

# Today's Aphasia Caregivers

BASED ON A NEW REPORT FROM  


## Who are the Caregivers?

There is no universal caregiving experience. Every individual and every relationship is unique. But caregivers do share a lot in common.

**55+**



**80%**  
are  
age 55+



**61%**  
are  
the spouse



**57%**  
are  
retired



**30%**  
are  
employed

## Top Activities Caregivers Help With:



**Communication Assistance**  
87%



**Transportation**  
78%



**Food Preparation**  
77%

More than 56% of caregivers spend at least **5 HOURS A DAY** providing care. Roughly 3 in 10 spend 10+ hours a day with care-related tasks.

Things that take less than 5 hours:



Driving from the Empire State Building to the White House



Flying from Portland, OR, to Mexico City, Mexico



Watching the movies Home Alone 1 and 2

## What is the Mental, Emotional, and Physical Impact?

Caregivers report a worsening in all of the following since their loved one acquired aphasia.

**Stress Level**  
86%

**Emotional Wellbeing**  
78%

**Energy Level**  
66%



**Life Outlook**  
64%

**Sleep Quality**  
64%

**Discomfort /Pain**  
39%



## The Deterioration of Important Relationships

Caregivers say these relationships have worsened since the person acquired aphasia.

**Friends** 48%  
**Person with Aphasia** 43%  
**People in General** 36%

## What motivates caregivers to do what they do?

Despite the challenges, caregivers are motivated by what they do best: care.



**I am invested in his/her quality of life**  
88%



**I want to aid in his/her recovery**  
75%



**I feel it is a personal obligation**  
66%

## Caregivers Need Care, Too!

Connect with other caregivers with live online meetups facilitated by speech-language pathologists and other experts 7 days a week, completely free. Classes include:

**Caregiver Open Chat** • **Think Positive! Mindfulness Strategies**  
**Caregivers: Rebuilding Your Identity** • and much, much more!

[Sign Up for Virtual Connections Today!](#)