

## Daughters Are Usually the Caregivers of Their Houston Moms



If you have multiple siblings in your family, who is assuming the caregiving duties of your aging parents?

Chances are it's the daughters.

A [recent study](#) by Angelina Grigoryeva, a doctoral candidate in sociology at Princeton University, reveals that most of the caretaking responsibilities fall to the female siblings.

Approximately 26,000 Americans older than 50 were interviewed every two years for this study.

The study found that, on average, daughters

provide 12.3 hours of elderly care each month compared with only 5.6 hours for sons. Elderly caregiving was defined as helping parents with daily living tasks such as dressing, traveling, eating, medication, and grocery shopping.

The study shows that gender is the single most important factor in the amount of assistance each sibling provides. "Sons provide a lower relative share of total parent care if they have a sister, whereas daughters provide a larger relative share if they have a brother," said Grigoryeva.

The amount of caregiving provided depends on how many hours the daughter works outside of the home and the number of children.

Why do daughters provide double the hours of care?

Although this study did not address why the responsibilities usually fall to the females, other studies reveal that women, by their nurturing nature, may be more predisposed to the caregiving role. Also, if the aging parent is a female, she is probably more comfortable with another female caretaker.

What if there is no daughter?

Then the sons step in.

What can be done to even the workload?

Grigoryeva suggests giving the men responsibilities they are better suited to handle such as mowing the lawn, washing the car, fixing things around the house, or paying the bills.

Sons and daughters, if you are providing care for your aging parent(s), help is available from reputable caregiving services such as FirstLight HomeCare of The Woodlands. FirstLight provides short-term respite care, senior care, and dementia care that can help relieve the stress that comes naturally to anyone caring for aging parents. Call today to speak with a care professional.