

FACTSHEET

MARCH 2023

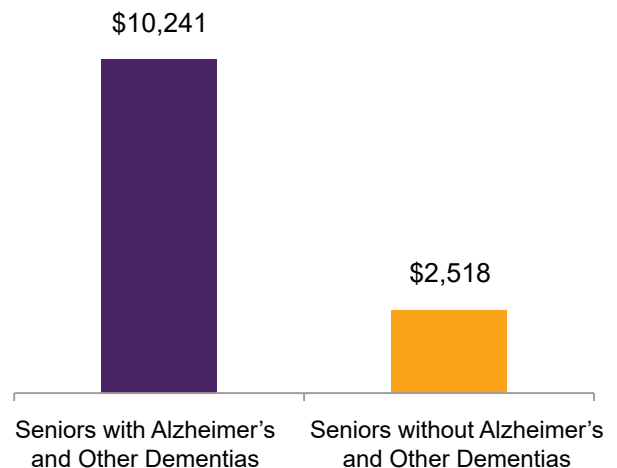
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The Impact of Alzheimer's on Families

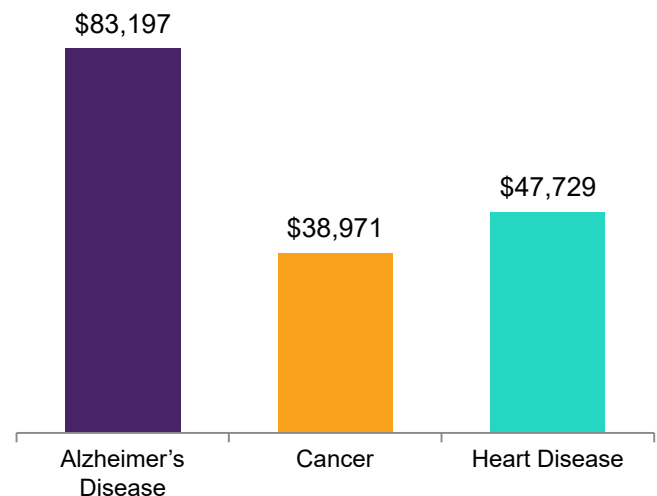
Alzheimer's is a devastating disease that eventually kills. But, its impact is not just on those with the disease. Alzheimer's affects entire families, exacting tremendous financial hardships.

- The lifetime cost of dementia is estimated to be more than \$390,000, including the value of unpaid caregiving. Families shoulder 70% of these costs.
- The lifetime cost of care for individuals with Alzheimer's is more than twice the amount incurred by individuals without Alzheimer's.
- Each year, a family spends, on average, more than \$10,000 to pay the out-of-pocket health and long-term care costs of a senior with Alzheimer's or another dementia. This is more than four times greater than the average annual out-of-pocket costs of seniors without dementia.
- In the last five years of the life of a person with dementia, family out-of-pocket health care spending totals more than \$86,000 — more than twice as high as for a person with cancer and nearly 75% higher than for a person with heart disease.
- On average, out-of-pocket health care spending in the last five years of life of a person with dementia consumes a third of a family's wealth. This compares with 11% for individuals with other conditions.
- For a Black family, dementia in the last five years of life consumes, on average, more than 80% of the family's assets.

Average Annual Per-Person Out-of-Pocket Health Care Spending



Average Annual Per-Person Out-of-Pocket Health Care Spending Last 5 Years of Life



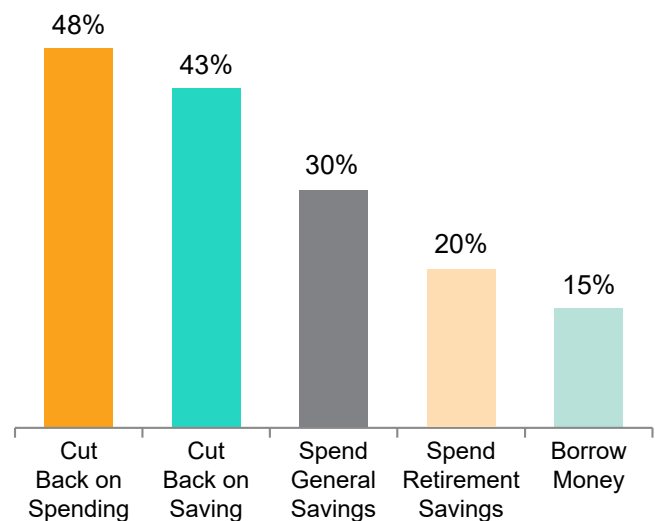
The financial effects of Alzheimer's on families go beyond just health care costs.

- Among care contributors — those who are caregivers of people with Alzheimer's and/or contribute financially to their care — 48% cut back on their own expenses (including food, transportation and medical care) to pay for dementia-related care.
- Because of the economic burden of dementia, one in five care contributors must use their retirement savings, and 15% need to borrow money. One in nine cut back on spending for their children's education.
- Many dementia care contributors have to reduce their spending on food. In fact, they are 28% more likely than other adults to eat less or go hungry because they cannot afford to pay for their meals.
- Nearly half (47%) of family Alzheimer's caregivers report a good amount or great deal of financial strain due to caregiving.

Paying for these costs is often made even more difficult by the employment consequences for caregivers.

- More than 1 in 6 Alzheimer's caregivers had to give up their jobs either to become a caregiver or because their caregiving duties became too burdensome.
- Among those who continue to work, 57% have had to go to work late, leave early, or take time off because of their caregiving responsibilities.
- Care contributors who must work fewer hours in order to support a person with dementia lose, on average, \$15,000 in annual income. Two out of five see a loss of income of at least 20%.

Financial Steps Taken to Help Pay for the Needs of Someone with Alzheimer's, by Percent of Care Contributors



Beyond the financial impact on families, Alzheimer's can have serious health consequences for other family members.

- More than half of caregivers report high or very high levels of emotional stress, and more than 1 in 3 report high or very high levels of physical stress.
- One in 5 care contributors cuts back on his or her own doctor visits, and 1 in 9 do not always buy the medications needed for themselves.
- Among Alzheimer's caregivers, 74% report they are somewhat to very concerned about maintaining their own health since becoming a caregiver.
- More than 1 in 3 Alzheimer's caregivers say their health has gotten worse due to their care responsibilities — compared with only 19% of non-dementia caregivers.