

The State of Our Elders & Their Caregivers

Caregivers of people with dementia often show **symptoms of grief** even before the end of their loved one's life.



- National Library of Medicine

Only **32%** of U.S. adults reported having **a will**, and many wait until their 60s or older to create one.



- Wills and Estate Planning Study

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

- 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



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 & Aging Support Toolkit