

Redefining the Modern Caregiver

Modern caregivers are younger, digitally savvy and juggling unpaid care responsibilities with a full-time or part-time job



Average age

42

with **36%** being
18- to 34-year-olds

Almost **evenly split** between
women and men

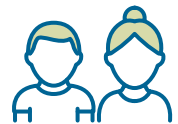
53%

47%



58%

have a **child** in
the household



24%

of caregivers
provide care for
both a **child** (under
the age of 18) and
an **adult** (over the
age of 18)



62%

married or
living with
their partner



64%

of caregivers
use **at least one**
digital tool to
help manage
their caregiving
responsibilities



54%

of caregivers are
employed full-time
or **part-time**

