

Alabama

A survey of family caregivers 18 years and older who care for children and adults with complex medical conditions or disabilities

More than 1 million (1,100,000) adults in Alabama provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

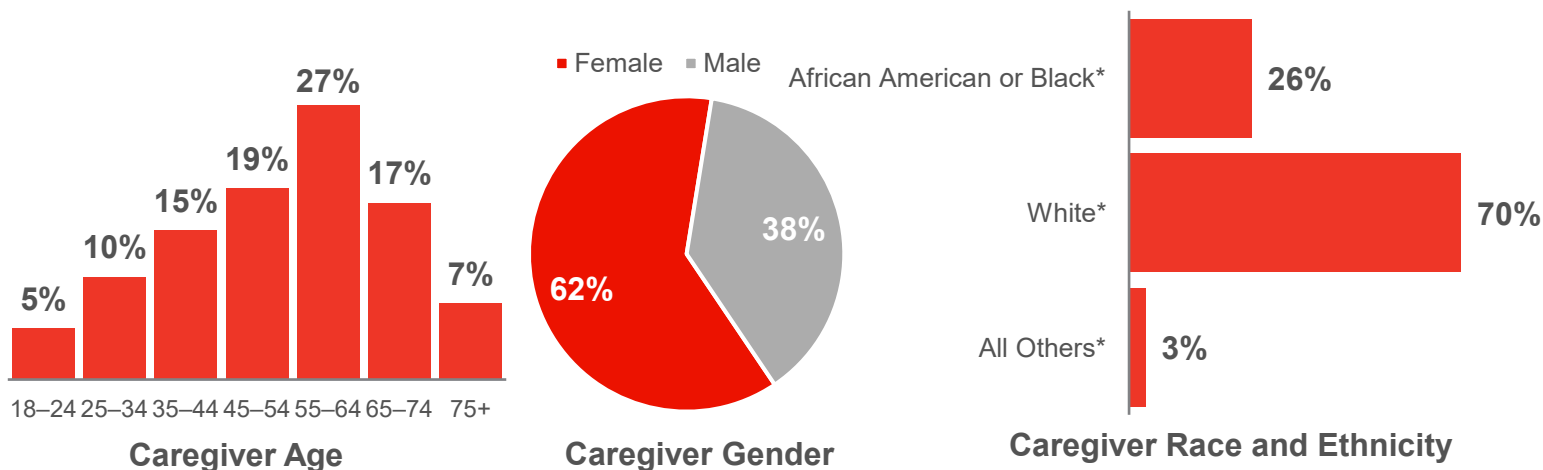
Most family caregivers in Alabama care for an adult (94%) — most often a parent (41%). Eighteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (58%). Over one in three caregivers live in a household with income under \$50,000 (36%). A quarter of caregivers (26%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. One in three family caregivers live with their care recipient (35%).

On average, family caregivers are **52 years old** and care for someone **71 years old** in Alabama.

Six in ten family caregivers work while also caregiving (59%).

Most family caregivers in Alabama provide care to someone due to a long-term physical condition (59%).

Demographics of Family Caregivers in Alabama



*Non-Hispanic

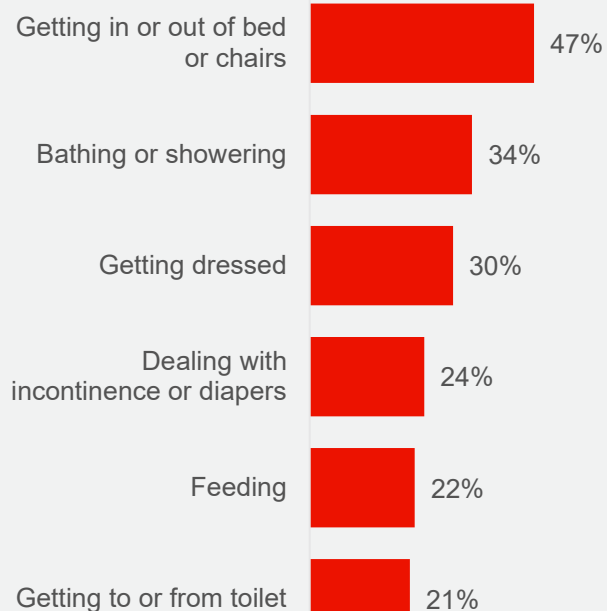
What Family Caregivers Do

Seven in ten family caregivers in Alabama (70%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

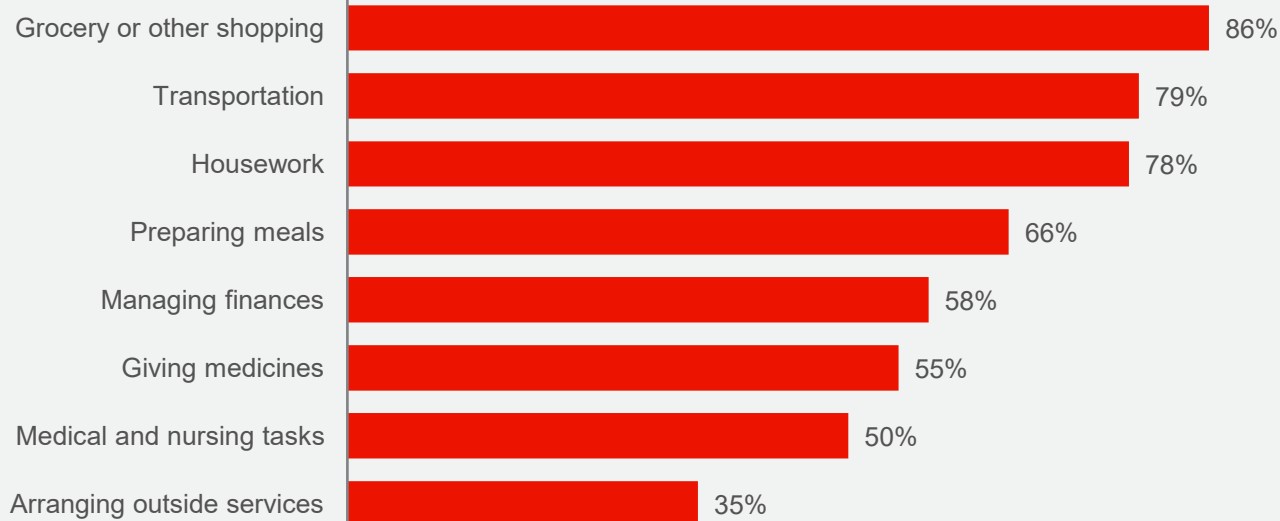
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

10% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Alabama Family Caregivers Help with Many Activities of Daily Living



Alabama Family Caregivers Help with Many Instrumental Activities of Daily Living



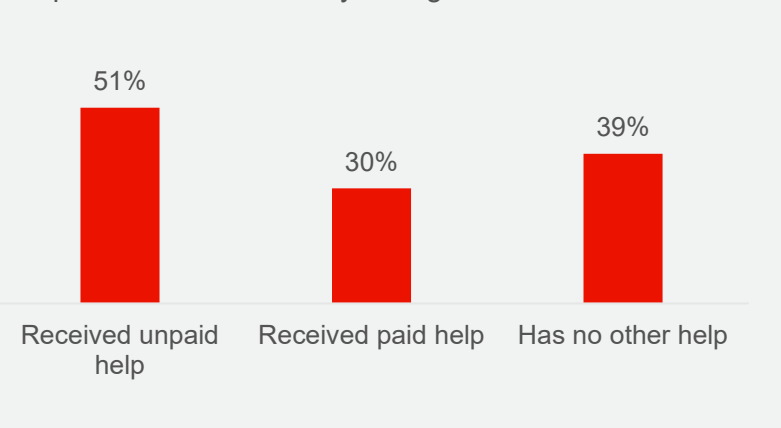
Nearly half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

29% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

Family caregivers in Alabama rely on unpaid or paid (aides, housekeepers) assistance in their network of support.

Help That Alabama Family Caregivers Receive



40% of caregivers have been providing care for three years or longer.

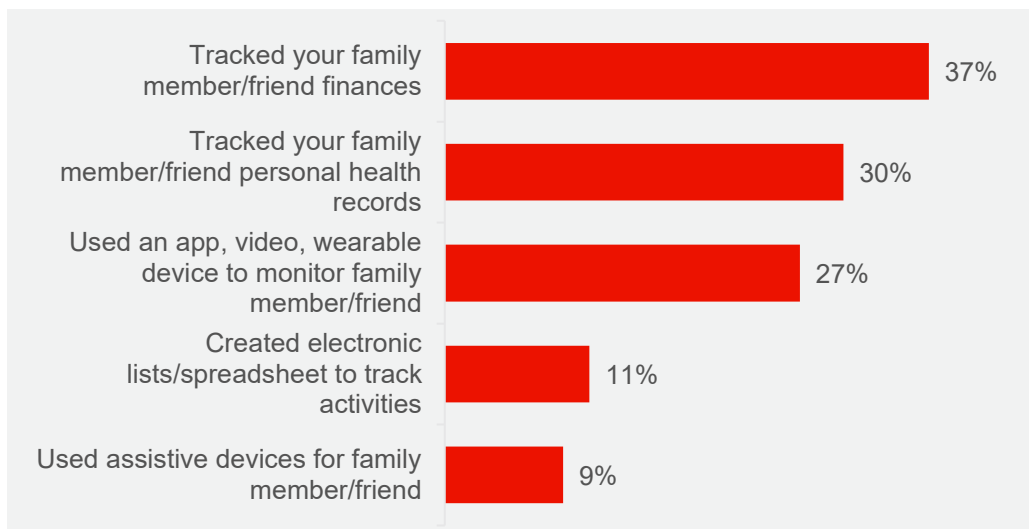
Half of family caregivers (50%) help with medical and nursing tasks.

Family caregivers in Alabama are key in managing health care:

- 65% monitor the severity of their care recipient's condition.
- 63% communicate with health care professionals about their family member's or friend's care.
- 55% advocate for them with health care providers, community services, or government agencies.

While nearly **four in ten (37%) family caregivers** would find respite care helpful, over **eight in ten (85%)** have never used such services.

Six in ten family caregivers (59%) use at least one of the technology solutions asked about in our survey.



Over one in ten family caregivers (15%) have been asked by health care providers about care needed for their care recipient, and **10% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (41%) in Alabama have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up savings, and taking on more debt.

One in four family caregivers (27%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Alabama Family Caregivers

Stopped saving	29%	Used long-term savings	14%
Left bills unpaid or paid late	24%	Moved to less expensive home	10%
Took on more debt	18%	Put off retirement	9%
Used up personal short-term savings	18%	Had to start working or work more	8%
Borrowed money from family/friends	16%	Missed/late paying student loan	4%
Could not afford basic expenses	14%		

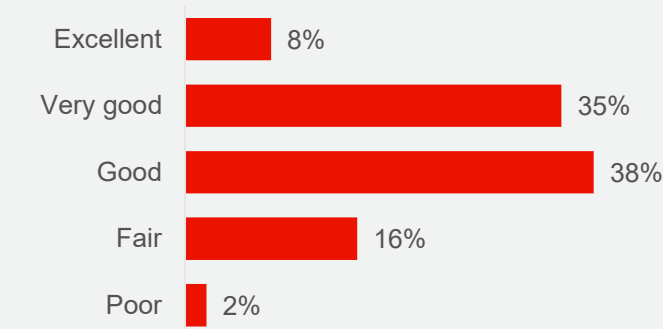
Information Needs of Family Caregivers

Four in ten family caregivers (39%) have made home modifications to make things easier for their care recipient.

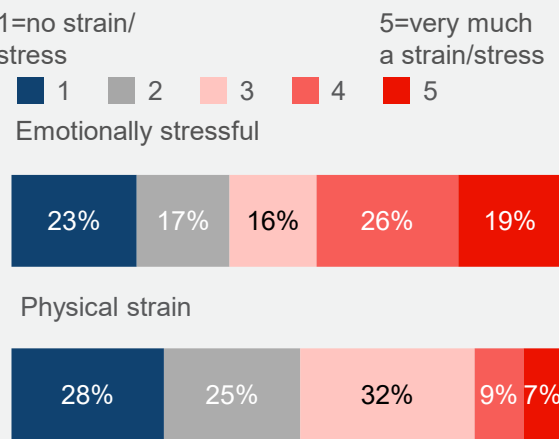


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

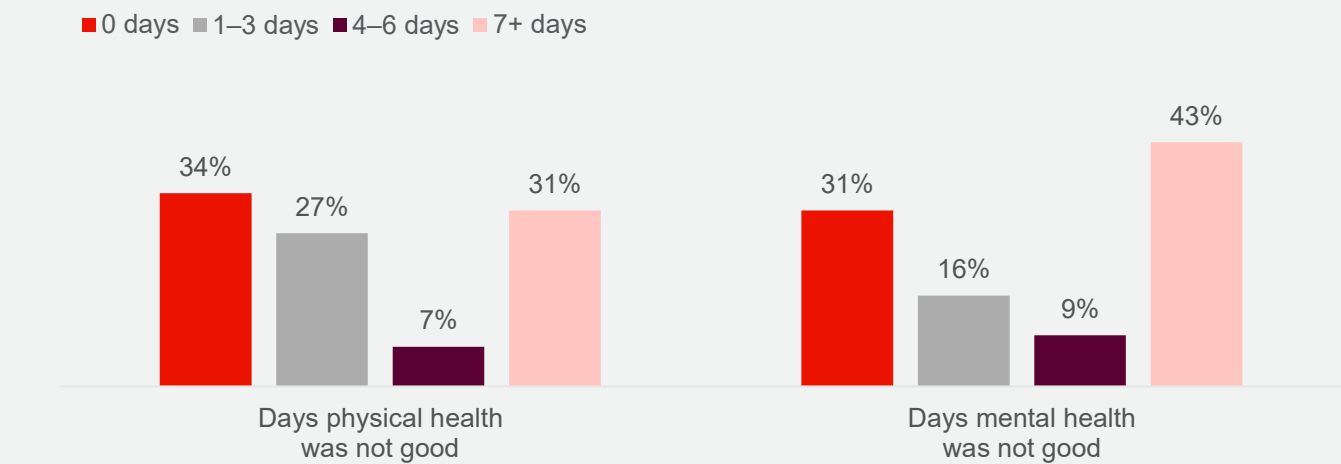


Stress and Strain Felt by Alabama Caregivers

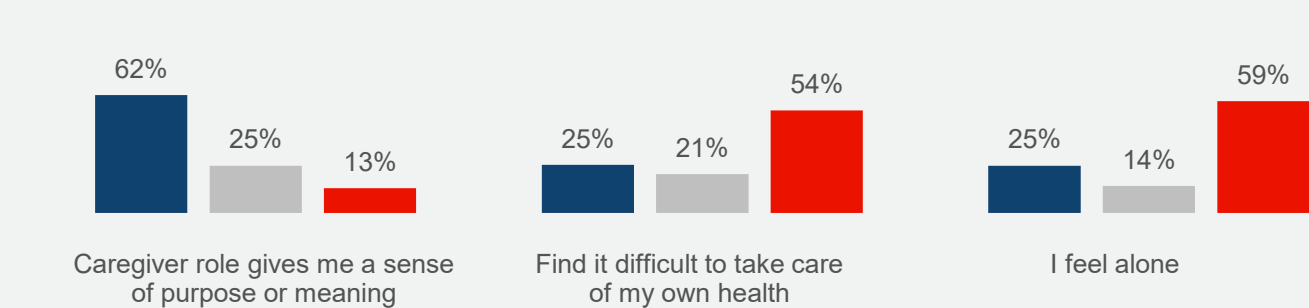


Three in ten family caregivers experience seven or more days a month of poor physical health. Over four in ten caregivers (45%) experience high emotional stress while caregiving. One quarter has difficulty taking care of their own health while they focus on their care recipient’s needs. One in four feel alone while caregiving.

Caregivers Healthy Days Measure



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in Alabama

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	26%	Served in US Armed Forces	13%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	7%	Has health insurance coverage	90%
Graduated from high school	32%	Has been a student while caregiving	4%
Some college or associate's degree	30%	Has a disability or handicap that limits them	20%
Bachelor's degree or higher	31%	Has internet access in home	97%
Marital status		Place of residence	
Married/living with partner	58%	Rural	52%
Single/never married	25%	Urban	23%
Widowed	6%	Suburban	25%
Separated/divorced	9%	Living situation	
Household income		Lives alone	14%
<\$25,000	18%	Lives with others	86%
\$25,000-\$49,999	18%		
\$50,000-\$99,999	28%		
\$100,000+	37%		

Methodology

For full methodology, see Methodology Appendix of <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>. The data in this report reflects 116 caregivers in Alabama, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.4%.