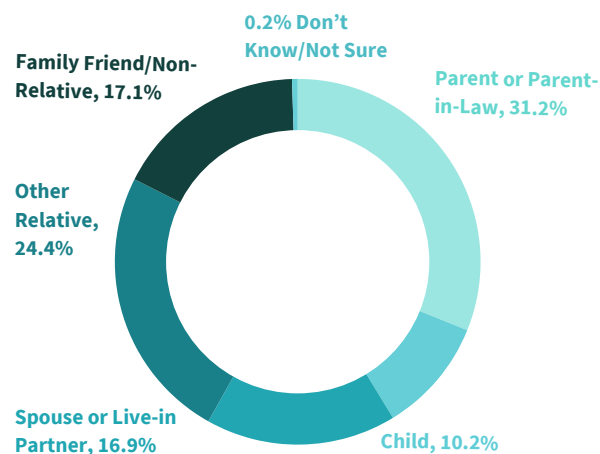


WHAT TO KNOW ABOUT Unpaid Caregivers in California

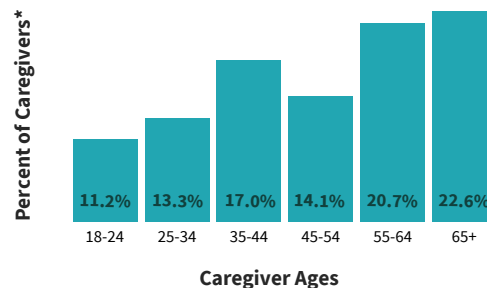


- **1 in 5 adults** in California are caregivers, providing essential care to family members or friends with disabilities or health challenges but are **not compensated** for their care work.
- **16% of caregivers** provide care for **40 hours or more per week**. Among these caregivers, **55% are not in paid employment**, highlighting the economic barriers faced by those providing unpaid care to family members and loved ones.
- **Nearly 60% of caregivers are women**. 47% of caregivers have been providing care for more than 2 years.
- **19%** of those who aren't caregivers **expect to become caregivers** in the next 2 years.

Nearly 1 in 3 (31%) of caregivers are caring for **their parent or parent-in-law**, nearly **17%** are caring for **their spouse or live-in partner**, and nearly **1 in 4 (24%)** are **caring for other relative(s)**.



California's older adult population (60 years and older) is expected to **grow rapidly** in the coming decades. This could potentially impact caregiver demographics in the future. Currently, **43% of California's caregivers are 55 years or older**.



*The percentages do not sum to 100% due to 1.2% of respondents indicating "don't know," refusing to answer, or having missing data.

- **34% of caregivers have a disability** themselves, adding to the challenges they may face in providing care while managing their own health needs.
- In California, an estimated **1,799,600 direct care job openings** will need to be filled by 2032, yet they remain vastly underpaid. Over **4,000 older adults and adults with disabilities** are waiting for a Medicaid waiver for home and community-based services. Additionally, there are no legal protections against discrimination for caregivers in the workforce, and there is a continuing need for inclusive family definitions in California's paid family leave policies. These factors highlight the need for support for California's caregivers.

To learn more about what's needed for an equitable care infrastructure for all of California's families see the Care Can't Wait [California's Care Voter Guide](#).

Unless otherwise noted, all numbers were calculated using data from the 2021 Behavioral Risk Factor Surveillance System (BRFSS) Survey.

