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the Generation Lab

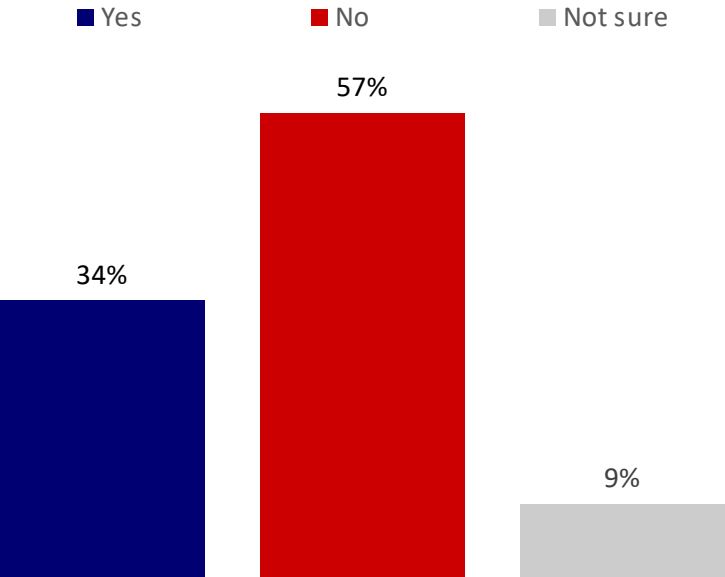
The Care Generation: *Young Americans as Caregivers*

The American Promise at 250

30

More than one in three young Americans report they are involved in regular caregiving.

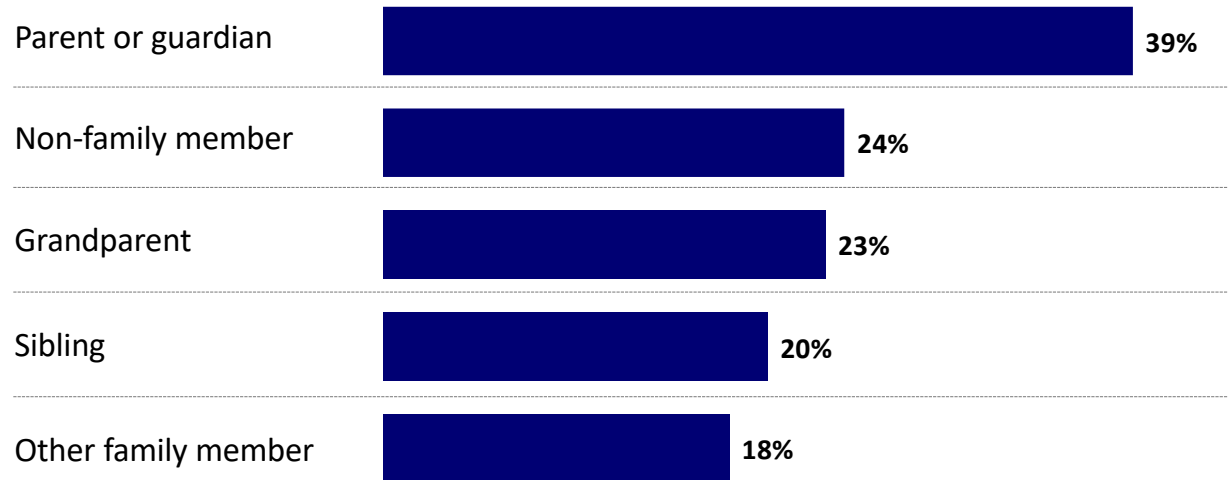
In the past year, have you provided regular care or support for someone with a health condition, disability, injury, or mental health need?



	Yes
Men	29%
Women	38%
White adults	33%
Black adults	43%
Hispanic adults	29%
Non college track	44%
College track	31%

While parents are the center of attention, almost one in four young Americans provide care to non-family member.

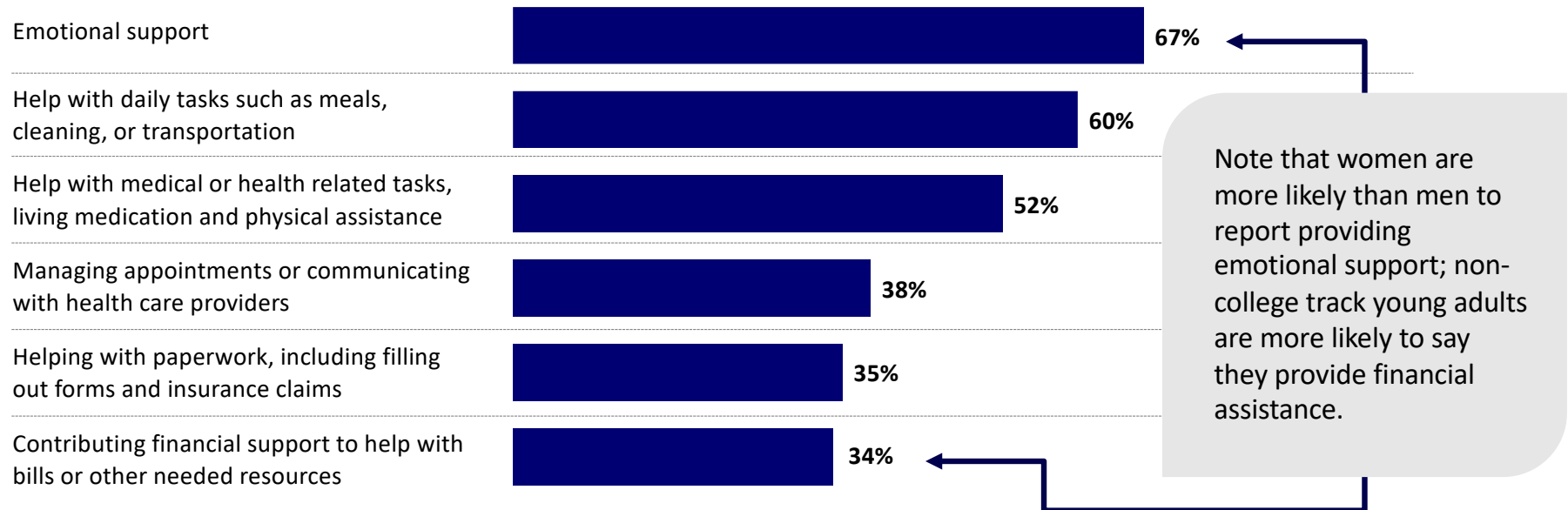
Please indicate who you have provided care or support to in the past year. Select all that apply.



Note that women are especially likely to provide care for parents; Black and Hispanic young adults are more likely to be involved in family (rather than non-family) caregiving.

Notably, the least visible and tangible form of support leads the list: two in three caregivers report providing emotional support.

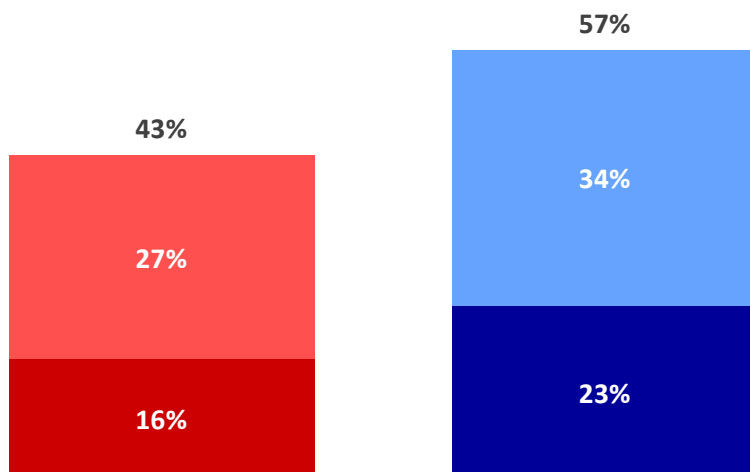
Please indicate what types of support you have provided in the past year. Select all that apply.



Young Americans describe caregiving as challenging – fewer than one in four say it's not difficult.

How would you describe your ability to balance the caregiving and support role you perform while also fulfilling your responsibilities at school or at your job?

■ It's very difficult ■ It's fairly difficult ■ It's somewhat difficult ■ It's not difficult



Across demographic and attitudinal lines, young adults form a consensus that caregiving is difficult.