

# Facts for Storytellers



**Family Caregiver:** someone who provides care in any capacity (physical, emotional, financial, etc.) to a family member, partner, or friend. Almost always unpaid.

**FACT:** 53 million Americans are caring for an adult loved one.

**Sandwich Generation Caregiver:** someone who is providing unpaid care for adult members of their family (i.e. parents or siblings) while also raising their own children.

**FACT:** There are currently 11 million Sandwich Generation caregivers in the U.S.

**Care Worker:** a skilled professional hired to care for someone, whether in a family home or institutional setting. Care work can include anything from help around the house to specialized medical care.

**FACT:** 61% of care workers are people of color, 87% are women, and 23.5% are immigrants.

**Long-Term Care:** care that extends over a long period of time, including supports and services for those with disabilities or those with chronic illness.

**FACT:** Most Americans who have long-term care needs are relying on unpaid support from family and friends.

**Home + Community Care:** care delivered in the home or community as opposed to an institution.

**FACT:** The overwhelming majority (88%) of Americans want to age at home.

**Collective Care:** sharing the responsibilities of caring for each other within a group or community.

**FACT:** Black Americans are most likely to see care as a community activity + responsibility.

**Care Squad / Care Team:** the multiple people working together to support an individual's care. Can include family caregivers alongside care workers.

## USE

“caregiver” instead of “caretaker”  
“older adult” instead of “senior”  
“aging” instead of “elderly”



For additional information on writing about care, please contact Lydia Storie: [lydia@caringacross.org](mailto:lydia@caringacross.org).