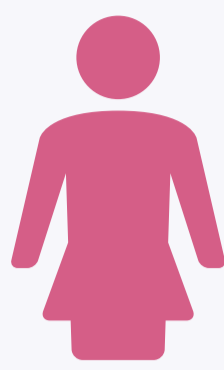


# LTC & Women

Long term care is truly a women's issue. Women make up the majority of our nation's caregivers and they often bear the burden of long term care's significant physical, financial and emotional demands. They are also largely impacted as long term care recipients.

## WOMEN OFTEN BECOME THE PRIMARY CAREGIVERS FOR ELDERLY FAMILY MEMBERS OR THEIR PARTNER



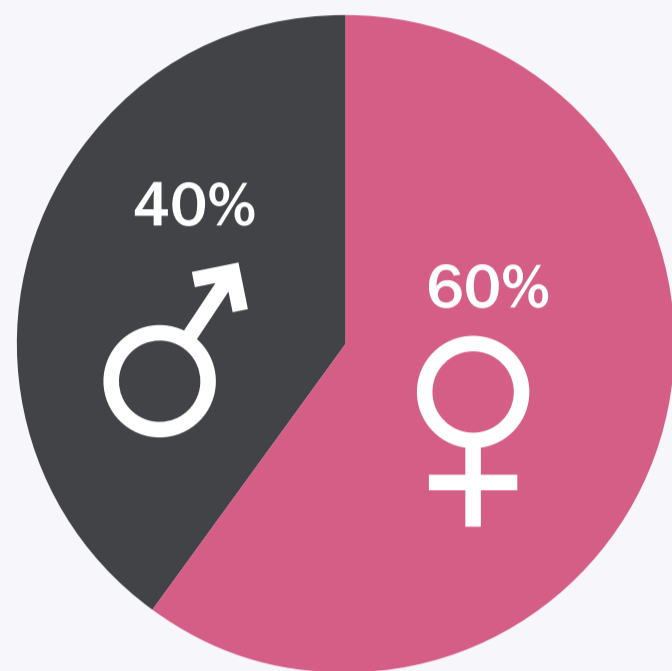
### AVERAGE CAREGIVER:

- Female
- 49 years old
- Cares for a parent/in-law
- Provides care 24 hours/week

1 in 10 caregivers is 75+



## OVERWHELMING MAJORITY OF CAREGIVERS ARE WOMEN

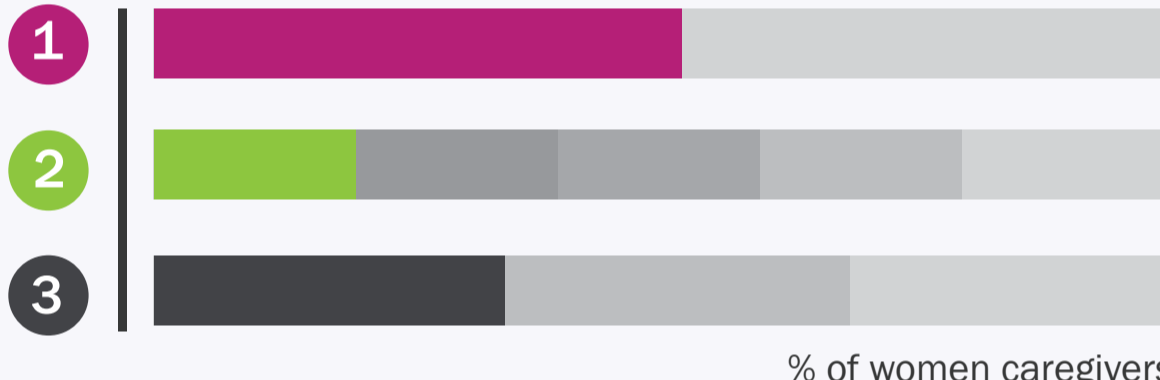


caregivers

- 28% of women currently provide care to a parent
- Women live longer than men
  - 81 yrs. for women to 76 yrs. for men
- Women age 65 can expect to live 20.5 more years; for men, 18 years
- Women accounted for 57% of the population age 65 and over and 2/3 of the population age 85+

## AS CAREGIVERS, WOMEN OFTEN MAKE CAREER CONCESSIONS AND SHOULDER STEEP FINANCIAL BURDENS

Women (50+) who leave the workforce to care for an ailing parent, spouse, or family member will lose \$324,044 in wages and Social Security benefits.



- 1 **55% of women caregivers** work full time
- 2 Some **20% of all female workers** are family caregivers
- 3 Nearly **one-third of working women** who provide intensive caregiving increase their odds of retiring earlier than planned.

## WOMEN OFTEN MAKE NUMEROUS CAREER CONCESSIONS DUE TO THE CONFLICTING DEMANDS OF WORK AND CAREGIVING, SUCH AS:

- Passing up a promotion, taking a leave of absence, going from full-time to part-time, leaving the workforce or retiring early
- 61% of all caregivers make concessions such as these

## OLDER WOMEN OFTEN HAVE FEWER RESOURCES TO PROVIDE OR PLAN FOR THEIR OWN LTC NEEDS



Older women (65+) are less likely to be married than older men.  
In 2014, 35% of older women were widows.

- Women need care longer than men (3.7 years to 2.2 years)
- The negative impact on a caregiver's retirement fund is approximately \$40,000 more for women than it is for men.
- Women who are family caregivers are 2.5 times more likely to than non-caregivers to live in poverty and five times more likely to receive Social Security.

- More than twice as many older women live alone than men (8.8 million women, 3.8 million men).
- Almost half of older women (46%) age 75+ live alone.



**Long term care is a women's issue. Talk about LTC planning today and be better prepared to handle long term care.**

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