

# Who are the working family caregivers of older adults...



## AND WHAT CHALLENGES DO THEY FACE?

### THE DAUGHTER IN THE WORKPLACE:



Spends an average of  
**13.8 hrs**  
per week caregiving



More than  
**50%**  
are financially supporting  
an adult child



**16%**  
regularly care for grandchildren



**One in four** has a  
child under the age of 18

On average, they are caring  
for a parent who has

**5 different**  
health issues



They've been a caregiver for  
an average of  
**6 years**

### CHALLENGES AT WORK:



One in four working daughters:



Say their **career growth**  
has suffered because of being a caregiver



Feels her supervisor is  
**unsympathetic**  
when it comes to balancing work  
and her caregiving responsibilities



Believes there is a stigma associated with  
taking time off to care for her parent or  
parent-in-law

**1/3**

use their time off to care for  
**an aging parent**

**1** out of every **11** has been told  
by their employer that their  
**job is in jeopardy**  
due to their caregiving responsibilities

**13%**

have been passed over for  
a **promotion** or **raise**,  
or **penalized** at work



For more information, visit  
**DaughtersintheWorkplace.com.**  
(DaughtersintheWorkplace.ca in Canada.)

The research: Between March 21 and 28, 2017, 1,001 working female caregivers in the United States and Canada, aged 45-60, were surveyed by Home Instead, Inc., franchisor of the Home Instead Senior Care® network.