also expect caregiving to most profoundly impact their personal time

## Areas Impacted by Caregiving

### Future Caregivers



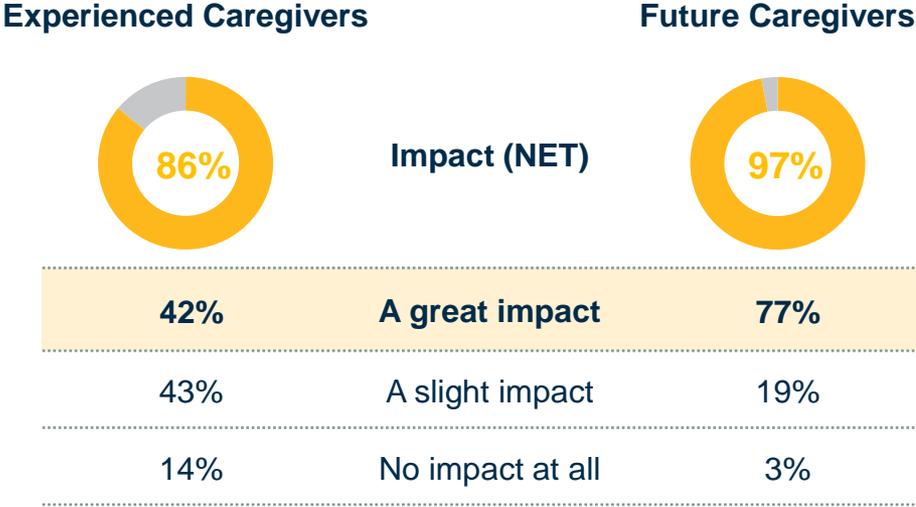
**BASE: All Qualified Future Caregivers Who Anticipate That Caregiving Will Impact Their Lifestyle (n=153)**

**C15. What areas of life do you expect caregiving to impact the most?**

Select up to three.

# Most experienced and future caregivers expect caregiving to affect their lifestyle

## Impact of Caregiving on Lifestyle



**BASE: All Qualified Future Caregivers (n=157)**

**C14.** What level of impact do you think providing care for an aging family member or friend would have on your lifestyle?

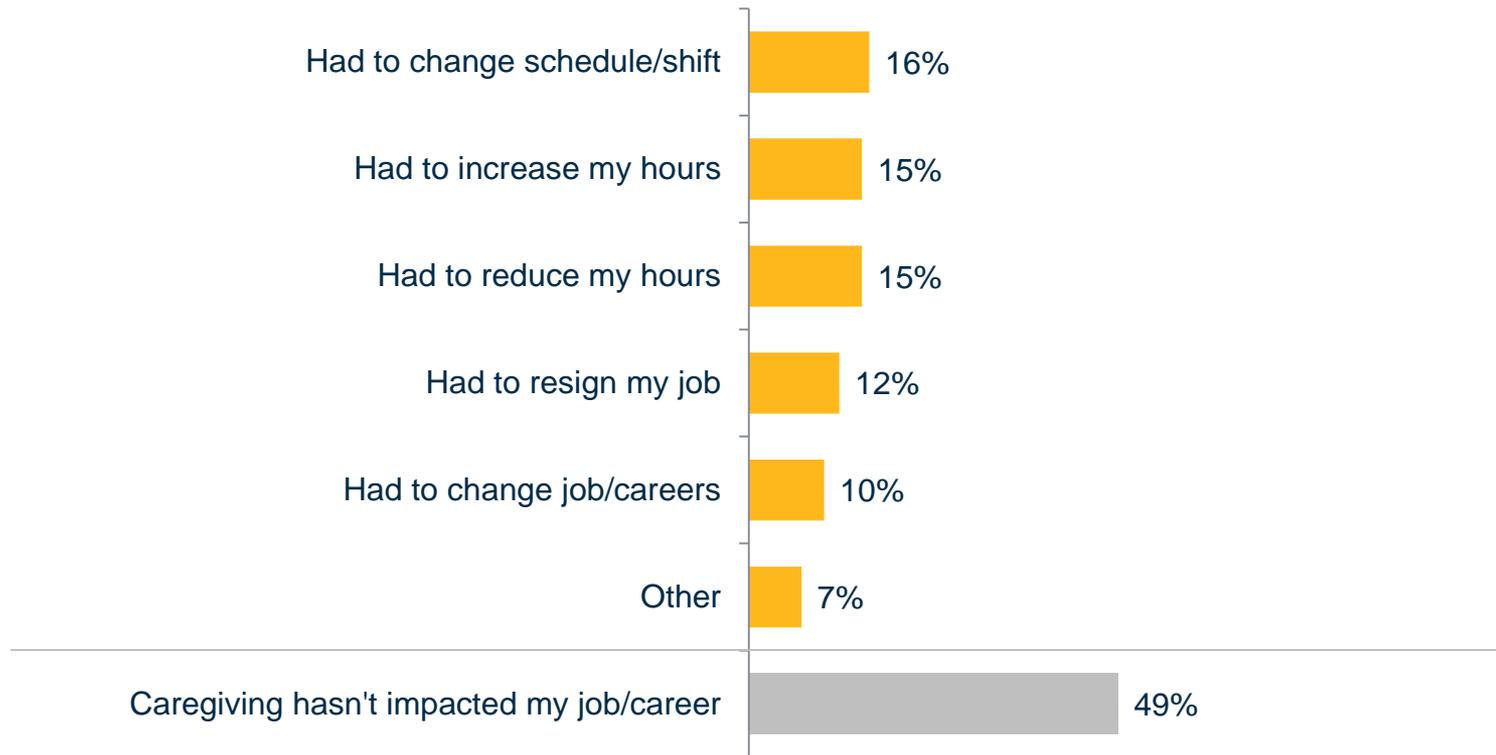
**BASE: All Qualified Experienced Caregivers (n=1,014)**

**C19.** What level of impact has providing care for an aging family member or friend had on your lifestyle?

# Half of experienced caregivers say caregiving has impacted their career/job in some way

## Impact of Caregiving on Job/Career

### Experienced Caregivers

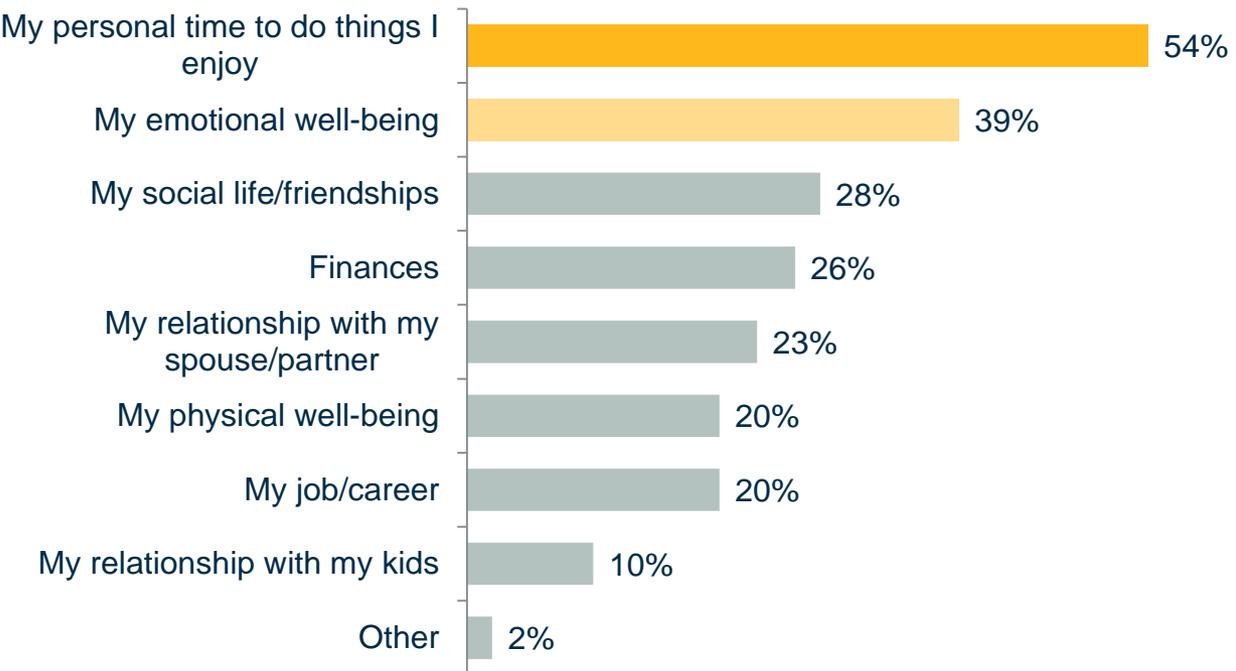


**BASE: All Qualified Experienced Caregivers (n=1,014)**

**C18. How has caregiving impacted your job/ career?**

# Experienced caregivers who say caregiving has affected their lifestyle most often report impacts to personal time and emotional well-being

Impact of Caregiving on Areas of Life  
Experienced Caregivers Who Are Impacted



**BASE: All Qualified Experienced Caregivers Whose Lifestyle Has Been Impacted By Caregiving (n=887)**

**C20. What areas of life did caregiving impact the most?**

Please select three.

# Despite the tolls of caregiving, many find their experiences gratifying

Frequency of Emotions as an Experienced Caregiver

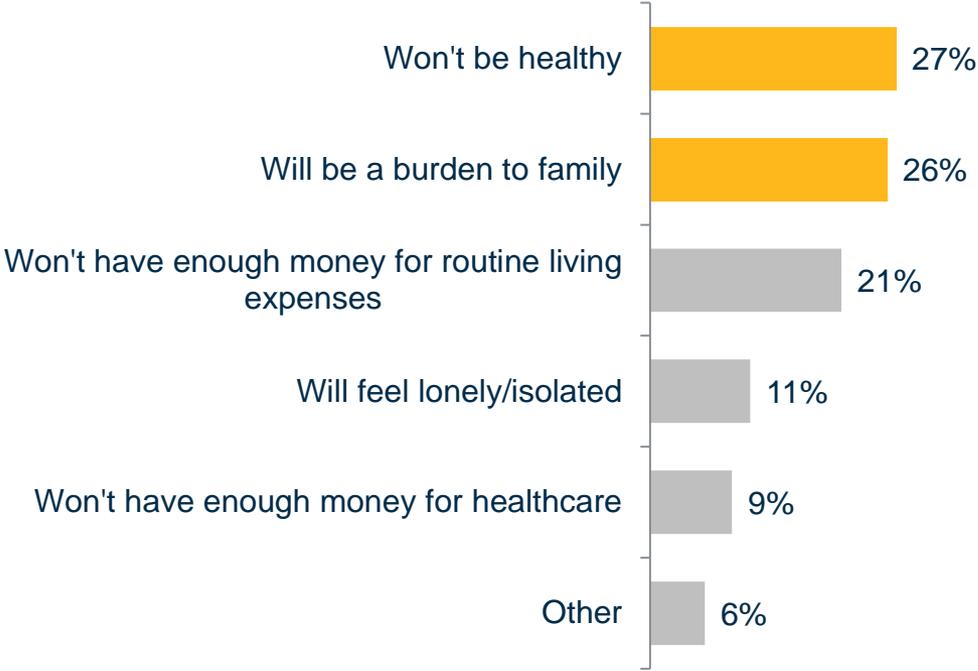


**BASE: All Qualified Experienced Caregivers (n=1014)**

E9. Below is a list of emotions you may experience as a caregiver. Please rate how often you've felt each of these emotions in your personal caregiving experiences.

# When considering their own longevity, Americans most fear poor health and burdening their families

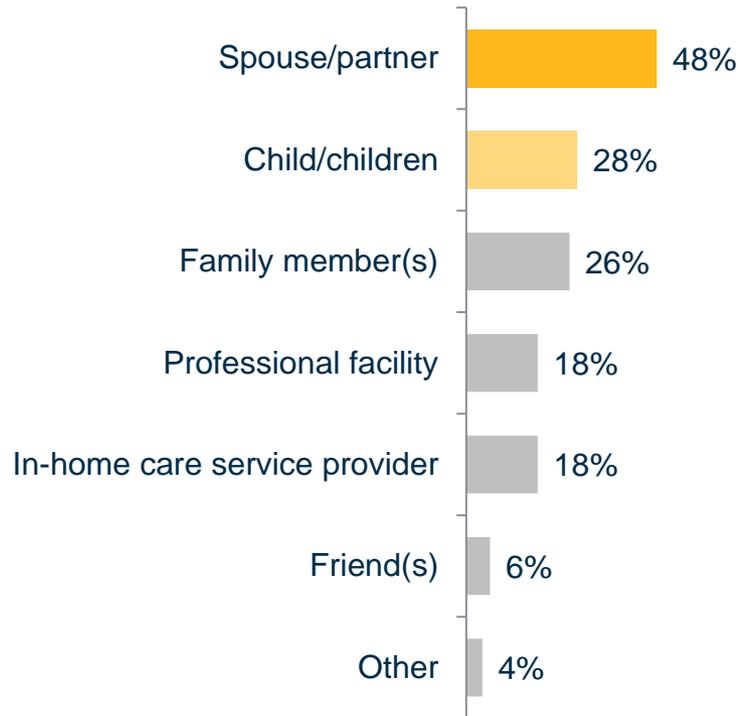
Greatest Fear about Living Longer



**BASE: All Qualified Respondents (n=1003)**  
**L1. What is your greatest fear about living longer?**  
Please select one.

# Half of Americans say that if they need care, they expect their spouse/partner to provide it...

## Likely Care Provider

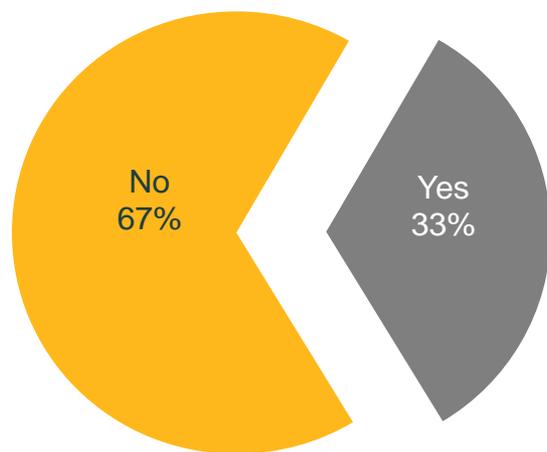


**BASE: All Qualified Respondents (n=1003)**

**L4.** If you were to need care, whom is most likely to provide it?  
Please select up to two.

# ...yet 2 out of 3 have not spoken to anyone about their care preferences and 7 in 10 Americans have not planned for their own long-term care needs

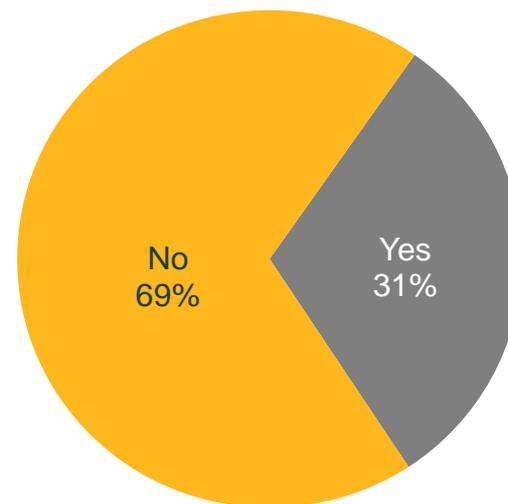
## Whether Discussed Care Preferences



**BASE: All Qualified Respondents (n=1003)**

L5. Have you spoken to anyone about your preferences for your own care?

## Whether Planned for Own Potential Long-Term Care



**BASE: All Qualified Respondents (n=1003)**

L2. Have you planned for your own potential long-term care needs when you may be dependent on other(s) to provide care for you?