

More than **1 in 5 Americans** are caregivers¹

Caregiving can be a rewarding yet demanding situation that can impact our work, life, health, and money.

And **2 out of 3** caregivers are women²



Understand the hidden cost of caregiving



Or scan to learn more

1. AARP and National Alliance for Caregiving. Caregiving in the United States 2020. Washington, DC: AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>
2. CDC, Women, Caregiving, and COVID-19, June 2021