

## New Hampshire's Family Caregivers Need Support

### Family Caregivers—Holding Up a Broken Long-Term Care System

AARP is fighting to save time and money for more than 48 million family caregivers across America. Their efforts are what allow their older parents, spouses, or other loved ones to live independently instead of being forced into nursing homes. These dedicated family caregivers provide \$600 billion worth of unpaid labor each year—managing medications, preparing meals, helping with bathing, feeding & dressing, providing transportation to medical appointments, and handling financial & legal matters. And most of the people doing all that unpaid work are also trying to juggle paying jobs too. Many are forced to reduce their hours or quit entirely. The physical, emotional & financial toll of family caregiving is enormous.

**New Hampshire  
Unpaid Family  
Caregiving  
Labor Force**

**168,000**  
Caregivers

**157 Million**  
Care Hours/Year

**\$2.8 Billion**  
Unpaid Labor/Year

**Over \$7,200**  
Average Out-of-Pocket  
Caregiving Costs/Year  
in the U.S.

### I Am A Caregiver

*“I am 60 and taking care of my 86-year-old Mom who broke her hip. I am trying to work my full-time job and run the house at the same time.”*

Gail from New Hampshire

**Congress: Family Caregivers Need Your Help Now!**

[aarp.org/IAMACaregiver](http://aarp.org/IAMACaregiver)

