CAREGIVERS’ GREATEST CONCERNS
In addition to their concerns for the person they care for, unpaid caregivers’ top concerns for themselves were:

1. Well-being and health during COVID-19
   - 71% of caregivers were concerned about the person they care for being infected with COVID-19 and 54% of caregivers were worried about their own risk for COVID-19 infection.

2. Financial concerns
   - 29% of caregivers struggled to afford providing care, including nearly half of those who have lost jobs or income during the pandemic.

3. The need for and lack of access to respite care for the caregiver to provide a break from caregiving
   - 56% of organizations supporting unpaid caregivers cited lack of respite care as a top challenge for caregivers.

MANY CAREGIVERS DURING THE PANDEMIC...

- Suffer emotional, physical, and financial stress
- Worry about social isolation for themselves and their friend or family member
- Deny care for themselves and skip doctor’s appointments
- Fear the person they care for will get COVID-19
- Need more information on caregiving to keep the person they care for safe while managing their own stress
- Are learning on the job and have not received formal caregiving training

NORC, on behalf of the National Foundation of the Centers for Disease Control and Prevention (CDC Foundation) using funds from its donors and with technical assistance from the CDC, conducted a nationally representative survey, focus groups, stakeholder interviews and stakeholder survey, secondary data analysis of existing surveys of U.S. caregivers, and social data listening, to understand the needs and concerns of older adults and unpaid caregivers during COVID-19. An environmental scan was also conducted to explore strategies and interventions to support unpaid caregivers.