

Family and Demographic Research

Background	
 Family members are an important source of caregiving over the life course. Parents raise children, and adult children support aging parents or grandparents (Bianchi, Hotz, McGarry, & Seltzer, 2008; Rossi & Rossi, 1990; Szinovacz & Davey, 2008). 	• Co (3 Sa
 Caring for children and caring for parents or grandparents are prescribed by different social norms and involve different responsibilities (Finch & Mason, 1993; Fingerman et al., 2011). 	• W ar • Ca tir
 Prior studies tend to focus on the amount of time spent on unpaid care work (Bianchi, Folbre, & Wolf, 2012; Wolf, 2004). How caregivers allocate their time to meet the demands of different caregiving responsibilities is unclear. 	ar • Oi
Present Study	da
 Our study provides a national portrait of three types of family caregivers in terms of their time use patterns: Caregivers of children Caregivers of parents/grandparents Caregivers of both children and parents/grandparents (sandwich caregivers) 	sa
Research Questions	C
 Who are caregivers of children, caregivers of parents/grandparents, and sandwich caregivers? 	
 How much time a day, on average, do caregivers provide care? 	Ra
 How do caregivers allocate time to accommodate caregiving? 	Eth
 Do the time use patterns vary by caregivers' sociodemographic characteristics? 	
Data	Edu
 Data come from 2011 and 2012 American Time Use Survey (ATUS), N = 24,922. ATUS collects a time diary that began at 4 a m, the provious day and ended at 	
 ATUS collects a time diary that began at 4 a.m. the previous day and ended at 4 a.m. on the day of the interview. 	M
 ATUS asks respondents the amount of time spent in various activities, including childcare. 	St
 New questions to measure time spent on eldercare were first introduced in 2011. 	
 The samples are weighted to represent the U.S. civilian noninstitutional population aged 15 or older. 	W St
Analytic Sample	
• 7,294 caregivers of children	Fa
 1,567 caregivers of parents/grandparents — Of whom, 372 provided care to parents/grandparents on the diary day 	Inc
- VI WOOD 577 DROVIDED CARE TO DARENTS/BRADDARENTS ON THE CLARV CAV	

976 sandwich caregivers

- All provided care to children, but only 167 caregivers provided care to parents/grandparents on the diary day

Of whom, 372 provided care to parents/grandparents on the diary day

A National Portrait of Time Use Patterns among Family Caregivers

I-Fen Lin (ifenlin@bgsu.edu) and Anna Marie Hammersmith (hammera@bgsu.edu) Department of Sociology **Bowling Green State University**

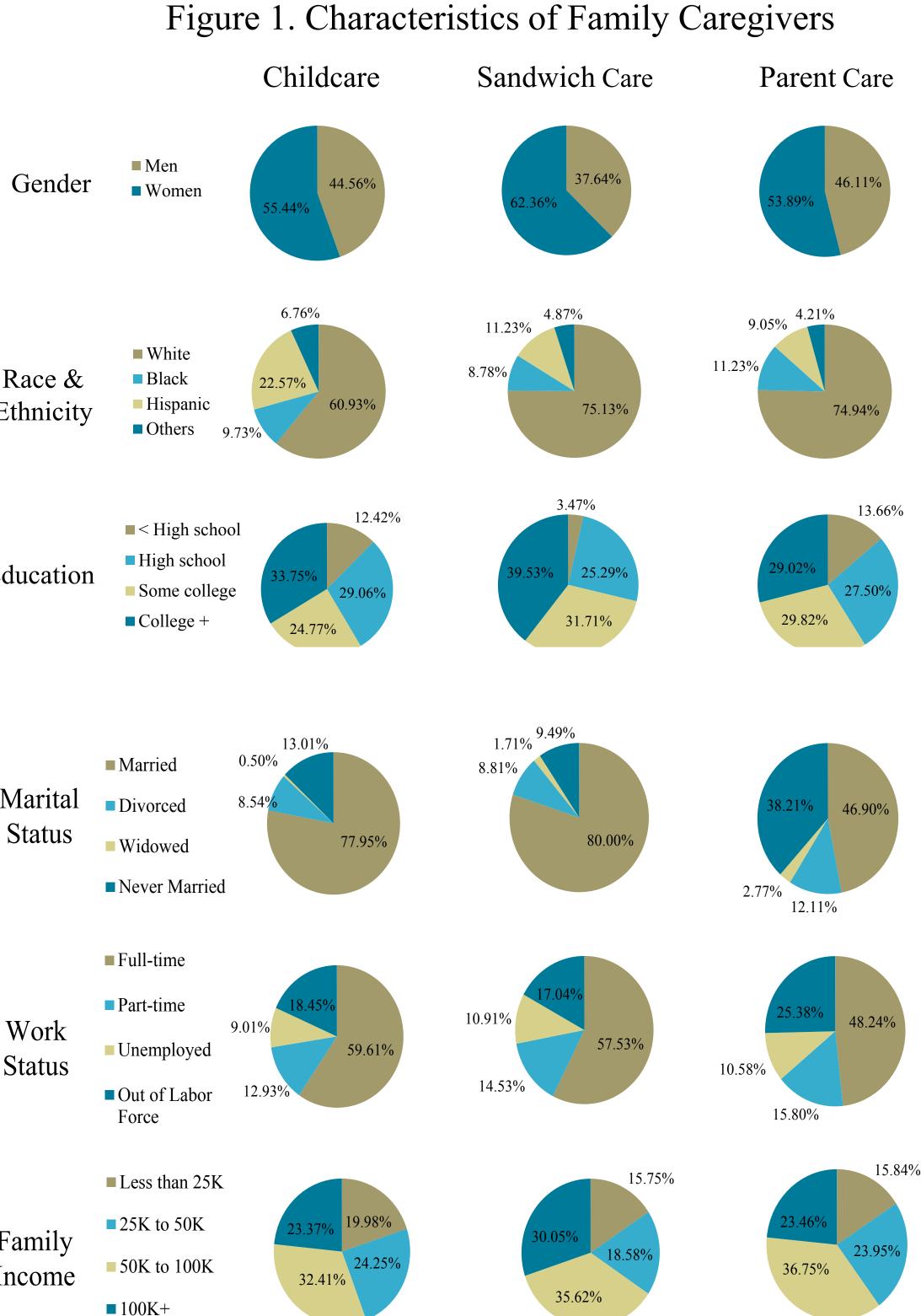
Characteristics of Family Caregivers

nsistent with life cycles, caregivers of children were the youngest 88) and caregivers of parents/grandparents were the oldest (44). ndwich caregivers were in the middle (41).

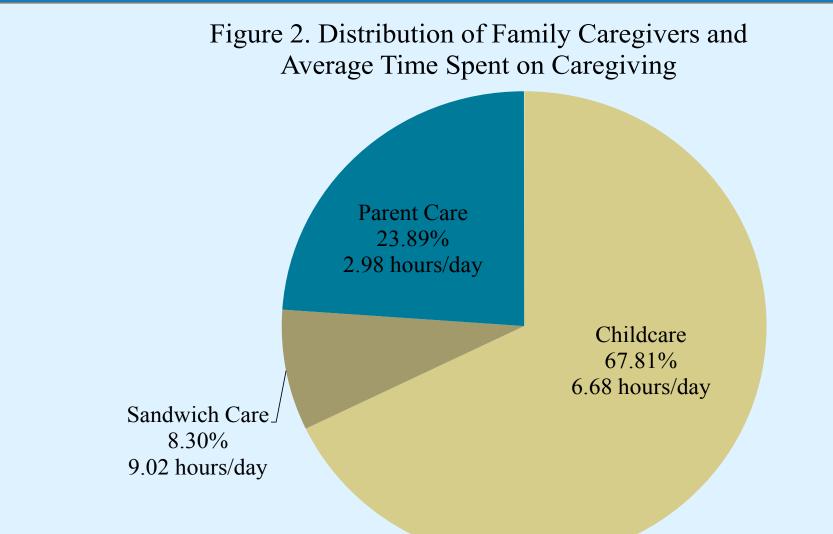
omen were more likely than men to be caregivers, particularly nong sandwich caregivers.

regivers of children were more likely to be Hispanic, working fullme, and poorer, compared with caregivers of parents/grandparents nd sandwich caregivers.

n average, caregivers of parents/grandparents spent 2.98 hours a ay on caregiving. The numbers for caregivers of children and ndwich caregivers were 6.68 hours and 9.02 hours, respectively.



Time Spent on Caregiving



Definition of Activities

- Childcare: Active and secondary
- Parent care: Active and secondary
- Sleep
- Grooming – Washing, dressing, personal care
- Meals
- Eating, drinking
- Unpaid work
- other than friends and family
- Paid work
- Community and education
- Leisure playing sports or exercising

Allocation of Time on Various Activities

- community/education, and leisure.

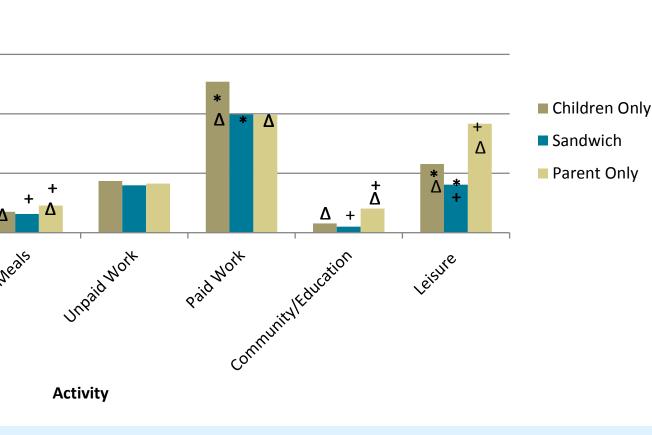
Chores, running errands, household activities, phone calls to people

Full- or part-time work and any other income generating activities

Religious activities, volunteer work, civic or government duties

- Socializing, hobbies, using media such as television or the internet,





• Compared with caregivers of parents/grandparents, caregivers of children spent significantly less time on meals,

• Compared with caregivers of children, sandwich caregivers spent significantly less time on sleep, paid work, and leisure.

- high-school education.
- labor force.



- unpartnered.
- care was greater for women caregivers.
- incomes.



