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UNPAID ELDERCARE IN THE UNITED STATES — 2023-2024 **DATA FROM THE AMERICAN TIME USE SURVEY**

Fourteen percent of the civilian noninstitutional population age 15 and over, or 38.2 million people, provided unpaid eldercare, the U.S. Bureau of Labor Statistics reported today. A little over one-fourth (28 percent) of eldercare providers engaged in unpaid eldercare on a given day, spending an average of 3.9 hours providing this care. These estimates are averages for the 2-year period of 2023-24.

Eldercare providers are defined as individuals who provide unpaid care to someone age 65 or older who needs help because of a condition related to aging. This care can be provided to household or nonhousehold members, as well as people living in retirement homes or assisted care facilities. Eldercare can involve a range of care activities, such as assisting with grooming, preparing meals, and providing transportation. Eldercare also involves providing companionship or being available to assist when help is needed, and thus it can be associated with nearly any activity.

Information about eldercare providers and the time they spend providing care are collected as part of the American Time Use Survey (ATUS). The ATUS is a continuous household survey that provides estimates on how people spend their time. For a description of ATUS data, concepts, and methodology, see the Technical Note.

Eldercare providers in 2023-24

- Of the 38.2 million eldercare providers in the civilian noninstitutional population age 15 and over, the majority (55 percent) were women. (See table 1.)
- Individuals ages 55 to 64 (24 percent) and 45 to 54 (19 percent) were the most likely to provide eldercare, followed by those ages 65 and over (17 percent). (See table 1.)
- Fifty percent of eldercare providers had provided this care for 2 years or less, while 14 percent had provided care for 10 years or more. (See table 2.)
- Over one-half of eldercare providers provided care at least several times a week (52 percent), and one-quarter provided care daily. (See table 2.)
- Almost half of eldercare providers cared for a parent (47 percent). Those ages 35-64 were more likely than those in other age groups to care for a parent, while those ages 25-34 were more likely to care for a grandparent. (See table 3.)

- Nineteen percent of eldercare providers cared solely for someone with whom they lived, and 79 percent cared solely for someone with whom they did not live. (See table 2.)

Time spent providing eldercare in 2023-24

- On a given day, a little over one-fourth (28 percent) of eldercare providers engaged in eldercare. They spent an average of 3.9 hours in caregiving activities on days they provided care. (See table 4.)
- Compared with those in other age groups, eldercare providers who were ages 65 and older were the most likely to provide care on a given day (40 percent). On days they provided care, they spent 4.9 hours doing so. (See table 4.)
- Those who provided eldercare for someone solely in their household were more than three times as likely to provide eldercare on a given day than those who provided care solely for someone living in another household—64 percent compared with 18 percent. They also spent more time providing this care on an average day—3.2 hours compared to 32 minutes a day. (See table 4.)
- Eldercare providers who cared solely for a parent spent 1.1 hours per day providing eldercare on an average day. (See table 4.)
- Providers who were not employed were more likely than providers who were employed to provide care on an average day—38 percent compared to 21 percent. Those who were not employed also spent more time providing eldercare (4.8 hours) than employed providers (2.8 hours) on days they provided care. (See table 4.)
- Among eldercare providers, women and men were about equally likely to provide eldercare on a given day—29 percent of female eldercare providers and 26 percent of male eldercare providers engaged in eldercare activities on an average day. On days they provided care, they spent about the same amount of time providing this care (4.0 hours for women and 3.8 hours for men). (See table 4.)

Eldercare activities in 2023-24

- On days they provided care, 42 percent of eldercare providers engaged in caregiving associated with household activities, spending on average 53 minutes per day in these activities. This includes providers who engaged in eldercare associated with food preparation and cleanup (33 percent) and those who provided eldercare associated with housework (15 percent). (See table 5.)
- Thirty-nine percent of eldercare providers engaged in caregiving associated with leisure and sports on days they provided care, spending 1.3 hours per day in these activities. This includes 22 percent of eldercare providers who engaged in eldercare associated with socializing and communicating, spending 25 minutes per day in these activities. (See table 5.)
- On days they provided care, 23 percent of eldercare providers engaged in caring activities associated with physical care, providing and obtaining medical care, and in helping activities such as assistance with shopping, cooking, house maintenance, and pet care for adults living in another household. (See table 5.)

Eldercare providers who were parents with children under age 18 living at home in 2023-24

- There were 7.6 million eldercare providers who were parents of children living at home. Of these parents, one-third (33 percent) had a child under age 6, and the remainder (67 percent) were parents whose youngest child was between the ages of 6 and 17. (See table 9.)
- Fifty-five percent of eldercare providers who were parents of children living at home provided care for their own parent. These people sometimes are described as members of the “sandwich generation,” because they are in between two generations that require care. (See table 9.)
- Most (86 percent) eldercare providers who were parents were employed, and 72 percent were employed full time. Eighty-four percent of fathers were employed full time, compared with 60 percent of mothers. (See table 9.)
- Fourteen percent of eldercare providers who were parents had no spouse or unmarried partner present in the household. (See table 9.)
- Eldercare providers who were parents were less likely to provide daily care than the overall population of eldercare providers (16 percent compared with 25 percent) but just as likely to provide care several times a week (27 percent). (See tables 2 and 9.)
- On a given day, 18 percent of eldercare providers who were also parents of children living at home engaged in eldercare. On days they provided eldercare, they spent 2.4 hours doing so. (See table 4.)

Technical Note

The estimates in this news release are from the American Time Use Survey (ATUS). The ATUS, which is conducted by the U.S. Census Bureau for the Bureau of Labor Statistics (BLS), is a continuous survey about how individuals age 15 and over spend their time. In the 2-year period of 2023–24, approximately 16,000 individuals were interviewed for the ATUS; of these, approximately 2,500 individuals were identified as eldercare providers. Data for the combined years of 2023–24 were used to facilitate a more in-depth analysis of eldercare.

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Survey methodology

ATUS sample households are chosen from the households that completed their eighth (final) interview for the Current Population Survey (CPS), the nation's monthly labor force survey. ATUS sample households are selected to ensure that estimates will be nationally representative of the civilian noninstitutional population. One individual age 15 or over—referred to as the designated person—is randomly chosen from each sampled household. This person is interviewed by telephone once about his or her activities on the day before the interview.

All ATUS interviews are conducted using Computer Assisted Telephone Interviewing. Procedures are in place to collect information from the small number of households that did not provide a telephone number during the CPS interview.

ATUS designated people are preassigned a day of the week about which to report. Preassignment is designed to reduce variability in response rates across the week and to allow oversampling of weekend days so that accurate weekend day measures can be developed. Interviews occur on the day following the assigned day. For example, a person assigned to report about a Monday would be contacted on the following Tuesday. Ten percent of designated people are assigned to report about each of the five weekdays. Twenty-five percent are assigned to report about each weekend day. Households are called for up to 8 consecutive weeks (for example, 8 Tuesdays) in order to secure an interview.

About the questionnaire

In the time diary portion of the ATUS interview, survey respondents sequentially report activities they did between 4 a.m. on the day before the interview until 4 a.m. on the day of the interview. For each activity, respondents are asked how long the activity lasted. For activities other than personal care activities (such as sleeping and grooming), interviewers also ask respondents where they were and who was in the room with them (if at home) or who accompanied

them (if away from home). If respondents report doing more than one activity at a time, they are asked to identify which one was their main activity. If none can be identified, the interviewer records the first activity mentioned. After completing the time diary, interviewers ask additional questions, including questions to identify eldercare providers and activities done as eldercare. Questions on eldercare were added to the survey in 2011.

After completing the interview, activity descriptions are assigned a single 6-digit code using the ATUS Coding Lexicon. The 3-tier coding system consists of 17 major activity categories, each with multiple second- and third-tier subcategories. These coding lexicon categories are then combined into composite categories for publication. Descriptions of categories shown in this news release can be found in the Activity definitions section of this Technical Note. The ATUS Coding Lexicons can be accessed at www.bls.gov/tus/lexicons.htm.

Concepts and definitions

Average day. The average day measure reflects an average distribution across all people in the reference population and all days of the week.

Average hours per day. The average number of hours spent in a 24-hour day (between 4 a.m. on the diary day and 4 a.m. on the interview day) doing a specified activity.

- *Average hours per day, population.* The average number of hours per day is computed using all responses from a given population, including those of respondents who did not do a particular activity on their diary day. These estimates reflect how many population members engaged in an activity and the amount of time they spent doing it.
- *Average hours per day, people who did the activity.* The average number of hours per day is computed using only responses from those who engaged in a particular activity on their diary day.

Condition related to aging. An ongoing ailment or physical or emotional limitation that typically affects older people, such as becoming more frail; having difficulty seeing, hearing, or physically moving; becoming more forgetful; tiring more quickly; or having specific medical ailments that are more common among older adults. It also refers to existing conditions that become progressively worse as one ages.

Diary day. The diary day is the day about which the respondent reports. For example, the diary day of a respondent interviewed on Tuesday is Monday.

Eldercare. Eldercare is providing unpaid care or assistance to an individual who needed help because of a condition related to aging. This care can be provided by a family member or non-family member. Care can be provided in the recipient's home, the provider's home, or a care facility such as a nursing home.

Eldercare can involve a range of care activities, such as assisting with grooming and feeding, preparing meals, arranging medical care, and providing transportation. Eldercare also can involve providing companionship or being available to assist when help is needed, and thus it can be associated with nearly any activity.

Estimates of the time spent providing eldercare are derived by summing the durations of activities during which respondents provided care or assistance for an adult who needed help because of a condition related to aging. These estimates never include times the respondent reported sleeping, grooming, or engaging in personal care services.

Eldercare provider. An individual who provided eldercare more than one time in the 3 to 4 months prior to the interview day. The time frame varies slightly by respondent because the question asks about care provided between the first day of a given reference month and the interview day. Estimates are restricted to eldercare providers caring for at least one person age 65 or older.

Employment status

- *Employed.* All people who:
 - 1) At any time during the 7 days prior to the interview did any work at all as paid employees, or worked in their own business, profession, or on their own farm; or
 - 2) Were not working during the 7 days prior to the interview but had jobs or businesses from which they were temporarily absent because of illness, bad weather, vacation, childcare problems, labor-management disputes, maternity or paternity leave, job training, or other family or personal reasons, whether or not they were paid for the time off or were seeking other jobs; or
 - 3) Usually worked 15 hours or more as unpaid workers in a family-operated enterprise.
- *Employed full time.* Full-time workers are those who usually worked 35 or more hours per week at all jobs combined.
- *Employed part time.* Part-time workers are those who usually worked fewer than 35 hours per week at all jobs combined.

- *Not employed.* People are not employed if they do not meet the conditions for employment. People who are not employed include those classified as unemployed as well as those classified as not in the labor force (using CPS definitions).

Household children. Household children are children under age 18 residing in the household of the ATUS respondent. The children may be related to the respondent (such as his or her own children, grandchildren, nieces or nephews, or brothers or sisters) or not related (such as foster children or children of roommates or boarders).

Primary activity. A primary activity is the main activity a respondent was doing at a specified time.

Weekday, weekend, and holiday estimates. Estimates for weekdays are an average of reports about Monday through Friday, excluding holidays. Estimates for weekend days and holidays are an average of reports about Saturdays, Sundays, and the following holidays: New Year's Day, Easter, Memorial Day, the Fourth of July, Labor Day, Thanksgiving Day, and Christmas Day. Data were not collected about New Year's Day in 2023.

Activity definitions

The following definitions describe the activities associated with eldercare appearing in this news release. These are diary activities that survey respondents identified as ones during which they had provided care or assistance for an adult who needed help because of a condition related to aging.

Eating and drinking. All time spent eating or drinking (except eating and drinking done as part of a work or volunteer activity) is classified here.

Household activities. Household activities are activities done by people to maintain their households. These include housework; cooking; lawn and garden care; pet care; vehicle maintenance and repair; home maintenance, repair, decoration, and renovation; and household management and organizational activities (such as filling out paperwork or planning a party). Food preparation, whether or not reported as done specifically for another household member, is always classified as a household activity unless it was done as a volunteer, work, or income-generating activity, or when done for a nonhousehold member.

Purchasing goods and services. This category includes time spent obtaining, receiving, and purchasing consumer goods, professional services, household services, and government services. Consumer purchases include most purchases and rentals of consumer goods. Professional services refer to financial services and banking, legal services, medical and adult care services, real estate services, and veterinary services. Household services include

housecleaning; cooking; lawn care and landscaping; pet care; tailoring, laundering, and dry cleaning; vehicle maintenance and repairs; and home repairs, maintenance, and construction. This category also captures the time spent obtaining government services—such as applying for food stamps—and purchasing government-required licenses or paying fines or fees.

Caring for and helping household members. Time spent doing activities to care for members of the household, regardless of relationship to the respondent or the physical or mental health status of the person being helped, is classified here. This category includes a range of activities done to benefit members of households, such as providing physical and medical care or obtaining medical services.

Caring for and helping nonhousehold members. This category includes time spent in activities done to care for or help individuals who do not live in the household. When done for or through an organization, time spent helping nonhousehold members is classified as volunteering, rather than as helping nonhousehold members.

Working and work-related activities. This category includes time spent working, doing activities as part of one's job, engaging in income-generating activities not as part of one's job, and job search activities. "Working" includes hours spent doing the specific tasks required of one's main or other job, regardless of location or time of day. "Work-related activities" include activities that are not obviously work but are done as part of one's job, such as having a business lunch and playing golf with clients. "Other income-generating activities" are those done "on the side" or under informal arrangement and are not part of a regular job. Such activities might include selling homemade crafts, maintaining a rental property, or having a yard sale. These activities are those for which people are paid or will be paid.

Organizational, civic, and religious activities. This category captures time spent volunteering for or through an organization, performing civic obligations, and participating in religious and spiritual activities.

Leisure and sports. The leisure and sports category includes time spent in sports, exercise, and recreation; socializing and communicating; and other leisure activities. Sports, exercise, and recreation activities include participating in—as well as attending or watching—sports, exercise, and recreational activities. Recreational activities include yard games like croquet or horseshoes, as well as activities like billiards and dancing. Socializing and communicating includes face-to-face social communication and hosting or attending social functions. Leisure activities include watching television; reading; relaxing or thinking; playing computer, board, or card games; using a computer or the Internet for personal interest; playing or listening to music; and other activities, such as attending arts, cultural, and entertainment events.

Telephone calls, mail, and e-mail. This category captures time spent in telephone communication and handling household or personal mail or e-mail. This category also includes texting and Internet voice and video calling.

Traveling. This category includes all travel, regardless of mode or purpose, as well as security procedures related to traveling.

Other activities, not elsewhere classified. This is a residual category intended to capture activities not elsewhere classified in each table. These might be ambiguous activities that could not be coded, missing activities, or activities that occurred very infrequently. Missing activities result when respondents do not remember what they did for a period of time, or when they consider an activity too private or personal to report. This category includes a small amount of time that was spent in educational activities, as no educational activities category appears in the tables.

Processing and estimation

After ATUS data are collected, they go through an editing and imputation procedure. Responses to CPS questions that are re-asked in the ATUS go through the regular CPS edit and imputation procedures. Some item nonresponses for questions unique to the ATUS also are imputed.

ATUS records are weighted quarterly to reduce bias in the estimates due to differences in sampling and response rates across subpopulations and days of the week. Specifically, the data are weighted to ensure the following:

- Weekdays represent about 5/7 of the weighted data, and weekend days represent about 2/7 of the weighted data for the population as a whole and for selected subpopulations. The actual proportions depend on the number of weekdays and weekend days in a given quarter.
- The sum of the weights is equal to the number of person-days in the quarter for the population as a whole and for selected subpopulations (the population times the number of days in the quarter).

Reliability of the estimates

Statistics based on the ATUS are subject to both sampling and nonsampling error. When a sample, rather than the entire population, is surveyed, estimates differ from the true population values they represent. The component of this difference that occurs because samples differ by chance is known as *sampling error*, and its variability is measured by the standard error of the estimate.

Sample estimates from a given survey design are unbiased when an average of the estimates from all possible samples would yield, hypothetically, the true population value. In this case, the sample estimate and its standard error can be used to construct approximate confidence intervals, or ranges of values that include the true population value

with known probabilities. If the process of selecting a sample from the population were repeated many times, an estimate made from each sample, and a suitable estimate of its standard error calculated for each sample, then approximately 90 percent of the intervals from 1.645 standard errors below the estimate to 1.645 standard errors above the estimate would include the true population value. BLS analyses are generally conducted at the 90-percent level of confidence.

The ATUS data also are affected by *nonsampling error*, which is the average difference between population and sample values for samples generated by a given process. Nonsampling error can occur for many reasons, including the failure to sample a segment of the population, inability to obtain information for all respondents in the sample, inability or unwillingness of respondents to provide correct information, and errors made in the collection or processing of the data. Errors also could occur if nonresponse is correlated with time use.

Nonsampling error and eldercare. Eldercare done for a spouse or partner may be underreported, especially when the care provided has only recently become necessary. For example, a survey respondent who has always prepared the family dinner may not view cooking as an eldercare activity; if her husband is no longer capable of preparing his own meals, though, he depends on this assistance and it meets the definition of eldercare.

Additionally, nonsampling error affects data on the frequency of care. Survey respondents were asked how often they provided eldercare in recent months and whether they provided eldercare on the diary day. Information about care provided on the diary day was used to calculate daily participation rates. There are some inconsistencies between the reported frequency of care and the actual provision of eldercare on an average day. For example, in 2023-2024, only 66 percent of eldercare providers who self-reported providing care "daily" actually provided eldercare on an average day. This discrepancy reflects some respondents' choice of "daily" rather than "several times a week" or another option to best describe their eldercare frequency, even while acknowledging they had not provided care on the diary day.

ATUS publication standards

Estimates of average hours per day and participation rates are not published unless there are a minimum number of respondents representing the given population. Additional publication criteria are applied that include the number of respondents who reported doing a specified activity and the standard error or coefficient of variation for the estimate. Estimates that are considered "close to zero" or that round to 0.00, are published as approximately zero. For a detailed description of the statistical reliability criteria necessary for publication, please contact ATUS staff at ATUSinfo@bls.gov.

Table 1. Number and percent of the U.S. population who were eldercare providers by sex and selected characteristics, averages for the combined years 2023-2024

[Numbers in thousands]

Characteristic	Total			Men			Women		
	Civilian noninstitutional population	Eldercare providers		Civilian noninstitutional population	Eldercare providers		Civilian noninstitutional population	Eldercare providers	
		Number	Percent of population		Number	Percent of population		Number	Percent of population
Age									
Total, 15 years and over.....	272,126	38,192	14.0	132,989	17,201	12.9	139,137	20,990	15.1
15 to 24 years.....	43,521	2,433	5.6	22,034	1,382	6.3	21,486	1,051	4.9
25 to 34 years.....	44,477	3,376	7.6	22,221	1,796	8.1	22,256	1,580	7.1
35 to 44 years.....	43,818	4,982	11.4	21,846	2,272	10.4	21,972	2,710	12.3
45 to 54 years.....	40,003	7,508	18.8	19,863	3,398	17.1	20,140	4,110	20.4
55 to 64 years.....	41,312	9,974	24.1	20,218	4,086	20.2	21,094	5,888	27.9
65 years and over.....	58,995	9,919	16.8	26,806	4,267	15.9	32,189	5,651	17.6
Race and Hispanic or Latino ethnicity¹									
White.....	212,722	31,441	14.8	104,507	14,333	13.7	108,215	17,108	15.8
Black or African American.....	34,906	4,692	13.4	16,298	1,778	10.9	18,608	2,914	15.7
Hispanic or Latino ethnicity.....	49,339	3,544	7.2	24,743	1,607	6.5	24,596	1,937	7.9
Employment status									
Employed.....	174,244	23,569	13.5	92,222	11,221	12.2	82,022	12,348	15.1
Full-time workers.....	138,031	18,386	13.3	78,380	9,384	12.0	59,652	9,001	15.1
Part-time workers.....	36,213	5,183	14.3	13,843	1,836	13.3	22,370	3,347	15.0
Not employed.....	97,882	14,622	14.9	40,766	5,980	14.7	57,115	8,642	15.1
Educational attainment, 25 years and over									
Less than a high school diploma.....	16,910	1,421	8.4	9,259	817	8.8	7,652	604	7.9
High school graduates, no college.....	65,310	9,431	14.4	32,642	4,535	13.9	32,669	4,897	15.0
Some college or associate degree.....	50,192	8,216	16.4	23,547	3,510	14.9	26,645	4,707	17.7
Bachelor's degree and higher.....	96,193	16,689	17.3	45,507	6,957	15.3	50,685	9,732	19.2
Parent of household children under 18 years									
Parent of one or more household children.....	66,214	7,616	11.5	30,867	3,699	12.0	35,347	3,917	11.1
Parent of a household child age 6 to 17, none younger.....	38,593	5,115	13.3	18,015	2,374	13.2	20,579	2,741	13.3
Parent of a household child under age 6.....	27,620	2,501	9.1	12,853	1,325	10.3	14,768	1,176	8.0
Not a parent of a household child.....	205,912	30,576	14.8	102,121	13,502	13.2	103,791	17,073	16.4
Marital status									
No spouse or unmarried partner present in household.....	119,308	14,080	11.8	55,613	6,505	11.7	63,695	7,575	11.9
Spouse or unmarried partner present in household.....	152,818	24,111	15.8	77,376	10,696	13.8	75,442	13,415	17.8

¹ Not all race categories are shown. People of Hispanic or Latino ethnicity may be of any race.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Unless otherwise specified, data refer to people 15 years and over.

Table 2. Eldercare providers by sex and selected characteristics related to care provided, averages for the combined years 2023-2024
[Numbers in thousands]

Characteristic	Eldercare providers					
	Total		Men		Women	
	Number	Percent	Number	Percent	Number	Percent
Total, 15 years and over.....	38,192	100.0	17,201	100.0	20,990	100.0
Parent of household children under 18 years						
Parent of one or more household children.....	7,616	19.9	3,699	21.5	3,917	18.7
Parent of a household child age 6 to 17, none younger.....	5,115	13.4	2,374	13.8	2,741	13.1
Parent of a household child under age 6.....	2,501	6.5	1,325	7.7	1,176	5.6
Not a parent of a household child.....	30,576	80.1	13,502	78.5	17,073	81.3
Number of care recipients						
Caring for one person.....	27,414	71.8	12,077	70.2	15,337	73.1
Caring for two people.....	8,877	23.2	4,273	24.8	4,604	21.9
Caring for three or more people.....	1,901	5.0	852	5.0	1,049	5.0
Relationship to care recipient						
Total, all eldercare providers.....	38,192	— ¹	17,201	— ¹	20,990	— ¹
Caring for a spouse or unmarried partner ²	3,409	8.9	1,362	7.9	2,047	9.8
Caring for a parent.....	17,798	46.6	7,920	46.0	9,877	47.1
Caring for a grandparent ³	4,484	11.7	1,872	10.9	2,612	12.4
Caring for another related person.....	9,280	24.3	4,618	26.8	4,662	22.2
Caring for a friend or neighbor.....	5,831	15.3	2,576	15.0	3,254	15.5
Caring for someone else.....	1,597	4.2	630	3.7	967	4.6
Eldercare providers caring for one person only.....	27,414	100.0	12,077	100.0	15,337	100.0
Caring for a spouse or unmarried partner ²	3,026	11.0	1,215	10.1	1,812	11.8
Caring for a parent.....	11,652	42.5	5,155	42.7	6,496	42.4
Caring for a grandparent ³	3,182	11.6	1,339	11.1	1,843	12.0
Caring for another related person.....	5,232	19.1	2,565	21.2	2,667	17.4
Caring for a friend or neighbor.....	3,536	12.9	1,543	12.8	1,993	13.0
Caring for someone else.....	785	2.9	260	2.2	526	3.4
Age of care recipient						
Total, all eldercare providers.....	38,192	— ¹	17,201	— ¹	20,990	— ¹
Caring for someone age 65 to 69.....	5,172	13.5	2,270	13.2	2,902	13.8
Caring for someone age 70 to 74.....	7,333	19.2	3,390	19.7	3,943	18.8
Caring for someone age 75 to 79.....	8,573	22.4	4,208	24.5	4,366	20.8
Caring for someone age 80 to 84.....	9,681	25.3	4,226	24.6	5,456	26.0
Caring for someone age 85 or older.....	13,718	35.9	6,111	35.5	7,607	36.2
Eldercare providers caring for one person only.....	27,414	100.0	12,077	100.0	15,337	100.0
Caring for someone age 65 to 69.....	2,867	10.5	1,241	10.3	1,626	10.6
Caring for someone age 70 to 74.....	4,784	17.5	2,210	18.3	2,574	16.8
Caring for someone age 75 to 79.....	4,805	17.5	2,318	19.2	2,487	16.2
Caring for someone age 80 to 84.....	5,341	19.5	2,182	18.1	3,159	20.6
Caring for someone age 85 or older.....	9,617	35.1	4,126	34.2	5,491	35.8

See footnotes at end of table.

Table 2. Eldercare providers by sex and selected characteristics related to care provided, averages for the combined years 2023-2024 — Continued
[Numbers in thousands]

Characteristic	Eldercare providers					
	Total		Men		Women	
	Number	Percent	Number	Percent	Number	Percent
Care of household or nonhousehold members						
Provided eldercare to household member(s) only.....	7,363	19.3	3,556	20.7	3,807	18.1
Provided eldercare to nonhousehold persons(s) only.....	30,065	78.7	13,267	77.1	16,798	80.0
Provided eldercare to both household and nonhousehold person(s).....	763	2.0	378	2.2	385	1.8
Frequency of care⁴						
Provided care daily.....	9,439	24.7	3,968	23.1	5,471	26.1
Provided care several times a week.....	10,278	26.9	4,485	26.1	5,793	27.6
Provided care once a week.....	6,135	16.1	3,039	17.7	3,096	14.7
Provided care several times a month.....	6,557	17.2	3,123	18.2	3,434	16.4
Provided care once a month.....	4,081	10.7	1,869	10.9	2,212	10.5
Other.....	1,702	4.5	717	4.2	985	4.7
Duration of care⁵						
Provided care for less than 1 year.....	8,649	22.6	3,541	20.6	5,108	24.3
Provided care for 1 to 2 years.....	10,457	27.4	4,894	28.4	5,563	26.5
Provided care for 3 to 4 years.....	6,528	17.1	2,943	17.1	3,585	17.1
Provided care for 5 to 9 years.....	7,207	18.9	3,130	18.2	4,077	19.4
Provided care for 10 years or more.....	5,350	14.0	2,693	15.7	2,657	12.7

¹ Categories sum to more than 100 percent because some eldercare providers cared for more than one person.

² Care for a spouse or unmarried partner may be underreported. See the Technical Note for more information.

³ Refers only to people caring for a grandparent who did not live with them. People caring for a grandparent with whom they lived are included in the category "Caring for another related person."

⁴ Survey participants were asked how often they provided care in the past 3 to 4 months; this information was used to categorize them by frequency of care.

⁵ For people who provided eldercare to more than 1 person, the duration of care is calculated based on the person for whom they had cared the longest.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Data refer to people 15 years and over.

Table 3. Eldercare providers by relationship to care recipient and selected characteristics of eldercare providers, averages for the combined years 2023-2024

Characteristic	Number of eldercare providers (in thousands)	Percent of eldercare providers caring for ¹					
		A spouse or unmarried partner ²	A parent	A grandparent ³	Another related person	A friend or neighbor	Someone else
Age							
Total, 15 years and over.....	38,192	8.9	46.6	11.7	24.3	15.3	4.2
15 to 24 years.....	— ⁴	— ⁴	— ⁴	— ⁴	— ⁴	— ⁴	— ⁴
25 to 34 years.....	3,376	0.4	32.2	47.0	14.2	9.0	5.4
35 to 44 years.....	4,982	0.5	54.5	19.1	25.9	10.9	2.9
45 to 54 years.....	7,508	0.3	70.6	3.0	25.0	11.1	3.9
55 to 64 years.....	9,974	5.8	60.6	0.4	25.6	15.5	3.7
65 years and over.....	9,919	27.9	25.7	— ⁵	25.9	23.6	5.9
Sex							
Men.....	17,201	7.9	46.0	10.9	26.8	15.0	3.7
Women.....	20,990	9.8	47.1	12.4	22.2	15.5	4.6
Race and Hispanic or Latino ethnicity⁶							
White.....	31,441	9.8	46.6	11.1	24.6	14.7	4.2
Black or African American.....	4,692	6.5	43.4	15.0	23.6	17.6	4.2
Hispanic or Latino ethnicity.....	3,544	7.5	45.6	13.3	22.5	17.0	2.0
Employment status							
Employed.....	23,569	3.0	53.5	14.8	25.3	11.9	3.6
Full-time workers.....	18,386	1.7	56.8	15.1	25.0	10.9	3.8
Part-time workers.....	5,183	7.9	42.0	13.9	26.3	15.3	3.0
Not employed.....	14,622	18.4	35.4	6.7	22.7	20.7	5.1
Educational attainment, 25 years and over							
Less than a high school diploma.....	— ⁴	— ⁴	— ⁴	— ⁴	— ⁴	— ⁴	— ⁴
High school graduates, no college.....	9,431	11.9	45.0	8.6	21.9	17.5	4.6
Some college or associate degree.....	8,216	9.0	46.4	7.2	29.0	15.5	5.0
Bachelor's degree and higher.....	16,689	7.2	55.5	7.5	23.6	13.8	4.2
Parent of household children under 18 years							
Parent of one or more household children.....	7,616	0.3	55.3	15.1	28.6	12.3	3.1
Parent of a household child age 6 to 17, none younger.....	5,115	0.5	59.3	8.7	27.2	13.1	3.5
Parent of a household child under age 6.....	2,501	— ⁵	— ⁴	28.1	31.7	10.5	2.1
Not a parent of a household child.....	30,576	11.1	44.4	10.9	23.2	16.0	4.5
Marital status							
No spouse or unmarried partner present in household.....	14,080	1.8	48.4	18.7	19.0	17.8	5.1
Spouse or unmarried partner present in household.....	24,111	13.1	45.6	7.7	27.4	13.8	3.6

¹ Categories sum to more than 100 percent because some eldercare providers cared for multiple people with whom they had different relationships.

² Care for a spouse or unmarried partner may be underreported. See the Technical Note for more information.

³ Refers only to people caring for a grandparent who did not live with them. People caring for a grandparent with whom they lived are included in the category "Another related person."

⁴ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

⁵ Estimate is approximately zero.

⁶ Not all race categories are shown. People of Hispanic or Latino ethnicity may be of any race.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Unless otherwise specified, data refer to people 15 years and over.

Table 4. Percent of eldercare providers who provided care on an average day and time spent providing this care by day of week and selected characteristics, averages for the combined years 2023-2024

Characteristic	Number of eldercare providers (in thousands)	Percent of eldercare providers who provided care on an average day			Average hours per day eldercare providers spent providing care			Average hours per day eldercare providers spent providing care on days they engaged in eldercare		
		Total, all days	Weekdays	Weekends and holidays	Total, all days	Weekdays	Weekends and holidays	Total, all days	Weekdays	Weekends and holidays
Age										
Total, 15 years and over.....	38,192	27.6	25.8	31.8	1.07	1.06	1.10	3.88	4.10	3.47
15 to 24 years.....	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹
25 to 34 years.....	3,376	16.3	— ¹	— ¹	— ¹	0.19	— ¹	2.08	1.49	— ¹
35 to 44 years.....	4,982	19.8	16.0	28.2	0.75	0.65	0.96	3.78	4.08	3.41
45 to 54 years.....	7,508	24.0	23.5	25.0	0.52	0.46	0.65	2.16	1.95	2.61
55 to 64 years.....	9,974	30.4	29.2	33.0	1.25	1.38	0.95	4.11	4.74	2.88
65 years and over.....	9,919	39.5	37.5	44.7	1.95	1.90	2.08	4.93	5.07	4.64
Sex										
Men.....	17,201	25.6	23.7	30.4	0.97	0.93	1.06	3.78	3.93	3.47
Women.....	20,990	29.3	27.7	32.8	1.16	1.17	1.14	3.95	4.22	3.47
Race and Hispanic or Latino ethnicity ²										
White.....	31,441	27.0	25.1	31.5	1.11	1.11	1.13	4.11	4.40	3.58
Black or African American.....	4,692	27.0	24.5	— ¹	0.80	0.70	— ¹	2.97	2.87	3.15
Hispanic or Latino ethnicity.....	3,544	26.1	— ¹	26.9	1.50	— ¹	1.19	5.74	6.45	4.43
Employment status										
Employed.....	23,569	21.3	19.2	26.2	0.61	0.55	0.73	2.84	2.87	2.79
Full-time workers.....	18,386	20.4	18.3	25.1	0.57	0.54	0.63	2.81	2.98	2.52
Part-time workers.....	5,183	24.8	22.4	30.0	0.73	0.57	1.08	2.93	2.53	3.60
Not employed.....	14,622	37.8	36.4	41.2	1.82	1.86	1.73	4.83	5.12	4.20
Educational attainment, 25 years and over										
Less than a high school diploma.....	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	5.00	6.74	2.32
High school graduates, no college.....	9,431	34.3	32.6	39.3	1.47	1.44	1.53	4.27	4.43	3.89
Some college or associate degree.....	8,216	27.4	26.6	29.0	1.28	1.32	1.19	4.67	4.98	4.09
Bachelor's degree and higher.....	16,689	25.5	23.0	31.2	0.81	0.73	0.99	3.18	3.17	3.18
Parent of household children under 18 years										
Parent of one or more household children.....	7,616	17.8	15.9	22.1	0.44	0.40	0.52	2.44	2.50	2.36
Parent of a household child age 6 to 17, none younger.....	5,115	19.0	18.3	20.6	0.36	— ¹	0.43	1.88	1.77	2.08
Parent of a household child under age 6.....	2,501	15.4	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹	— ¹
Not a parent of a household child.....	30,576	30.1	28.3	34.3	1.23	1.22	1.25	4.09	4.32	3.66

See footnotes at end of table.

Table 4. Percent of eldercare providers who provided care on an average day and time spent providing this care by day of week and selected characteristics, averages for the combined years 2023-2024
— Continued

Characteristic	Number of eldercare providers (in thousands)	Percent of eldercare providers who provided care on an average day			Average hours per day eldercare providers spent providing care			Average hours per day eldercare providers spent providing care on days they engaged in eldercare		
		Total, all days	Weekdays	Weekends and holidays	Total, all days	Weekdays	Weekends and holidays	Total, all days	Weekdays	Weekends and holidays
Marital status										
No spouse or unmarried partner present in household.....	14,080	30.0	27.4	36.4	1.00	0.97	1.08	3.33	3.52	2.97
Spouse or unmarried partner present in household.....	24,111	26.2	24.9	29.2	1.11	1.11	1.12	4.25	4.47	3.82
Number of care recipients										
Caring for one person.....	27,414	29.2	27.6	33.1	1.23	1.23	1.25	4.21	4.45	3.76
Caring for two people.....	8,877	22.5	19.9	28.1	0.57	0.54	0.64	2.55	2.72	2.29
Caring for three or more people.....	1,901	28.6	– ¹	– ¹	1.09	– ¹	– ¹	3.82	3.61	– ¹
Relationship to care recipient ³										
Eldercare providers caring for one person only.....	27,414	29.2	27.6	33.1	1.23	1.23	1.25	4.21	4.45	3.76
Caring for a spouse or unmarried partner ⁴	3,026	74.4	72.3	79.7	4.57	4.55	4.60	6.13	6.30	5.77
Caring for a parent.....	11,652	29.6	27.5	34.5	1.09	1.09	1.11	3.69	3.95	3.23
Caring for a grandparent ⁵	3,182	11.2	– ¹	– ¹	– ¹	– ¹	– ¹	2.07	– ¹	– ¹
Caring for another related person.....	5,232	22.7	21.9	24.5	0.77	– ¹	– ¹	3.39	– ¹	3.27
Caring for a friend or neighbor.....	3,536	15.5	16.9	11.3	– ¹	– ¹	– ¹	– ¹	– ¹	2.42
Age of care recipient										
Eldercare providers caring for one person only.....	27,414	29.2	27.6	33.1	1.23	1.23	1.25	4.21	4.45	3.76
Caring for someone age 65 to 69.....	2,867	31.6	– ¹	– ¹	1.80	1.87	1.59	5.70	7.10	3.45
Caring for someone age 70 to 74.....	4,784	28.7	28.7	28.7	1.32	1.40	1.13	4.61	4.87	3.95
Caring for someone age 75 to 79.....	4,805	26.4	25.6	28.2	1.05	1.03	1.10	3.97	4.00	3.90
Caring for someone age 80 to 84.....	5,341	31.9	33.7	28.5	1.32	1.61	0.74	4.13	4.79	2.60
Caring for someone age 85 or older.....	9,617	28.8	25.2	37.0	1.06	0.83	1.58	3.69	3.31	4.28
Care of household or nonhousehold members ³										
Provided eldercare to household member(s) only...	7,363	63.7	60.9	70.1	3.24	3.21	3.31	5.08	5.27	4.72
Provided eldercare to nonhousehold member(s) only.....	30,065	18.4	17.0	21.7	0.53	0.53	0.54	2.90	3.13	2.49
Frequency of care ⁶										
Provided care daily.....	9,439	65.9	64.3	69.2	3.28	3.42	2.99	4.98	5.33	4.32
Provided care several times a week.....	10,278	27.1	26.0	30.2	0.61	0.58	0.68	2.24	2.23	2.26
Provided care once a week.....	6,135	12.1	11.0	14.7	– ¹	– ¹	0.27	2.48	– ¹	1.83
Provided care several times a month.....	6,557	8.2	6.3	13.1	0.17	0.13	0.27	2.03	– ¹	2.05
Provided care once a month.....	4,081	3.5	2.0	6.5	0.08	– ¹	0.16	2.19	– ¹	2.54

See footnotes at end of table.

Table 4. Percent of eldercare providers who provided care on an average day and time spent providing this care by day of week and selected characteristics, averages for the combined years 2023-2024
— Continued

Characteristic	Number of eldercare providers (in thousands)	Percent of eldercare providers who provided care on an average day			Average hours per day eldercare providers spent providing care			Average hours per day eldercare providers spent providing care on days they engaged in eldercare		
		Total, all days	Weekdays	Weekends and holidays	Total, all days	Weekdays	Weekends and holidays	Total, all days	Weekdays	Weekends and holidays
Duration of care ⁷										
Provided care for less than 1 year.....	8,649	27.5	26.4	30.1	0.94	0.91	0.99	3.41	3.47	3.29
Provided care for 1 to 2 years.....	10,457	22.3	20.9	25.8	0.86	0.90	0.78	3.86	4.30	3.00
Provided care for 3 to 4 years.....	6,528	27.0	27.6	26.0	1.05	1.14	0.86	3.87	4.14	3.31
Provided care for 5 to 9 years.....	7,207	29.2	25.0	39.6	1.12	1.03	1.35	3.83	4.10	3.40
Provided care for 10 years or more.....	5,350	36.9	33.8	44.6	1.67	1.55	1.98	4.53	4.57	4.44

¹ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

² Not all race categories are shown. People of Hispanic or Latino ethnicity may be of any race.

³ Not all categories are shown.

⁴ Care for a spouse or unmarried partner may be underreported. See the Technical Note for more information.

⁵ Refers only to people caring for a grandparent who did not live with them. People caring for a grandparent with whom they lived are included in the category "Caring for another related person."

⁶ Survey participants were asked how often they provided care in the past 3 to 4 months; this information was used to categorize them by frequency of care. Corresponding time and percent estimates were measured using information about care provided on the diary day. Not all categories are shown.

⁷ For people who provided eldercare to more than one person, the duration of care is calculated based on the person for whom they had cared the longest.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Unless otherwise specified, data refer to people 15 years and over.

Table 5. Time spent providing eldercare and percent of eldercare providers engaging in caregiving by sex and caregiving activity, averages for the combined years 2023-2024

Caregiving activity	Eldercare providers								
	Percent distribution of time spent in selected eldercare activities			On days they provided care					
	Total	Men	Women	Percent who engaged in caregiving activity ¹			Average hours spent providing care		
				Total	Men	Women	Total	Men	Women
Total, activities reported as care done for those age 65 and over.....	100.0	100.0	100.0	— ¹	— ¹	— ¹	3.88	3.78	3.95
Eating and drinking.....	8.1	9.4	7.3	29.1	28.4	29.6	0.32	0.35	0.29
Household activities.....	22.9	22.5	23.2	42.1	41.4	42.5	0.89	0.85	0.92
Housework.....	6.1	2.9	8.3	15.1	11.9	17.4	0.24	0.11	0.33
Food preparation and cleanup.....	10.7	10.6	10.7	32.7	29.7	34.9	0.41	0.40	0.42
Lawn and garden care.....	2.6	4.6	1.3	4.5	7.4	2.4	0.10	0.17	0.05
Household management.....	1.0	0.7	1.3	5.7	3.7	7.0	0.04	0.02	0.05
Purchasing goods and services.....	3.5	2.6	4.1	14.0	12.4	15.2	0.14	0.10	0.16
Caring for and helping household members.....	9.0	6.7	10.6	20.9	15.7	24.7	0.35	0.25	0.42
Caring for household adults.....	7.8	5.9	9.2	19.0	13.3	23.1	0.30	0.22	0.36
Physical care for household adults.....	4.5	2.7	5.8	13.1	7.6	17.0	0.18	0.10	0.23
Providing medical care to household adults.....	1.4	2.1	1.0	6.9	5.3	8.0	0.06	0.08	0.04
Helping household adults.....	0.5	0.4	0.6	3.1	3.6	2.8	0.02	0.01	0.02
Caring for and helping nonhousehold members.....	8.8	7.9	9.5	22.9	21.5	23.9	0.34	0.30	0.37
Caring for nonhousehold adults.....	3.8	2.2	4.9	10.1	6.5	12.6	0.15	0.08	0.19
Physical care for nonhousehold adults.....	2.0	1.5	2.3	4.4	3.6	4.9	0.08	0.06	0.09
Providing medical care to nonhousehold adults.....	0.4	0.3	0.4	2.6	1.8	3.2	0.01	— ²	0.02
Helping nonhousehold adults.....	4.9	5.5	4.4	16.0	16.2	16.0	0.19	0.21	0.18
Housework, cooking, and shopping assistance for nonhousehold adults.....	2.2	2.0	2.3	6.7	5.1	7.8	0.08	0.08	0.09
House and lawn maintenance and repair assistance for nonhousehold adults.....	1.0	1.2	0.8	1.9	3.2	1.1	0.04	0.05	— ²
Picking up and dropping off nonhousehold adults.....	0.3	0.3	0.3	4.5	4.4	4.5	0.01	0.01	0.01
Working and work-related activities.....	4.5	9.4	1.2	2.7	4.9	1.1	0.18	— ²	— ²
Organizational, civic, and religious activities.....	1.6	0.7	2.2	4.0	2.0	5.5	0.06	0.03	0.09
Leisure and sports.....	33.7	35.0	32.8	38.5	31.4	43.6	1.31	1.32	1.30
Socializing and communicating.....	10.5	8.5	11.9	22.0	14.8	27.3	0.41	0.32	0.47
Watching TV.....	17.5	21.8	14.5	17.0	17.6	16.6	0.68	0.82	0.57
Participating in sports, exercise, and recreation.....	0.6	0.6	0.6	3.2	2.2	3.8	0.02	— ²	0.02
Telephone calls, mail, and e-mail.....	1.7	0.7	2.3	6.1	2.8	8.5	0.06	0.03	0.09
Traveling.....	5.2	4.8	5.5	26.5	24.2	28.2	0.20	0.18	0.22
Other activities, not elsewhere classified.....	0.9	0.4	1.2	4.4	2.5	5.9	0.03	0.01	0.05

¹ Percents sum to more than 100 percent because some eldercare providers did more than one care activity on days they provided care.

² Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Data refer to people 15 years and over.

Table 6. Time spent providing eldercare and percent of eldercare providers engaging in caregiving by day of week and caregiving activity, averages for the combined years 2023-2024

Caregiving activity	Eldercare providers								
	Percent distribution of time spent in selected eldercare activities			On days they provided care					
	Total	Weekdays	Weekends and holidays	Percent who engaged in caregiving activity ¹			Average hours spent providing care		
				Total	Weekdays	Weekends and holidays	Total	Weekdays	Weekends and holidays
Total, activities reported as care done for those age 65 and over.....	100.0	100.0	100.0	— ¹	— ¹	— ¹	3.88	4.10	3.47
Eating and drinking.....	8.1	7.8	8.9	29.1	31.5	24.6	0.32	0.32	0.31
Household activities.....	22.9	22.9	23.0	42.1	41.7	42.8	0.89	0.94	0.80
Housework.....	6.1	6.4	5.6	15.1	15.4	14.5	0.24	0.26	0.19
Food preparation and cleanup.....	10.7	9.9	12.5	32.7	31.9	34.3	0.41	0.40	0.43
Lawn and garden care.....	2.6	2.9	2.0	4.5	5.7	2.1	0.10	0.12	— ²
Household management.....	1.0	1.2	0.7	5.7	6.4	4.3	0.04	0.05	0.02
Purchasing goods and services.....	3.5	4.0	2.5	14.0	15.8	10.6	0.14	0.16	0.09
Caring for and helping household members.....	9.0	9.5	7.9	20.9	22.6	17.8	0.35	0.39	0.27
Caring for household adults.....	7.8	8.5	6.4	19.0	20.6	15.9	0.30	0.35	0.22
Physical care for household adults.....	4.5	4.1	5.4	13.1	13.0	13.3	0.18	0.17	0.19
Providing medical care to household adults.....	1.4	1.9	0.5	6.9	7.7	5.2	0.06	0.08	0.02
Helping household adults.....	0.5	0.7	0.1	3.1	4.0	1.4	0.02	0.03	— ²
Caring for and helping nonhousehold members.....	8.8	8.5	9.6	22.9	23.1	22.4	0.34	0.35	0.33
Caring for nonhousehold adults.....	3.8	3.7	4.2	10.1	11.4	7.5	0.15	0.15	0.15
Physical care for nonhousehold adults.....	2.0	1.4	3.3	4.4	4.2	4.6	0.08	0.06	0.11
Providing medical care to nonhousehold adults.....	0.4	0.3	0.5	2.6	2.2	3.4	0.01	— ²	0.02
Helping nonhousehold adults.....	4.9	4.7	5.3	16.0	16.5	15.2	0.19	0.19	0.18
Housework, cooking, and shopping assistance for nonhousehold adults.....	2.2	2.2	2.0	6.7	7.6	5.0	0.08	0.09	0.07
House and lawn maintenance and repair assistance for nonhousehold adults.....	1.0	0.9	1.0	1.9	1.9	2.1	0.04	— ²	0.03
Picking up and dropping off nonhousehold adults.....	0.3	0.2	0.4	4.5	4.5	4.5	0.01	0.01	0.01
Working and work-related activities.....	4.5	5.3	2.7	2.7	2.9	2.2	0.18	0.22	— ²
Organizational, civic, and religious activities.....	1.6	1.4	2.2	4.0	3.7	4.6	0.06	0.06	0.08
Leisure and sports.....	33.7	32.1	37.2	38.5	39.5	36.7	1.31	1.32	1.29
Socializing and communicating.....	10.5	9.3	13.2	22.0	22.5	21.2	0.41	0.38	0.46
Watching TV.....	17.5	16.9	18.8	17.0	17.3	16.4	0.68	0.69	0.65
Participating in sports, exercise, and recreation.....	0.6	0.7	0.3	3.2	4.1	1.4	0.02	0.03	— ²
Telephone calls, mail, and e-mail.....	1.7	2.1	0.6	6.1	7.7	3.2	0.06	0.09	0.02
Traveling.....	5.2	5.6	4.5	26.5	30.1	19.8	0.20	0.23	0.15
Other activities, not elsewhere classified.....	0.9	0.8	1.0	4.4	4.5	4.4	0.03	0.03	0.03

¹ Percents sum to more than 100 percent because some eldercare providers did more than one care activity on days they provided care.

² Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Data refer to people 15 years and over.

Table 7. Percent of eldercare providers and time spent in caregiving on days they provided care by frequency of care and caregiving activity, averages for the combined years 2023-2024

Caregiving activity	Percent of eldercare providers who engaged in caregiving activities, on days they provided care ¹				Average hours per day eldercare providers spent providing care on days they engaged in eldercare			
	Total	Frequency of care ²			Total	Frequency of care ²		
		Daily	Several times per week	Once a week or less		Daily	Several times per week	Once a week or less
Total, activities reported as care done for those age 65 and over.....	— ¹	— ¹	— ¹	— ¹	3.88	4.98	2.24	2.28
Eating and drinking.....	29.1	37.9	18.3	10.6	0.32	0.45	0.13	0.09
Household activities.....	42.1	54.8	25.8	— ³	0.89	1.29	0.39	0.17
Housework.....	15.1	21.0	8.4	2.5	0.24	0.35	0.09	— ³
Food preparation and cleanup.....	32.7	45.5	16.7	9.9	0.41	0.59	0.19	0.07
Lawn and garden care.....	4.5	5.2	4.4	1.6	0.10	0.13	— ³	— ³
Household management.....	5.7	8.4	0.9	2.6	0.04	0.07	— ³	— ³
Purchasing goods and services.....	14.0	15.4	11.6	12.8	0.14	0.16	0.10	0.09
Caring for and helping household members.....	20.9	32.3	4.4	5.7	0.35	0.55	— ³	— ³
Caring for household adults.....	19.0	29.8	3.7	3.5	0.30	0.49	— ³	— ³
Physical care for household adults.....	13.1	22.1	0.3	— ⁴	0.18	0.30	— ³	— ³
Providing medical care to household adults.....	6.9	11.2	0.9	— ⁴	0.06	0.09	— ³	— ³
Helping household adults.....	3.1	5.3	— ⁴	— ⁴	0.02	0.03	— ³	— ³
Caring for and helping nonhousehold members.....	22.9	12.4	39.6	— ³	0.34	0.23	0.58	0.39
Caring for nonhousehold adults.....	10.1	6.8	17.6	7.8	0.15	0.10	0.30	0.08
Physical care for nonhousehold adults.....	4.4	3.7	5.6	4.0	0.08	0.06	0.15	— ³
Providing medical care to nonhousehold adults.....	2.6	1.3	5.9	0.8	0.01	— ³	— ³	— ³
Helping nonhousehold adults.....	16.0	6.8	29.3	— ³	0.19	0.12	0.28	— ³
Housework, cooking, and shopping assistance for nonhousehold adults.....	6.7	3.5	12.8	8.4	0.08	0.05	0.13	— ³
House and lawn maintenance and repair assistance for nonhousehold adults.....	1.9	0.5	3.5	5.4	0.04	— ³	— ³	— ³
Picking up and dropping off nonhousehold adults.....	4.5	0.9	9.3	8.8	0.01	— ³	0.02	0.02
Working and work-related activities.....	2.7	1.6	4.0	5.1	0.18	— ³	— ³	— ³
Organizational, civic, and religious activities.....	4.0	3.5	4.6	5.1	0.06	0.07	0.05	— ³
Leisure and sports.....	38.5	42.8	33.8	— ³	1.31	1.79	0.57	0.61
Socializing and communicating.....	22.0	20.1	25.6	— ³	0.41	0.39	0.42	0.49
Watching TV.....	17.0	25.0	5.9	3.3	0.68	1.06	0.11	— ³
Participating in sports, exercise, and recreation.....	3.2	3.9	1.2	3.0	0.02	0.03	— ³	— ³
Telephone calls, mail, and e-mail.....	6.1	7.2	6.3	0.9	0.06	0.09	0.03	— ³
Traveling.....	26.5	26.9	24.5	— ³	0.20	0.21	0.16	0.19
Other activities, not elsewhere classified.....	4.4	5.5	1.7	5.8	0.03	0.05	— ³	— ³

¹ Percents sum to more than 100 percent because some eldercare providers did more than one care activity on days they provided care.

² Survey participants were asked how often they provided care in the past 3 to 4 months; this information was used to categorize them by frequency of care.

³ Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

⁴ Estimate is approximately zero.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Data refer to people 15 years and over.

Table 8. Percent of eldercare providers who cared for one person only by age of eldercare recipient and caregiving activity, averages for the combined years 2023-2024

Caregiving activity	Percent of eldercare providers who cared for one person only, on days they provided care ¹			
	Total	Age of care recipient		
		65 to 74	75 to 84	85 or older
Total, activities reported as care done for those age 65 and over.....	— ¹	— ¹	— ¹	— ¹
Eating and drinking.....	33.0	38.0	30.2	31.8
Household activities.....	43.9	— ²	47.9	34.7
Housework.....	16.6	18.1	20.2	11.5
Food preparation and cleanup.....	33.9	37.2	38.2	26.5
Lawn and garden care.....	5.0	10.5	4.4	1.2
Household management.....	6.6	8.4	6.7	5.0
Purchasing goods and services.....	15.1	14.8	15.7	14.6
Caring for and helping household members.....	24.2	25.4	26.3	20.8
Caring for household adults.....	21.9	22.2	23.4	19.9
Physical care for household adults.....	16.0	15.3	17.9	14.6
Providing medical care to household adults.....	8.4	10.3	9.4	5.8
Helping household adults.....	3.8	5.2	4.0	2.3
Caring for and helping nonhousehold members.....	20.1	13.1	20.7	25.4
Caring for nonhousehold adults.....	9.1	4.3	9.6	12.6
Physical care for nonhousehold adults.....	4.3	0.9	4.6	6.9
Providing medical care to nonhousehold adults.....	2.0	1.3	0.5	4.1
Helping nonhousehold adults.....	13.5	9.0	13.0	17.8
Housework, cooking, and shopping assistance for nonhousehold adults.....	4.8	1.3	6.9	5.4
House and lawn maintenance and repair assistance for nonhousehold adults.....	1.8	3.2	0.6	2.0
Picking up and dropping off nonhousehold adults.....	4.5	1.9	3.9	7.2
Working and work-related activities.....	2.5	3.2	1.0	3.4
Organizational, civic, and religious activities.....	4.1	7.3	4.0	1.6
Leisure and sports.....	41.7	— ²	40.8	45.1
Socializing and communicating.....	22.9	14.2	20.5	32.7
Watching TV.....	20.0	27.6	21.2	12.5
Participating in sports, exercise, and recreation.....	3.7	2.7	5.3	2.8
Telephone calls, mail, and e-mail.....	6.3	5.0	7.7	5.7
Traveling.....	28.7	23.9	31.1	30.1
Other activities, not elsewhere classified.....	3.2	1.5	5.2	2.3

¹ Percents sum to more than 100 percent because some eldercare providers did more than one care activity on days they provided care.

² Estimate is suppressed because it does not meet the American Time Use Survey publication standards.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Data refer to people 15 years and over.

Table 9. Number and percent of eldercare providers who were parents of household children under age 18 by sex and selected characteristics, averages for the combined years 2023-2024

[Numbers in thousands]

Characteristic	Eldercare providers with children under age 18 living at home					
	Total		Men		Women	
	Number	Percent	Number	Percent	Number	Percent
Parent of household children under 18 years						
Total, parent of one or more household children.....	7,616	100.0	3,699	100.0	3,917	100.0
Parent of a household child age 6 to 17, none younger.....	5,115	67.2	2,374	64.2	2,741	70.0
Parent of a household child under age 6.....	2,501	32.8	1,325	35.8	1,176	30.0
Employment status						
Employed.....	6,546	86.0	3,359	90.8	3,186	81.3
Full-time workers.....	5,482	72.0	3,114	84.2	2,368	60.4
Part-time workers.....	1,064	14.0	245	6.6	819	20.9
Not employed.....	1,070	14.0	339	9.2	731	18.7
Marital status						
No spouse or unmarried partner present in household.....	1,034	13.6	236	6.4	798	20.4
Spouse or unmarried partner present in household.....	6,582	86.4	3,463	93.6	3,119	79.6
Number of care recipients						
Caring for one person.....	4,729	62.1	2,159	58.4	2,571	65.6
Caring for two people.....	2,301	30.2	1,254	33.9	1,047	26.7
Caring for three or more people.....	585	7.7	286	7.7	299	7.6
Relationship to care recipient						
Total, all eldercare providers.....	7,616	— ¹	3,699	— ¹	3,917	— ¹
Caring for a spouse or unmarried partner ²	23	0.3	— ³	— ⁴	23	0.6
Caring for a parent.....	4,209	55.3	2,093	56.6	2,116	54.0
Caring for a grandparent ⁵	1,148	15.1	441	11.9	707	18.0
Caring for another related person.....	2,182	28.6	1,146	31.0	1,036	26.4
Caring for a friend or neighbor.....	934	12.3	507	13.7	426	10.9
Caring for someone else.....	232	3.1	47	1.3	186	4.7
Age of care recipient						
Total, all eldercare providers.....	7,616	— ¹	3,699	— ¹	3,917	— ¹
Caring for someone age 65 to 69.....	1,460	19.2	524	14.2	936	23.9
Caring for someone age 70 to 74.....	2,137	28.1	940	25.4	1,197	30.6
Caring for someone age 75 to 79.....	2,098	27.5	1,129	30.5	969	24.7
Caring for someone age 80 to 84.....	1,989	26.1	1,056	28.5	933	23.8
Caring for someone age 85 or older.....	1,591	20.9	824	22.3	767	19.6

See footnotes at end of table.

Table 9. Number and percent of eldercare providers who were parents of household children under age 18 by sex and selected characteristics, averages for the combined years 2023-2024 — Continued

[Numbers in thousands]

Characteristic	Eldercare providers with children under age 18 living at home					
	Total		Men		Women	
	Number	Percent	Number	Percent	Number	Percent
Care of household or nonhousehold members⁶						
Provided eldercare to household member(s) only.....	549	7.2	251	6.8	298	7.6
Provided eldercare to nonhousehold member(s) only.....	6,906	90.7	3,319	89.7	3,587	91.6
Frequency of care⁷						
Provided care daily.....	1,183	15.5	637	17.2	546	13.9
Provided care several times a week.....	2,088	27.4	928	25.1	1,159	29.6
Provided care once a week.....	1,299	17.1	654	17.7	645	16.5
Provided care several times a month.....	1,629	21.4	816	22.1	813	20.8
Provided care once a month.....	984	12.9	487	13.2	497	12.7
Other.....	433	5.7	176	4.8	256	6.5
Duration of care⁸						
Provided care for less than 1 year.....	1,946	25.6	809	21.9	1,137	29.0
Provided care for 1 to 2 years.....	2,109	27.7	956	25.8	1,153	29.4
Provided care for 3 to 4 years.....	1,420	18.7	766	20.7	654	16.7
Provided care for 5 to 9 years.....	1,167	15.3	641	17.3	526	13.4
Provided care for 10 years or more.....	974	12.8	527	14.3	447	11.4

¹ Categories sum to more than 100 percent because some eldercare providers cared for more than one person.

² Care for a spouse or unmarried partner may be underreported. See the Technical Note for more information.

³ Estimate is less than 0.05 percent of the population.

⁴ Estimate is approximately zero.

⁵ Refers only to people caring for a grandparent who did not live with them. People caring for a grandparent with whom they lived are included in the category "Caring for another related person."

⁶ Not all categories are shown.

⁷ Survey participants were asked how often they provided care in the past 3 to 4 months; this information was used to categorize them by frequency of care.

⁸ For people who provided eldercare to more than 1 person, the duration of care is calculated based on the person for whom they had cared the longest.

NOTE: Eldercare providers are those who, in the previous 3 to 4 months, cared for someone with a condition related to aging. Estimates were calculated for people who cared for at least one person age 65 or older. Data refer to people 15 years and over.