

The State of Our Elders & Their Caregivers

Nearly **20%** of the U.S. population provides unpaid care to an adult with health or functional needs.



- TIAA Institute & University of Pennsylvania

Chronic loneliness can be as harmful as smoking **15 cigarettes a day** and significantly elevates risk of comorbid conditions like **diabetes** and **hypertension**.

- U.S. Surgeon General



24% of U.S. adults over 65 are **socially isolated**.

- National Institute of Health

Almost half of all caregivers report **taking on debt** to provide care.

- TIAA Institute & University of Pennsylvania



One in five Americans 65 and older don't drive, with **40% unable to complete activities** for themselves because they don't have transportation.

- National Council on Aging



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Family Caregivers & Support for the Aging Toolkit