

## LONG DISTANCE CAREGIVING STATISTICS

- **7 million** Americans provide **80%** of the care to ailing or vulnerable family members.
- There are approximately **3.3 million** long distance caregivers.
- Caregivers live an average of **480 miles** from the people for which they care.
- Caregivers spent an average of **4 hours** traveling to that person.
- Caregivers, on average, spent **35 hours** of care each month (less than one work week).
- **15 million days** are missed from work each year because of long distance Caregiving.
- The average age of a long distance caregiver is **46 years old**.
- The number of long distance caregivers will **DOUBLE** over the next **15 years**.
- The average age of the care recipient is **78 years old**.

Source: Long Distance Caregiver Project – Alzheimer’s Association LA & Riverside, Los Angeles, CA (May 15, 2002, National Web Seminar by Judith Delaney, MFT, Clinical Coordinator)

For information on the programs and services available in your aging parent or older adult loved one’s area – Nationwide call toll free:

**ELDERCARE LOCATOR**  
**1-800-677-1116**