NOVEMBER IS

National Family Caregivers Month

63M
U.S. ADULTS ARE CAREGIVERS



70%
WORK IN ADDITION TO CAREGIVING



22%
REPORT TAKING ON MORE DEBT WHILE CAREGIVING



4M
ARE UNDER THE AGE OF 18



24%
CARE FOR TWO OR MORE PEOPLE



45%
EXPERIENCE MODERATE OR HIGH PHYSICAL STRAIN



2/3
REPORT MODERATE OR HIGH EMOTIONAL STRESS



5.5 YRS
AVERAGE DURATION OF CAREGIVING



FAMILY CAREGIVERS ARE OFTEN THE NEXT PATIENT.

This month (and every month), check in on the caregivers you encounter and connect them to free tools and resources from The Negative Space.

the negative space

LEARN MORE

www.thenegativespace.life

Source: Caregiving In the U.S. 2025, AARP Research Report