

Family, friends struggle to provide personal care



1 in 5 adults in the U.S. report receiving ongoing support for daily activities such as bathing, dressing or remembering medications

18% of adults say they or a family member need new or additional support from paid nurses or aides beyond what they have



77%

say providing support to friends or family has caused them worry or stress



50%

say mental health has gotten worse



33%

say physical health is getting worse



42%

under financial strain because they can't work and provide care at the same time

Source:

<https://www.kff.org/health-costs/poll-finding/kff-health-tracking-poll-october-2021>