

EMPLOYEE CAREGIVING FACT SHEET

Nearly 1 in 5 employees are also acting as unpaid caregivers.

The data speaks for itself: employee caregivers can no longer be ignored.

Data from the second annual Employee Caregiving Survey conducted by [Homethrive](#) via a third-party survey provider in August 2022.

Caregiving is time-consuming and distracting.

Caregivers spend time grocery shopping, driving to doctor appointments and other services, performing housekeeping tasks, arranging or preparing meals, and assisting with medications.

49%

Nearly half of respondents say they spend **9+ hours** performing caregiving work each week.

Caregiving is a multi-year commitment.

Caregivers who also work report caring for their loved one for multiple years, often resulting in chronic stress related to caregiving, which impacts their physical and mental well-being.

70%

Over two-thirds of respondents have had caregiving responsibilities for **3 years or more**.

Caregiving responsibilities can negatively impact work.

Caregiving responsibilities can't wait until the workday is over.

30%

Respondents report leaving work early, missing days of work, rearranging work schedules, responding to calls or emergencies during work hours and/or using breaks or lunch times to complete caregiving responsibilities.

56%

More than half of respondents (56%) worry their caregiving responsibilities will negatively impact their job performance.

There's a disconnect between supply and demand for caregiver support.

The need for employee benefits that support caregivers is growing.

64%

Nearly two thirds of respondents would like their employer to offer caregiver support benefits,

85%

The majority of respondents would take advantage if they caregiver support benefits if they were offered.

33%

Only a third of respondents have access to caregiver support benefits through their employer.

Employees are becoming more vocal about caregiving.

Companies continue to realize the importance of openly talking about caregiving in the workplace.

65%

Compared to results from the 2021 survey, there was a 65% increase in the number of employees who have spoken with their supervisors about their caregiving responsibilities.

Supervisors remain less supportive than hoped.

Leaders have become more understanding of employees' caregiving responsibilities. However, about half of those surveyed still report their supervisors are only somewhat or not at all understanding.

53%

About half of employees report that their supervisors are "very understanding" of their caregiving role.

Learn more about creating caregiver-friendly workplaces in our free toolkit at

caregiverdoc.com/work

UNSEEN
How We're Failing Parent
Caregivers & Why It Matters

homethrive