

Paid Sick Days Benefit Older Americans & Their Caregivers

OLDER AMERICANS HAVE INCREASED HEALTH CARE NEEDS

- **A large proportion of the U.S. population will be elderly in the near future.** In 2004, 36.6 million Americans were age 65 or older (12 % of the total population). By 2030, 71.5 million, or 20% of the total population will be 65 or older.ⁱ
- **Many older Americans work and need time off for health reasons.** Roughly *half* of Americans 65 years of age and older participate in the labor force. Many of these workers require time away from work to care for their own health or the health of a family member.ⁱⁱ

WORKING FAMILIES NEED TIME TO CARE FOR OLDER RELATIVES OR SPOUSES

- **More workers will be providing elder care.** Thirty-five percent of workers, both women and men, report they have cared for an older relative in the past year, and the responsibilities for caregiving will increase as Baby Boomers age.ⁱⁱⁱ In addition, recent research has found that there is a shortage of paid caregivers in the U.S., and more and more family members providing care for older people.^{iv}
- **Many working Americans face work-related challenges and suffer financially due to their caregiving roles.** More than one-third of working Americans with elder care responsibilities were required to take time away from work or reduce their hours to provide care.^v

For more information on caregiving and eldercare, contact the Family Caregiver Alliance National Center on Caregiving at 415-434-3388 or 800-445-8106, or visit their website at <http://www.caregiver.org/caregiver/jsp/home.jsp>

ⁱ Department of Health and Human Services, Administration on Aging, *Statistics on the Aging Population, 2006*.

ⁱⁱ AARP Public Policy Institute, *Update on the Aged 55+ Worker, 2005*.

ⁱⁱⁱ Families and Work Institute, *Highlights of the 2002 National Study of the Changing Workforce, 2002*.

^{iv} Lawrence Schmieding, The Caregiving Project for Older Americans, a joint collaboration of the International Longevity Center-USA (ILC-USA) and the Schmieding Center for Senior Health & Education (SCSHE), *Caregiving In America, 2006*.

^v Families and Work Institute, *Highlights of the 2002 National Study of the Changing Workforce, 2002*.