

Arizona

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

More than 1.2 million (1,283,000) adults in Arizona provide care to a family member or friend with complex medical conditions or disabilities — one in five (22%) adults across the state.

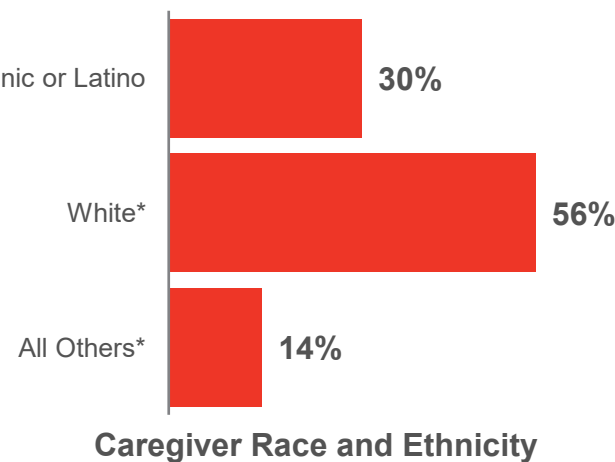
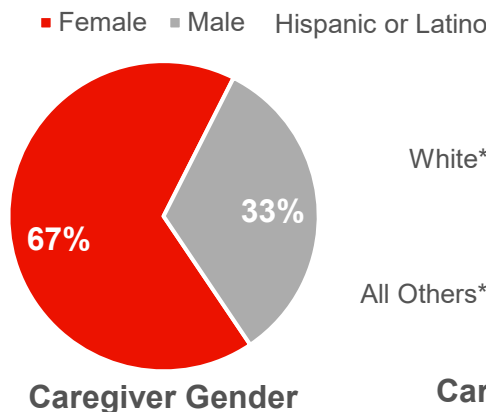
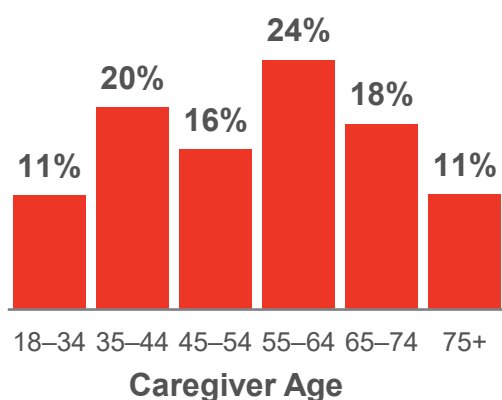
Most family caregivers in Arizona care for an adult (94%) — most often a parent (43%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (71%). One in three caregivers live in a household with income under \$50,000 (31%). A quarter of caregivers (25%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One quarter of caregivers live with a disability. Over half of family caregivers live with their care recipient (54%).

On average, family caregivers are **55 years old** and care for someone **62 years old** in Arizona.

Four in ten family caregivers work while also caregiving (42%).

Most family caregivers in Arizona provide care to someone due to a long-term physical condition (64%).

Demographics of Family Caregivers in Arizona



*Non-Hispanic

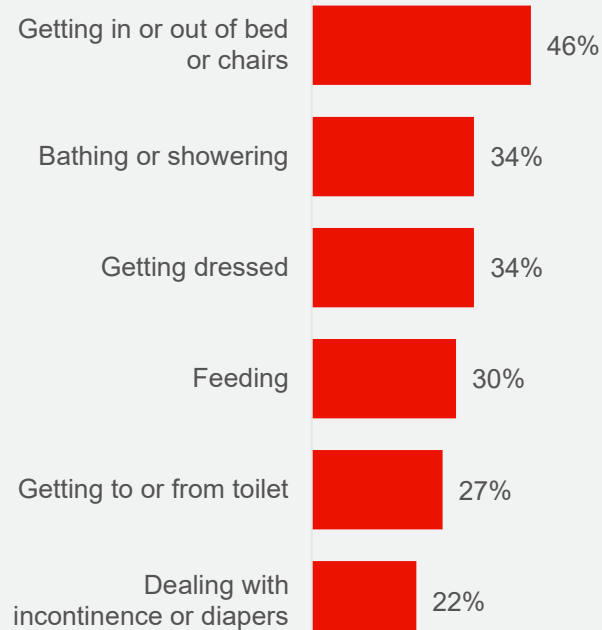
What Family Caregivers Do

Two-thirds of family caregivers in Arizona (67%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

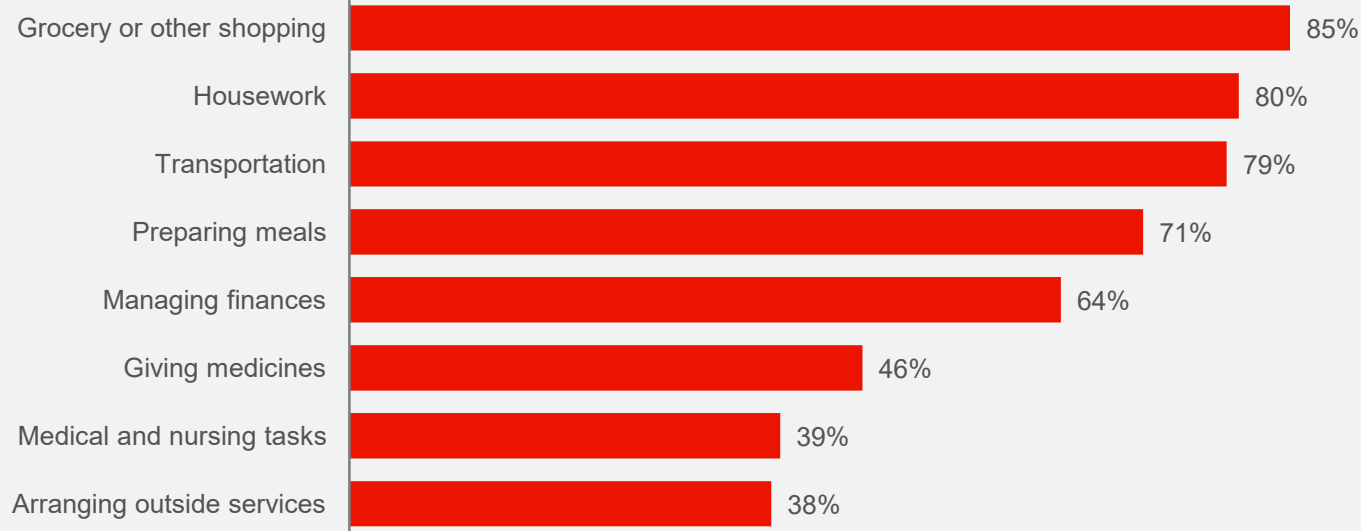
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

One quarter of family caregivers (24%) find these ADL tasks difficult. 9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Arizona Family Caregivers Help with Many Activities of Daily Living



Arizona Family Caregivers Help with Many Instrumental Activities of Daily Living



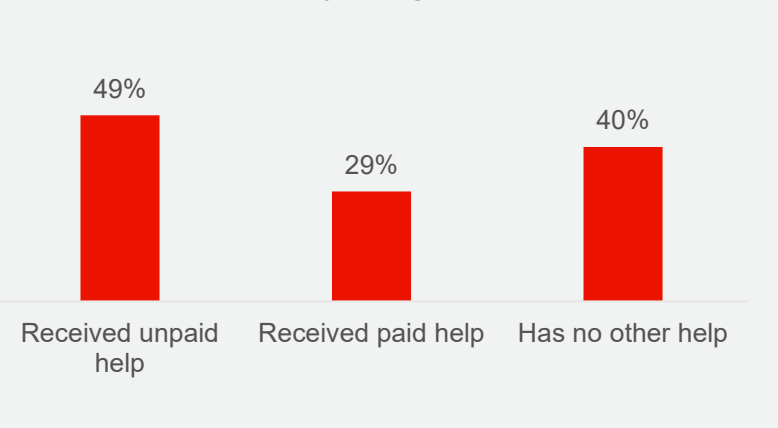
Half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

36% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Arizona Family Caregivers Receive



49% of caregivers have been providing care for three years or longer.

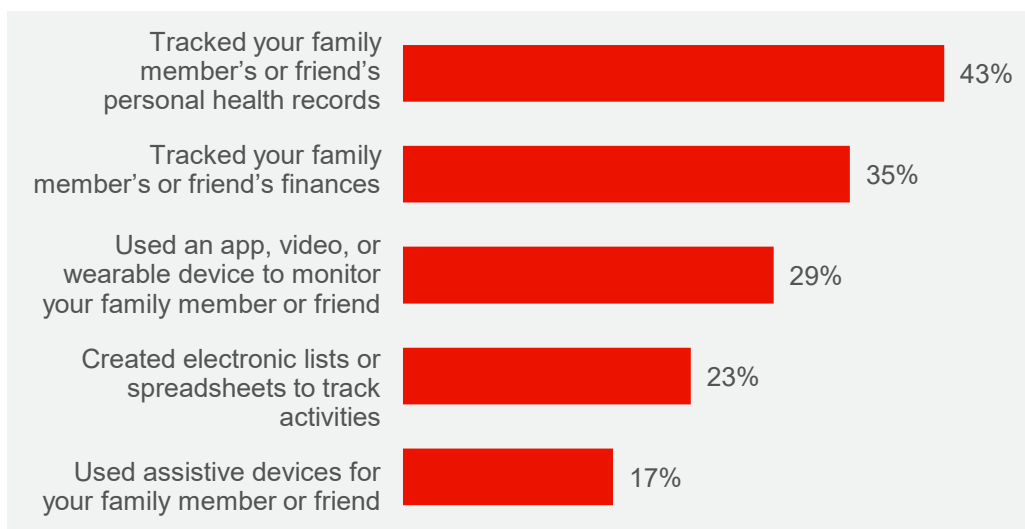
Four in ten family caregivers (39%) help with medical and nursing tasks.

Family caregivers in Arizona are key in managing health care:

- 73% monitor the severity of their care recipient's condition.
- 69% communicate with health care professionals about their family member's or friend's care.
- 63% advocate for them with health care providers, community services, or government agencies.

While **three in ten (30%) family caregivers** would find respite care helpful, over **eight in ten (83%)** have never used such services.

Over six in ten family caregivers (64%) use at least one of the technology solutions asked about in our survey.



A quarter of family caregivers (24%) have been asked by health care providers about care needed for their care recipient, and **15% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (38%) in Arizona 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.

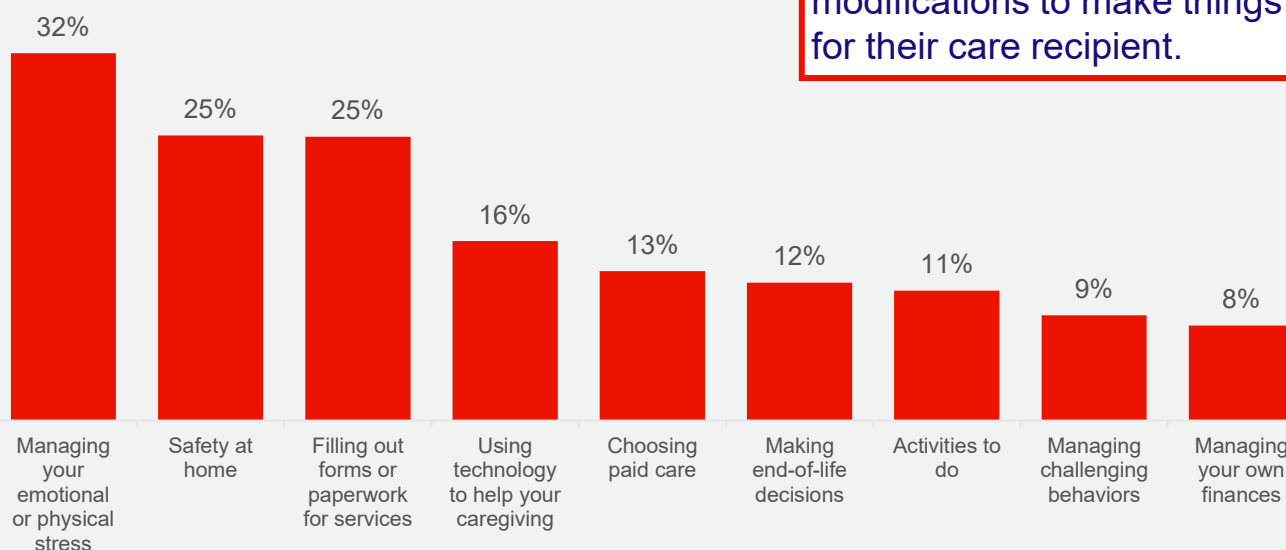
One in six family caregivers (17%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Arizona Family Caregivers

Stopped saving	27%	Borrowed money from family/friends	10%
Used up personal short-term savings	21%	Put off retirement	7%
Took on more debt	17%	Had to start working or work more	7%
Left bills unpaid or paid late	17%	Missed/late paying student loan	6%
Used long-term savings	16%	Filed for bankruptcy	4%
Could not afford basic expenses	14%	Was evicted or home foreclosed	3%
Moved to less expensive home	13%		

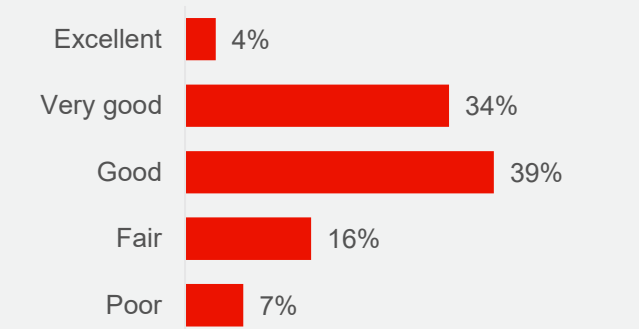
Information Needs of Family Caregivers

One-third of family caregivers (36%) have made home modifications to make things easier for their care recipient.

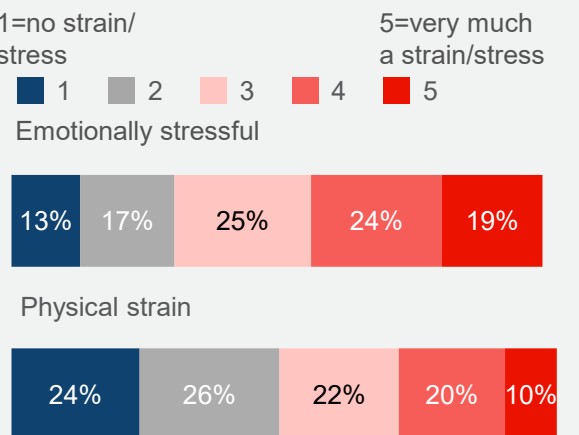


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

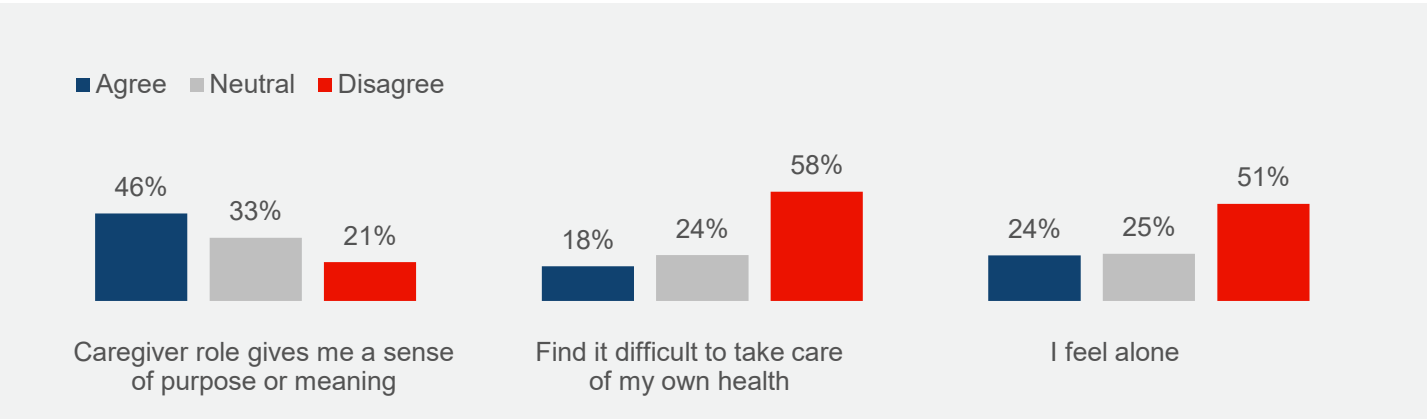
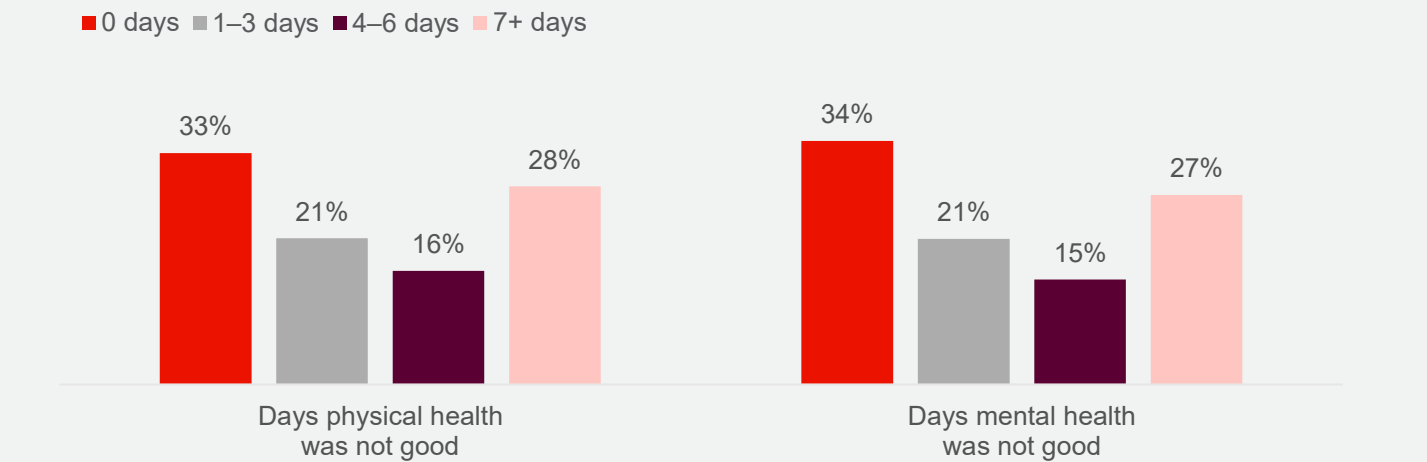


Stress and Strain Felt by Arizona Caregivers



Three in ten family caregivers experience seven or more days a month of poor physical health. Over four in ten caregivers (43%) experience high emotional stress while caregiving. One in five (18%) have difficulty taking care of their own health while they focus on their care recipient’s needs. A quarter (24%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Arizona

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	25%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	11%	Has health insurance coverage	92%
Graduated from high school	19%	Has been a student while caregiving	11%
Some college or associate's degree	43%	Has a disability or handicap that limits them	26%
Bachelor's degree or higher	28%	Has internet access in home	93%
Marital status		Place of residence	
Married/living with partner	71%	Rural	11%
Single/never married	10%	Urban	58%
Widowed	6%	Suburban	32%
Separated/divorced	9%	Living situation	
Household income		Lives alone	8%
<\$25,000	20%	Lives with others	92%
\$25,000-\$49,999	11%		
\$50,000-\$99,999	24%		
\$100,000+	46%		

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 168 caregivers in Arizona, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.6%.